

## Resultate Deutschschweizermeisterschaft 2026 Zizers

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	Mayana Ichi	F	22	56.1	57	-122.5	122.5	130	130	77.5	82.5	85	85	132.5	142.5	147.5	177.5	362.5	419.68	Bienna Powerlifting
Frauen -69 Kg																				
1	Jana Wolf	F	35	66.6	69	177.5	183	188	188	85	-90	-90	85	197.5	-202.5	-202.5	197.5	470.5	489.54	Outcast Strength System
2	Anna Henzi	F	33	63.2	69	137.5	145	150	150	102	106.5	106.5	106.5	177.5	177.5	177.5	177.5	434	465.87	Barbell Club Landquart
3	Dana Gaisbühler	F	25	68.5	69	100	105	107.5	107.5	82.5	87.5	-90	87.5	115	-125	-125	115	310	317.35	Outcast Strength System
Frauen -76 Kg																				
1	Tamara Thoma	F	26	71.8	76	137.5	140	140	137.5	90	95	-95	95	155	167.5	177.5	177.5	410	408.82	Elemental Athletes
2	Nadine Widmer	F	26	74.8	76	142.5	-147.5	-147.5	142.5	77.5	-82.5	82.5	82.5	155	165	172.5	172.5	397.5	387.70	Elemental Athletes
3	Chiara Witzig	F	21	74.4	76	125	130	132.5	132.5	72.5	75	77.5	77.5	135	142.5	150	150	360	352.13	Outcast Strength System
4	Alleen Grolimund	F	22	73.6	76	115	125	132.5	132.5	60	67.5	-72.5	67.5	125	135	145	145	345	339.41	Powerlifting Winti
Frauen 84 Kg																				
1	Nadine Schruttt	F	32	81	84	170	177.5	181.5	181.5	77.5	80	82.5	82.5	172.5	182.5	190	190	454	425.16	Outcast Strength System
2	Freja Haverland	F	25	80.5	84	132.5	140	147.5	147.5	100	100	100	100	145	152.5	160	160	407.5	382.78	Barbell Club Landquart
3	Bryony Fricker	F	25	80.9	84	92.5	102.5	112.5	112.5	55	57.5	-60	57.5	110	125	135	135	305	285.80	Barbell Club Landquart
4	Anna Kaufmann	F	25	81.4	84	100	110	-120	110	-62.5	62.5	67.5	67.5	110	120	-130	120	297.5	277.93	Kraftdreikampfverein Basilea
Frauen 84 Kg																				
1	Pauline Fichter	F	29	96.3	84+	60	70	80	80	75	80	-85	80	90	100	110	110	270	233.89	Outcast Strength System
Männer -66 Kg																				
1	Francesco Monteleone	M	31	62.5	66	185	192.5	200	200	120	125	130	130	215	227.5	238	238	568	463.95	Barbell Club Landquart
Männer -74 Kg																				
1	Niki Cheung	M	34	73.5	74	190	195	200	200	122.5	127.5	-130	127.5	192.5	197.5	205	205	532.5	387.05	Kraftdreikampf Klub der Sportfreunde
2	Joshua Stofer	M	32	73.6	74	160	170	-175	170	105	110	112.5	112.5	170	180	-185	180	462.5	335.87	Schwerathletik Nordwest
Männer -83 Kg																				
1	Sven Sigrist	M	37	81.5	83	225	237.5	245	245	145	152.5	157.5	157.5	260	275	-280	275	677.5	462.14	Elemental Athletes
2	Laurin Schmid	M	24	82.7	83	220	230	237.5	237.5	160	170	175	175	240	252.5	-267.5	252.5	665	449.85	One Rep Strength
3	Léo Rossetti	M	22	82.6	83	205	-215	-217.5	205	145	152.5	157.5	157.5	235	247.5	255	255	617.5	418.00	One Rep Strength
4	Basile Bizard	M	19	81.8	83	200	212.5	220	220	125	130	132.5	132.5	242.5	257.5	-265	257.5	610	415.22	Kraftdreikampf Klub der Sportfreunde
5	Noah Villiger	M	26	82.4	83	205	215	-225	215	140	147.5	152.5	152.5	230	237.5	-245	237.5	605	410.10	Kraftdreikampf Klub der Sportfreunde
6	Jonas Kaufmann	M	25	81.9	83	-190	200	-200	200	117.5	125	-130	125	230	250	265	265	590	401.33	Barbell Club Landquart
7	Giannaria Leone	M	31	82.4	83	187.5	200	210	210	102.5	110	115	115	192.5	207.5	220	220	545	369.43	Schwerathletik Nordwest
8	John Simons	M	29	82.4	83	160	-170	170	170	115	-120	122.5	122.5	200	220	-227.5	220	512.5	347.40	Schwerathletik Nordwest
9	Jan Fischer	M	15	80.6	83	195	-212.5	-212.5	195	117.5	125	-130	125	180	-200	190	190	510	350.13	Beo Barbell Club
10	Noah Giblin	M	31	82.2	83	150	160	167.5	167.5	105	112.5	120	120	185	195	207.5	207.5	495	336.00	Kraftdreikampf Klub der Sportfreunde
11	Roberto Trunfio	M	33	81.8	83	140	147.5	-152.5	147.5	92.5	97.5	100	100	185	195	200	200	447.5	304.61	Elemental Athletes
Männer -93 Kg																				
1	Adrian van Schie	M	32	88	93	235	247.5	257.5	257.5	125	130	-135	130	250	267.5	282.5	282.5	670	438.23	Kraftdreikampf Klub der Sportfreunde
