

## Resultate Deutschschweizermeisterschaft 2022 Subingen

Frauen -57 Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Anouk Wandeler	F	23	53.8	57	112.5	117.5	120	120	60	62.5	65	65	140	145	150.5	150.5	335.5	399.49	Kraftdreikampf Klub der Sportfreunde
Frauen -63 Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Anna Henzi	F	29	61.1	63	122.5	130	137.5	137.5	92.5	97.5	100	100	145	155	-160	155	392.5	430.18	Elemental Athletes
2	Noémi Weiss	F	26	60.3	63	112.5	117.5	122.5	122.5	60	62.5	65	65	147.5	155	-162.5	155	342.5	378.49	Outcast Strength System
Frauen -69 Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Chiara Luraschi*	F	24	64	69	130	137.5	145	145	77.5	82.5	85	85	170	180	-190.5	180	410	436.78	Kraftdreikampf Klub der Sportfreunde
2	Laura Rettig	F	29	65.7	69	125	132.5	137.5	137.5	65	67.5	70	70	160	170	175	175	382.5	401.17	Neuchâtel Force
3	Deborah Pungitore	F	31	66.1	69	130	137.5	142.5	142.5	80	85	87.5	87.5	140	150	-157.5	150	380	397.12	Schwerathletik Nordwest
4	Verónica Gattuso	F	22	65.3	69	110	117.5	125	125	65	70	75	75	140	150	160	160	360	378.93	Kraftdreikampf Klub der Sportfreunde
5	Daniela Niklaus	F	36	65.7	69	100	105	110	110	70	75	80	80	140	150	155	155	345	361.84	Schwerathletik Nordwest
6	Anja Buchmann	F	18	65.3	69	97.5	105	-110	105	62.5	67.5	70	70	145	155	162.5	162.5	337.5	355.25	Kraftdreikampf Klub der Sportfreunde
7	Iryna Kupryienka	F	41	63.2	69	97.5	102.5	105	105	60	65	67.5	67.5	107.5	115	120	120	292.5	313.98	Schwerathletik Nordwest
Frauen -76 Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Riccarda Küng	F	22	74.9	76	155	163	-165.5	163	77.5	80	-82.5	80	180	190	195.5	195.5	438.5	427.39	Elemental Athletes
2	Andrea Marx	F	29	74.3	76	145	152.5	160	160	87.5	92.5	-95.5	92.5	167.5	180	-192.5	180	432.5	435.14	Schwerathletik Nordwest
3	Malgorzata Becker	F	32	75.2	76	135	140	145	145	80	85	87.5	87.5	170	180	190	190	422.5	410.93	Powerlifting Wil
4	Nadine Schöb	F	23	75.1	76	147.5	157.5	165	165	-70	-70	70	70	165	175	-185	175	410	399.05	Powerlifting Wil
Frauen 84+ Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Mary Ekliru	F	34	99.9	84+	130	135	140	140	82.5	90	-95.5	90	165	175	182.5	182.5	412.5	352.14	Kraftdreikampf Klub der Sportfreunde
2	Debora Fischer	F	30	93	84+	105	115	-117.5	115	82.5	87.5	90	90	130	140	150	150	355	312.02	Barbell Club Landquart
NS	Angie Clark	F	52																	Elemental Athletes
Männer -59 Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Janis Brunner	M	28	58.4	59	125	132.5	-140	132.5	-87.5	95	-100	95	175	190	200	200	427.5	369.04	Barbell Club Landquart
Männer -74 Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Lars Willi	M	21	73.7	74	140	150	160	160	92.5	97.5	102.5	102.5	155	170	185	185	447.5	324.69	Barbell Club Landquart
Männer -83 Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Adrian van Schie	M	28	80.7	83	210	220	230	230	112.5	117.5	-120	117.5	220	232.5	240	240	587.5	403.05	Kraftdreikampf Klub der Sportfreunde
2	Mathias Braun	M	44	82.7	83	210	225	-235	225	120	130	-135	130	200	220	-232.5	220	575	388.97	Schwerathletik Nordwest
3	David Ochsner	M	28	80.7	83	170	177.5	185	185	130	135	140	140	200	215	225	225	550	377.32	Schwerathletik Nordwest
4	Kevin von Niederhäusern	M	29	82.5	83	167.5	175	182.5	182.5	-127.5	130	-132.5	130	195	205	210	210	522.5	353.94	Geneva Powerlifting
5	Sandro Trottmann	M	34	82.1	83	175	185	192.5	192.5	115	122.5	125	125	182.5	195	202.5	202.5	520	353.22	Powerlifting Wil
6	Lukas Tannheimer	M	20	81.8	83	180	190	195	195	100	105	110	110	205	210	212.5	212.5	517.5	352.26	Kraftdreikampf Klub der Sportfreunde
7	Livio Strahm	M	19	82	83	140	155	165	165	100	-110	-115	100	200	-215	-215	200	465	316.08	Schwerathletik Nordwest
8	Daniel Foltz-Morrison	M	34	76.7	83	135	-142.5		135	82.5	87.5	90	90	167.5	177.5	182.5	182.5	407.5	288.25	Elemental Athletes
Männer -93 Kg																				
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team
1	Raphael Sauta	M	27	89.2	93	215	230	240	240	145	155	165	165	260	280	-290	280	685	444.93	Powerlifting Zug
2	Dennis Goodtzov	M	25	90.3	93	227.5	240	247.5	247.5	137.5	145	-150	145	270	-285	-295	270	662.5	427.66	Powerlifting Zug
3	Tim Hardegger	M	23	89.3	93	210	225	-232.5	225	130	-142.5	-142.5	130	250	260	-265	260	615	399.23	Powerlifting Wil
4	Maximilian Becker	M	29	88.4	93	202.5	215	-225	215	140	145	150	150	207.5	220	230	230	595	388.26	Elemental Athletes
5	Thomas Zurluh	M	36	91.9	93	200	205	-210	205	130	-135	-135	130	240	252.5	-262.5	252.5	587.5	375.96	Elemental Athletes
6	Jonas Wyss	M	24	85.4	93	200	210	215	215	112.5	117.5	125	125	210	225	235	235	575	382.12	Schwerathletik Nordwest
7	Benjamin Hostettler	M	18	89.8	93	190	200	210	210	107.5	115	120	120	207.5	220	227.5	227.5	557.5	360.88	Outcast Strength System
8	Zejdul Hajr Supuk	M	21	88	93	170	182.5	190	190	-125	130	-140	130	210	220	225	225	545	356.47	Elemental Athletes
9	Nico Coppola	M	27	91.1	93	175	180	-190	180	130	135	-140	135	210	220	230	230	545	350.27	Powerlifting Wil
10	Peter Hofer	M	58	86.9	93	170	180	-185	180	110	-115	115	115	210	220	227.5	227.5	522.5	344.01	Schwerathletik Nordwest
11	Andreas Messmer	M	37	88.4	93	175	187.5	192.5	192.5	107.5	112.5	115	115	190	205	215	215	522.5	340.95	Powerlifting Nordostschweiz
12	Cédric Schöni	M	24	87.7	93	170	185	190	190	115	130	-135	130	200	-225	-225	200	520	340.72	Powerlifting Wil
13	Luigi De Rosa	M	44	87.7	93	157.5	165	170	170	107.5	115	117.5	117.5	180	190	200	200	487.5	319.43	Elemental Athletes
14	Manuel Meyer	M	43	91.5	93	160	160	-165	160	100	107.5	-112.5	107.5	175	180	187.5	187.5	455	291.79	Kraftdreikampf Klub der Sportfreunde
15	Manuel Scherzinger	M	40	87	93	110	120	130	130	100	105	107.5	107.5	170	180	195	195	432.5	284.59	Outcast Strength System
16	Nils Rubitschon	M	16	85.2	93	117.5	127.5	-135	127.5	80	85	90	90	175	185	195	195	412.5	274.48	Outcast Strength System
NS	Aljosha Friedländer	M	35																	Powerlifting Zug

