

## Resultate Deutschschweizermeisterschaft 2023 Zürich

| Frauen -57 Kg, -63 Kg nach DOTS                                   |                        |            |       |                   |               |                |              |              |              |                 |              |              |              |                 |                 |                 |                 |                    |            |               |                           |
|---|------------------------|------------|-------|-------------------|---------------|----------------|--------------|--------------|--------------|-----------------|--------------|--------------|--------------|-----------------|-----------------|-----------------|-----------------|--------------------|------------|---------------|---------------------------|
| Rang  | Name                   | Geschlecht | Alter | Alterskategorie   | 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          | 24    | Open              | 54.2          | 57             | 112.5        | 117.5        | 120          | 120             | 67.5         | 70           | -72.5        | 70              | 145             | 151             | 154             | 154                | 344        | 407.55        | KDK Klub der Sportfreunde |
| 2   | Nadimi Weiss           | F          | 27    | Open              | 62.8          | 63             | 117.5        | 125          | 130          | 130             | 72.5         | 75           | 77.5         | 77.5            | 155             | 160             | -165            | 160                | 367.5      | 396.02        | Outcast Strength System   |
| 3   | Larissa Bischof        | F          | 23    | Open              | 60.6          | 63             | 107.5        | -112.5       | 112.5        | 112.5           | 60           | 62.5         | 65           | 65              | 130             | 135             | 140             | 140                | 317.5      | 349.77        | Outcast Strength System   |
| 4   | Tanja Kornberger       | F          | 35    | Open              | 55.1          | 57             | 90           | 95           | 100          | 100             | 47.5         | 50           | 52.5         | 52.5            | 105             | 110             | 120             | 120                | 272.5      | 319.29        | KDK Klub der Sportfreunde |
| Frauen -63 Kg, 84+ Kg nach DOTS                                   |                        |            |       |                   |               |                |              |              |              |                 |              |              |              |                 |                 |                 |                 |                    |            |               |                           |
| Rang  | Name                   | Geschlecht | Alter | Alterskategorie   | 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   | Laura Rettig           | F          | 30    | Open              | 66.6          | 69             | 135          | 142.5        | -147.5       | 142.5           | 72.5         | 75           | 77.5         | 77.5            | 170             | 182.5           | 190.5           | 190.5              | 410.5      | 427.11        | Neuchatel Force           |
| 2   | Deborah Pungitore      | F          | 32    | Open              | 68.3          | 69             | 132.5        | 140          | 147.5        | 147.5           | 85           | 90           | 92.5         | 92.5            | 150             | 157.5           | -165            | 157.5              | 397.5      | 407.61        | Outcast Strength System   |
| 3   | Tamara Thoma           | F          | 29    | Open              | 68.1          | 69             | 125          | 132.5        | -135         | 132.5           | 82.5         | 87.5         | -90          | 87.5            | 157.5           | 167.5           | -172.5          | 167.5              | 387.5      | 398.02        | Elemental Athletes        |
| 4   | Gabriela Tamassia      | F          | 29    | Open              | 92.7          | 84+            | 140          | 147.5        | 155          | 155             | -80          | 80           | 85           | 85              | 150             | 157.5           | 165             | 165                | 405        | 356.46        | Elemental Athletes        |
| 5   | Angie Clark            | F          | 53    | Open              | 100.8         | 84+            | 130          | -137.5       | 137.5        | 137.5           | 90           | 95           | -100         | 95              | 155             | 162.5           | 167.5           | 167.5              | 400        | 340.29        | Beo Barbell Club          |
| Männer -59 Kg, -74 Kg, -83 Kg, -93 Kg, -105 Kg, -120 Kg nach DOTS |                        |            |       |                   |               |                |              |              |              |                 |              |              |              |                 |                 |                 |                 |                    |            |               |                           |
| Rang  | Name                   | Geschlecht | Alter | Alterskategorie   | 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          | 28    | Open              | 89.9          | 93             | 235          | 250          | -260         | 250             | -170         | 175          | 181          | 181             | 270             | 287.5           | -300            | 287.5              | 718.5      | 464.84        | Powerlifting Zug          |
| 2   | Dennis Goodtzov        | M          | 26    | Open              | 92.2          | 93             | 225          | 237.5        | 247.5        | 247.5           | 150          | 157.5        | -165         | 157.5           | 277.5           | 292.5           | -300            | 292.5              | 697.5      | 445.64        | Powerlifting Zug          |
| 3   | Gioele Montalbetti     | M          | 26    | Open              | 103           | 105            | 235          | 250          | -260         | 250             | 172.5        | 180          | -185         | 180             | 245             | 260             | 270             | 270                | 700        | 425.50        | KDK Klub der Sportfreunde |
| 4   | Alexander Kühne        | M          | 29    | Open              | 101.3         | 105            | 210          | 225          | 235          | 235             | 140          | 147.5        | 152.5        | 152.5           | 260             | 275             | 285             | 285                | 672.5      | 411.65        | Powerlifting Zug          |
