Normen für Deutsche Meisterschaften im Bankdrücken Equipped und Classic

gültig ab 01.01.2020

Männer (EQ)							
Gew.klassen	**Aktive**	**Jug.**	**Jun.**	**AK1**	**AK2**	**AK3**	**AK4**
-53,0		40,0	52,5				
-59,0	130,0	45,0	60,0	90,0	60,0	60,0	45,0
-66,0	145,0	50,0	65,0	110,0	65,0	65,0	50,0
-74,0	167,5	55,0	75,0	125,0	75,0	75,0	57,5
-83,0	180,0	62,5	82,5	140,0	82,5	82,5	62,5
-93,0	190,0	70,0	92,5	150,0	92,5	92,5	70,0
-105,0	200,0	80,0	105,0	160,0	105,0	105,0	80,0
-120,0	210,0	90,0	120,0	165,0	120,0	120,0	90,0
+120,0	220,0	97,5	130,0	170,0	130,0	130,0	97,5

Frauen (EQ)							
Gew.klassen	**Aktive**	**Jug.**	**Jun.**	**AK1**	**AK2**	**AK3**	**AK4**
-43,0		32,5	32,5				
-47,0	67,5	35,0	35,0	35,0	35,0	35,0	25,0
-52,0	72,5	40,0	40,0	40,0	40,0	40,0	25,0
-57,0	77,5	42,5	42,5	42,5	42,5	42,5	27,5
-63,0	85,0	47,5	47,5	47,5	47,5	47,5	32,5
-69,0	90,0	52,5	52,5	52,5	52,5	52,5	35,0
-76,0	95,0	57,5	57,5	57,5	57,5	57,5	37,5
-84,0	100,0	62,5	62,5	62,5	62,5	62,5	42,5
+84,0	110,0	67,5	67,5	67,5	67,5	67,5	45,0

Männer (Classic)							
Gew.klassen	**Aktive**	**Jug.**	**Jun.**	**AK1**	**AK2**	**AK3**	**AK4**
-53,0		32,5	47,5				
-59,0	75,0	35,0	52,5	65,0	52,5	52,5	35,0
-66,0	82,5	40,0	60,0	72,5	60,0	60,0	40,0
-74,0	92,5	45,0	67,5	82,5	67,5	67,5	45,0
-83,0	105,0	50,0	75,0	92,5	75,0	75,0	50,0
-93,0	117,5	55,0	82,5	102,5	82,5	82,5	55,0
-105,0	132,5	62,5	95,0	115,0	95,0	95,0	62,5
-120,0	150,0	72,5	107,5	132,5	107,5	107,5	72,5
+120,0	162,5	77,5	117,5	142,5	117,5	117,5	77,5

Frauen (Classic)							
Gew.klassen	**Aktive**	**Jug.**	**Jun.**	**AK1**	**AK2**	**AK3**	**AK4**
-43,0		25,0	25,0				
-47,0	35,0	25,0	25,0	25,0	25,0	25,0	25,0
-52,0	40,0	25,0	25,0	25,0	25,0	25,0	25,0
-57,0	42,5	27,5	27,5	27,5	27,5	27,5	27,5
-63,0	47,5	32,5	32,5	32,5	32,5	32,5	32,5
-69,0	52,5	35,0	35,0	35,0	35,0	35,0	35,0
-76,0	57,5	37,5	37,5	37,5	37,5	37,5	37,5
-84,0	62,5	42,5	42,5	42,5	42,5	42,5	42,5
+84,0	67,5	45,0	45,0	45,0	45,0	45,0	45,0