

Landesrekorde Berlin und Brandenburg KDK Classic Männer Masters I-IV

Landesrekorde im Kraftdreikampf der männlichen AK I im Classic

| 59,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 152,5 | | | |
| Bankdrücken | Standard | | 92,5 | | | |
| Kreuzheben | Standard | | 152,5 | | | |
| Dreikampf | Standard | | 395,0 | | | |

| 66,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 172,5 | | | |
| Bankdrücken | Standard | | 105,0 | | | |
| Kreuzheben | Standard | | 170,0 | | | |
| Dreikampf | Standard | | 450,0 | | | |

| 74,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 187,5 | | | |
| Bankdrücken | Standard | | 120,0 | | | |
| Kreuzheben | Standard | | 187,5 | | | |
| Dreikampf | Standard | | 490,0 | | | |

| 83,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 202,5 | | | |
| Bankdrücken | Standard | | 135,0 | | | |
| Kreuzheben | Standard | | 205,0 | | | |
| Dreikampf | Standard | | 540,0 | | | |

| 93,0 kg | | | | | | |
|-------------|----------------|---------------------|-------|----------|----------------|--|
| Kniebeugen | David Stuckatz | SV Großräschen e.V. | 220,0 | 29.04.23 | DM KDK Classic | |
| Bankdrücken | David Stuckatz | SV Großräschen e.V. | 147,5 | 11.03.23 | LM KDK Classic | |
| Kreuzheben | David Stuckatz | SV Großräschen e.V. | 237,5 | 29.04.23 | DM KDK Classic | |
| Dreikampf | David Stuckatz | SV Großräschen e.V. | 600,0 | 11.03.23 | LM KDK Classic | |

| 105,0 kg | | | | | | |
|-------------|----------------|---------------------|-------|----------|----------------|-------|
| Kniebeugen | Standard | | 227,5 | | | |
| Bankdrücken | Sven Ewest | SV Kraft Eberswalde | 165,0 | 02.03.24 | LM KDK Classic | |
| Kreuzheben | David Stuckatz | SV Großräschen e.V. | 235,0 | 02.03.24 | LM KDK Classic | |
| Dreikampf | Standard | | 615,0 | | | |

| 120,0 kg | | | | | | |
|-------------|---------------|-----------------------|-------|----------|----------------|-------|
| Kniebeugen | Standard | | 245,0 | | | |
| Bankdrücken | Standard | | 167,5 | | | |
| Kreuzheben | Oliver Zamzow | Berlin Strength e.V., | 280,0 | 02.03.24 | LM KDK Classic | |
| Dreikampf | Oliver Zamzow | Berlin Strength e.V., | 670,0 | 02.03.24 | LM KDK Classic | |

| 120,0+ kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 257,5 | | | |
| Bankdrücken | Standard | | 175,0 | | | |
| Kreuzheben | Standard | | 240,0 | | | |
| Dreikampf | Standard | | 670,0 | | | |

Landesrekorde im Kraftdreikampf der männlichen AK II im Classic

59,0 kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 122,5 | | |
| Bankdrücken | Standard | | 85,0 | | |
| Kreuzheben | Standard | | 140,0 | | |
| Dreikampf | Standard | | 350,0 | | |

66,0 kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 145,0 | | |
| Bankdrücken | Standard | | 100,0 | | |
| Kreuzheben | Standard | | 157,5 | | |
| Dreikampf | Standard | | 400,0 | | |

74,0 kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 167,5 | | |
| Bankdrücken | Standard | | 115,0 | | |
| Kreuzheben | Standard | | 175,0 | | |
| Dreikampf | Standard | | 445,0 | | |

83,0 kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 187,5 | | |
| Bankdrücken | Standard | | 127,5 | | |
| Kreuzheben | Standard | | 187,5 | | |
| Dreikampf | Standard | | 500,0 | | |

93,0 kg

| | | | | | |
|-------------|----------------------|-----------------------|--------------|-----------------|-----------------------|
| Kniebeugen | Standard | | 202,5 | | |
| Bankdrücken | Standard | | 137,5 | | |
| Kreuzheben | Reiner Besser | AC Lauchhammer | 222,5 | 23.03.23 | DM KDK Classic |
| Dreikampf | Standard | | 535,0 | | |

105,0 kg

| | | | | | |
|-------------|------------------------|-----------------------------------|--------------|-----------------|-----------------------|
| Kniebeugen | Standard | | 220,0 | | |
| Bankdrücken | Standard | | 150,0 | | |
| Kreuzheben | Matthias Simpig | Sanssouci Gym e.V. Potsdam | 220,0 | 02.03.24 | LM KDK Classic |
| Dreikampf | Standard | | 560,0 | | |

120,0 kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 232,5 | | |
| Bankdrücken | Standard | | 157,5 | | |
| Kreuzheben | Standard | | 220,0 | | |
| Dreikampf | Standard | | 590,0 | | |

120,0+ kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 240,0 | | |
| Bankdrücken | Standard | | 162,5 | | |
| Kreuzheben | Standard | | 225,0 | | |
| Dreikampf | Standard | | 605,0 | | |

Landesrekorde im Kraftdreikampf der männlichen AK III im Classic

59,0 kg

| | | | | | |
|-------------|------------------------|----------------------------|--------------|-----------------|-----------------------|
| Kniebeugen | Standard | | 115,0 | | |
| Bankdrücken | Standard | | 75,0 | | |
| Kreuzheben | Achim Wendlandt | SV Motor Eberswalde | 120,0 | 22.03.24 | DM KDK Classic |
| Dreikampf | Standard | | 300,0 | | |

66,0 kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 127,5 | | |
| Bankdrücken | Standard | | 85,0 | | |
| Kreuzheben | Standard | | 135,0 | | |
| Dreikampf | Standard | | 335,0 | | |