2	Raphael Reinhalter	M	28	91.8	93	250	260	-267.5	260	130	137.5	-142.5	137.5	250	265	272.5	272.5	670	428.98	Kraftdreikampf Klub der Sportfreunde
3	Raphael Reinhalter	M	25	92.5	93	232.5	232.5	-245	232.5	157.5	165	170	170	235	-255	255	255	657.5	419.42	Outcast Strength System
4	Benjamin Meier	M	30	88.8	93	-200	-200	200	200	170	180	-190	180	220	240	260	260	640	416.66	Elemental Athletes
5	Quang Vuong	M	31	90.8	93	190	145	-205	200	132.5	140	145	145	235	250	-255	250	595	383.03	Schwerathletik Nordwest
6	Leonard Loimer	M	27	89.9	93	207.5	-220	220	220	117.5	125	132.5	132.5	205	210	227.5	227.5	580	375.24	Barbell Club Landquart
7	Kion Collie	M	22	90.9	93	202.5	210	-217.5	210	122.5	127.5	-132.5	127.5	195	215	225	225	562.5	361.91	Crossfort Kraftsport
8	Nico Pfister	M	21	89.6	93	170	180	187.5	187.5	115	120	125	125	195	207.5	217.5	217.5	530	343.47	Outcast Strength System
9	Christian Armando Tomboli	M	31	92.7	93	175	182.5	-187.5	182.5	127.5	132.5	137.5	137.5	190	200	210	210	530	337.74	Outcast Strength System
10	Manuel Meyer	M	47	91.8	93	160	170	180	180	115	-120	-120	115	190	205	215	215	510	326.54	Kraftdreikampf Klub der Sportfreunde
11	Christian Hübler	M	45	86.7	93	145	155	165	165	117.5	125	-130	125	180	195	205	205	495	326.31	Kraftdreikampf Klub der Sportfreunde
12	Matthias Betzler	M	39	90.8	93	140	-150	150	150	110	115	-120	115	170	180	190	190	455	292.90	Elemental Athletes
13	Phillipe Alroldi	M	29	90.5	93	145	155	-162.5	155	85	90	95	95	157.5	170	180	180	430	277.27	Kraftdreikampf Klub der Sportfreunde
14	Raphael Schuler	M	25	88.1	93	135	142.5	152.5	152.5	85	92.5	-100	92.5	150	170	180	180	425	277.82	Kraftdreikampfverein Basilea
15	Andreas Ratchev	M	32	91.5	93	120	127.5	-132.5	127.5	70	75	-80	75	130	137.5	142.5	142.5	345	221.25	Outcast Strength System
Männer -105 Kg																				
1	Noah Gehr	M	25	103.9	105	235	250	260	260	137.5	145	150	150	285	305	325	325	735	445.18	Outcast Strength System
2	Remi Tregan	M	24	104.3	105	235	250	265	265	150	160	167.5	167.5	255	280	302.5	302.5	735	444.48	Outcast Strength System
3	Benjamin Beringer	M	25	100.8	105	220	232.5	-242.5	232.5	175	182.5	187.5	187.5	245	260	-272.5	260	680	417.12	Outcast Strength System
4	Sebastian Traub	M	32	102.5	105	235	245	-247.5	245	152.5	160	-165	160	240	-240	240	240	645	393.51	Kraftdreikampf Klub der Sportfreunde
5	Marc Grepper	M	37	102.8	105	205	220	-235	220	130	140	-150	140	240	255	265	265	625	380.22	Barbell Club Landquart
6	Phillipe Affolter	M	27	103	105	215	-225	-225	215	135	140	147.5	147.5	220	235	242.5	242.5	605	367.75	Kraftdreikampfverein Basilea
7	Filip Mrcarica	M	25	102.5	105	197.5	210	217.5	217.5	137.5	-145	-147.5	137.5	220	235	247.5	247.5	602.5	366.98	Outcast Strength System
8	Manuel Suarez	M	34	100.1	105	200	210	217.5	217.5	125	132.5	140	140	217.5	230	242.5	242.5	600	369.15	Elemental Athletes
9	Timothée Just	M	27	100.4	105	197.5	-200	200	220	117.5	125	-132.5	125	217.5	237.5	-257.5	237.5	582.5	357.92	Bienna Powerlifting
10	Jörg Aebersicher	M	58	97.5	105	-140	145	150	150	-90	95	102.5	102.5	170	185	202.5	202.5	455	283.20	Bienna Powerlifting
11	Rafael Bobst	M	22	96.2	105	120	132.5	142.5	142.5	80	87.5	-90	87.5	170	185	200	200	430	269.28	Schwerathletik Nordwest
DD	Silvano Dambone Sessa	M	31	103	105	-120	-220	-220	-220	-135	-135	-135	-135	-235	-235	-235	-235	0	0.00	Schwerathletik Nordwest
Männer -120 Kg																				
1	Daniele Pola	M	28	118	120	290	307.5	317.5	317.5	202.5	215	228	228	280	305	320	320	865.5	499.88	Barbell Club Landquart
2	Philip Ruchti	M	28	117.1	120	220	240	250	250	140	150	157.5	157.5	210	240	250	250	657.5	380.75	Bienna Powerlifting
3	David Bless	M	31	112.3	120	205	222.5	240	240	117.5	125	130	130	260	280	-300	280	650	382.03	Outcast Strength System
4	Joel Beeler	M	30	116	120	190	200	210	210	147.5	152.5	-155	152.5	227.5						