| 5   | Sebastian Traub        | M          | 29    | Open              | 104           | 105            | 235          | 245          | 245          | 245             | 150          | 157.5        | 162.5        | 162.5           | 235             | 250             | 265             | 265                | 672.5      | 407.16        | KDK Klub der Sportfreunde |
| 6   | Victor Gaultier        | M          | 24    | Open              | 58.4          | 59             | 135          | 145          | -155         | 145             | 120          | 127.5        | 131          | 131             | 170             | 180             | 190             | 190                | 466        | 402.27        | KDK Klub der Sportfreunde |
| 7   | Max Becker             | M          | 30    | Open              | 92            | 93             | 212.5        | 225          | -230         | 225             | 145          | 150          | -155         | 150             | 227.5           | 237.5           | 245             | 245                | 620        | 396.55        | Elemental Athletes        |
| 8   | Ilyan Zlatkov          | M          | 32    | Open              | 82            | 83             | 195          | 202.5        | 207.5        | 207.5           | 120          | 127.5        | -132.5       | 127.5           | 200             | 217.5           | 227.5           | 227.5              | 562.5      | 382.35        | KDK Klub der Sportfreunde |
| 9   | Aaron Müller           | M          | 29    | Open              | 119.2         | 120            | 210          | 222.5        | 232.5        | 232.5           | 147.5        | 155          | 162.5        | 162.5           | 237.5           | 250             | 260             | 260                | 655        | 377.01        | Outcast Strength System   |
| 10  | Pak Lung (Niki) Cheung | M          | 31    | Open              | 72.7          | 74             | -177.5       | 177.5        | 190          | 190             | 107.5        | 115          | 122.5        | 122.5           | 175             | -185            | 185             | 185                | 497.5      | 364.23        | KDK Klub der Sportfreunde |
| 11  | Mario Reichle          | M          | 35    | Open              | 98.5          | 105            | 172.5        | 182.5        | 192.5        | 192.5           | 92.5         | 100          | 107.5        | 107.5           | 195             | 205             | 215             | 215                | 515        | 319.09        | KDK Klub der Sportfreunde |
| NS  | Claas Lemkemeier       | M          | 33    | Open              |               |                |              |              |              |                 |              |              |              |                 |                 |                 |                 |                    |            |               | Elemental Athletes        |
| Männer Subjunior, Junior und Master nach DOTS                     |                        |            |       |                   |               |                |              |              |              |                 |              |              |              |                 |                 |                 |                 |                    |            |               |                           |
| Rang  | Name                   | Geschlecht | Alter | Alterskategorie   | 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   | Erik Schwarzenbach     | M          | 20    | Sub/Junior/Master | 92.7          | 93             | 217.5        | 227.5        | 237.5        | 237.5           | 145          | 152.5        | 160          | 160             | 245             | 257.5           | 270             | 270                | 667.5      | 425.36        | Elemental Athletes        |
| 2   | Janne Dvorak           | M          | 18    | Sub/Junior/Master | 91.9          | 93             | 182.5        | 195          | 205          | 205             | 132.5        | 140          | 145          | 145             | 227.5           | 240             | -250            | 240                | 590        | 377.56        | KDK Klub der Sportfreunde |
| 3   | Kristian Skalland      | M          | 23    | Sub/Junior/Master | 80.1          | 83             | 165          | 172.5        | 180          | 180             | 105          | 112.5        | -117.5       | 112.5           | 210             | 220             | 227.5           | 227.5              | 520        | 358.30        | KDK Klub der Sportfreunde |
| 4   | Andreas Laourdas       | M          | 21    | Sub/Junior/Master | 92.1          | 93             | 175          | 182.5        | 190          | 190             | 115          | 120          | 122.5        | 122.5           | 205             | 220             | 232.5           | 232.5              | 545        | 348.39        | Outcast Strength System   |
| 5   | Manuel Scherzinger     | M          | 41    | Sub/Junior/Master | 89.5          | 93             | 155          | 165          | 172.5        | 172.5           | -115         | 115          | -120         | 115             | 225             | 235             | 242.5           | 242.5              | 530        | 343.66        | Outcast Strength System   |
| 6   | Fabian Fischer         | M          | 19    | Sub/Junior/Master | 90.9          | 93             | 150          | 160          | 167.5        | 167.5           | 125          | 130          | 137.5        | 137.5           | 180             | 192.5           | -200            | 192.5              | 497.5      | 320.09        | Outcast Strength System   |
| 7   | Manuel Meyer           | M          | 44    | Sub/Junior/Master | 91.9          | 93             | 155          | 165          | -175         | 165             | 110          | -115         | 115          | 115             | 180             | 200             | -210            | 200                | 480        | 307.17        | KDK Klub der Sportfreunde |
| 8   | Nils Rubitschon        | M          | 17    | Sub/Junior/Master | 102.5         | 105            | -162.5       | 162.5        | 170          | 170             | 120          | 125          | 130          | 130             | 175             | 190             | 202.5           | 202.5              | 502.5      | 306.07        | Outcast Strength System   |

\* Best Lifter Overall