74,0 kg

| | | | | | |
|-------------|---------------------|----------------------------|--------------|-----------------|-----------------------|
| Kniebeugen | Roland Asmus | SV Motor Eberswalde | 160,0 | 28.04.23 | DM KDK Classic |
| Bankdrücken | Roland Asmus | SV Motor Eberswalde | 100,0 | 28.04.23 | DM KDK Classic |
| Kreuzheben | Roland Asmus | SV Motor Eberswalde | 185,0 | 28.04.23 | DM KDK Classic |
| Dreikampf | Roland Asmus | SV Motor Eberswalde | 445,0 | 28.04.23 | DM KDK Classic |

83,0 kg

| | | | | | |
|-------------|---------------------|---------------------|--------------|-----------------|-----------------------|
| Kniebeugen | Detlef Hahne | Berliner TSC | 175,0 | 11.03.23 | LM KDK Classic |
| Bankdrücken | Standard | | 102,5 | | |
| Kreuzheben | Detlef Hahne | Berliner TSC | 220,0 | 11.03.23 | LM KDK Classic |
| Dreikampf | Detlef Hahne | Berliner TSC | 490,0 | 11.03.23 | LM KDK Classic |

93,0 kg

| | | | | | |
|-------------|----------------------|----------------------------|--------------|-----------------|-----------------------|
| Kniebeugen | Peer Hänsicke | SV Kraft Eberswalde | 210,0 | 09.10.23 | WM KDK Classic |
| Bankdrücken | Peer Hänsicke | SV Kraft Eberswalde | 152,5 | 09.10.23 | WM KDK Classic |
| Kreuzheben | Detlef Hahne | Berliner TSC | 220,0 | 28.04.23 | DM KDK Classic |
| Dreikampf | Peer Hänsicke | SV Kraft Eberswalde | 555,0 | 09.10.23 | WM KDK Classic |

105,0 kg

| | | | | | |
|-------------|----------------------|----------------------------|--------------|-----------------|-----------------------|
| Kniebeugen | Peer Hänsicke | SV Kraft Eberswalde | 206,0 | 28.04.23 | DM KDK Classic |
| Bankdrücken | Peer Hänsicke | SV Kraft Eberswalde | 155,0 | 28.04.23 | DM KDK Classic |
| Kreuzheben | Peer Hänsicke | SV Kraft Eberswalde | 210,0 | 28.04.23 | DM KDK Classic |
| Dreikampf | Peer Hänsicke | SV Kraft Eberswalde | 571,0 | 28.04.23 | DM KDK Classic |

120,0 kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 180,0 | | |
| Bankdrücken | Standard | | 127,5 | | |
| Kreuzheben | Standard | | 185,0 | | |
| Dreikampf | Standard | | 475,0 | | |

120,0+ kg

| | | | | | |
|-------------|----------|-------|-------|-------|-------|
| Kniebeugen | Standard | | 185,0 | | |
| Bankdrücken | Standard | | 135,0 | | |
| Kreuzheben | Standard | | 187,5 | | |
| Dreikampf | Standard | | 485,0 | | |

Landesrekorde im Kraftdreikampf der männlichen AK IV im Classic

| 59,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|--|
| Kniebeugen | Standard | | 102,5 | | | |
| Bankdrücken | Standard | | 62,5 | | | |
| Kreuzheben | Standard | | 102,5 | | | |
| Dreikampf | Standard | | 265,0 | | | |

| 66,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|--|
| Kniebeugen | Standard | | 115,0 | | | |
| Bankdrücken | Standard | | 70,0 | | | |
| Kreuzheben | Standard | | 115,0 | | | |
| Dreikampf | Standard | | 280,0 | | | |

| 74,0 kg | | | | | | |
|-------------|-------------------------------|----------------------------|--------------|-----------------|-----------------------|--|
| Kniebeugen | Standard | | 122,5 | | | |
| Bankdrücken | Wolf-Peter Springstein | SV Großräschen e.V. | 102,5 | 02.03.24 | LM KDK Classic | |
| Kreuzheben | Wolf-Peter Springstein | SV Großräschen e.V. | 135,0 | 02.03.24 | LM KDK Classic | |
| Dreikampf | Rudolf Berndt | AC Lauchhammer | 320,0 | 02.03.24 | LM KDK Classic | |

| 83,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|--|
| Kniebeugen | Standard | | 135,0 | | | |
| Bankdrücken | Standard | | 87,5 | | | |
| Kreuzheben | Standard | | 127,5 | | | |
| Dreikampf | Standard | | 340,0 | | | |

| 93,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|--|
| Kniebeugen | Standard | | 140,0 | | | |
| Bankdrücken | Standard | | 95,0 | | | |
| Kreuzheben | Standard | | 132,5 | | | |
| Dreikampf | Standard | | 350,0 | | | |

| 105,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|--|
| Kniebeugen | Standard | | 150,0 | | | |
| Bankdrücken | Standard | | 100,0 | | | |
| Kreuzheben | Standard | | 135,0 | | | |
| Dreikampf | Standard | | 370,0 | | | |

| 120,0 kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|--|
| Kniebeugen | Standard | | 152,5 | | | |
| Bankdrücken | Standard | | 105,0 | | | |
| Kreuzheben | Standard | | 137,5 | | | |
| Dreikampf | Standard | | 375,0 | | | |

| 120,0+ kg | | | | | | |
|-------------|----------|-------|-------|-------|-------|--|
| Kniebeugen | Standard | | 157,5 | | | |
| Bankdrücken | Standard | | 107,5 | | | |
| Kreuzheben | Standard | | 140,0 | | | |
| Dreikampf | Standard | | 385,0 | | | |

Stand

24. März 2024