Männer -105 Kg																					
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team	
1	Benjamin Brög*	M	31	104.6	105	260	280		280	175	190	195	195	250	270	-280	270	745	450.00	Powerlifting Wil	
2	Luca Cirone	M	35	103.6	105	215	230	242.5	242.5	150	155	157.5	157.5	275	290	-300	290	690	418.42	Bienna Powerlifting	
3	Fabian Baumgartner	M	28	104.2	105	230	242.5	247.5	247.5	140	-152.5	152.5	152.5	235	-250	255	255	655	396.25	Powerlifting Zug	
4	Sebastian Traub	M	28	99.5	105	195	210	220	220	-145	150	-155	150	220	230	240	240	610	376.28	Kraftdreikampf Klub der Sportfreunde	
5	Peter Schoenenberger	M	51	103.9	105	180	-190	-195	180	147.5	155	160	160	195	210	220	220	560	339.18	Powerlifting Nordostschweiz	
6	Philipp Kupper	M	37	103.6	105	180	190	195	195	115	122.5	-127.5	122.5	185	195	-200	195	512.5	310.78	Schwerathletik Nordwest	
Männer -120 Kg																					
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team	
1	Pola Daniele	M	24	113.4	120	255	276	285	285	165	175	182.5	182.5	255	275	290	290	757.5	443.64	Barbell Club Landquart	
2	Pascal Imhof	M	40	118.7	120	240	250	-260	250	185	-195	-195	185	290	305	-310	305	740	426.54	One Rep Strength	
3	Georgi Kostadinov	M	37	108.4	120	225	240	245	245	150	155	-160	155	230	242.5	250	250	650	387.13	Elemental Athletes	
4	Claas Lemkemeier	M	32	111.5	120	225	235	240	240	140	150	-155	150	220	230	235	235	625	368.30	Elemental Athletes	
5	Mario Wanger	M	32	110.3	120	190	200	210	210	132.5	140	145	145	215	230	245	245	600	355.00	Barbell Club Landquart	
6	Silvano Senn	M	38	106.9	120	190	205	210	210	120	-130	-130	120	220	240	255	255	585	350.30	One Rep Strength	
NS	Tom Thoma	M	34																	Elemental Athletes	
Männer 120+ Kg																					
Rang	Name	Geschlecht	Alter	Körpergewicht	Gewichtsklasse	Squat 1 (Kg)	Squat 2 (Kg)	Squat 3 (Kg)	Best Squat (Kg)	Bench 1 (Kg)	Bench 2 (Kg)	Bench 3 (Kg)	Best Bench (Kg)	Deadlift 1 (Kg)	Deadlift 2 (Kg)	Deadlift 3 (Kg)	Best Deadlift (Kg)	Total (Kg)	Points (Dots)	Team	
1	Christoph Büchi	M	47	137.8	120+	270	290	300	300	180	195	202.5	202.5	270	300		300	802.5	441.76	One Rep Strength	

\* Best Lifter Overall