

**Bench Press**

**Women**

Age Class: T-A	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: T-B	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: T-C	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	47,5	Gade, Stella	WM 2013	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: Jun	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	55	Förderer, Selina	DM 2015	0	0	0	0	0	0
67,5	72,5	Ronja Hofmann	DM 2022	0	0	0	120	Annalena Peluso	DM 2023
75	0	0	0	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: Ope	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	72,5	Sarah Stephan	DM 2024	0	0	0	0	0	0
60	65	Svitlana Mednikova	DM2021	0	0	0	0	0	0
67,5	130	Nicole Kegeler	Mr. Olympia 2023	0	0	0	50	Johanna Wagner	DM 2024
75	130	Nicole Kegeler	DM 2024	0	0	0	0	0	0
82,5	92,5	Jemeana Busch	DM 2024	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
SHW	152,5	Sabine Allner	DM 2022	150	Sabine Allner	WPC WM 2023	0	0	0

Age Class: M-1	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	52	Svitlana Mednikova	EM 2018	50	Schmitt, Britta	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	130	Nicole Kegeler	Mr. Olympia 2023	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-2	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	57,5	Svitlana Mednikova	WM 2019	0	0	0	0	0	0
60	72,5	Svitlana Mednikova	IPL World Cup 2022	47,5	Schmitt, Brita	WM 2008	0	0	0
67,5	73	Svitlana Mednikova	DM 2023	0	0	0	0	0	0
75	85	Irene Pignataro	DM2021	0	0	0	0	0	0
82,5	60	Claudia Borsci	WM 2019	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-3	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	67,5	Katja Weber-Menne	DM 2024	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	0	0	0	82,5	Schwade, Kirsten	WM 2008	0	0	0
90	0	0	0	82,5	Schwade, Kirsten	Holl.M. 2008	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-4	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	115	Zankl, Lolita	WM 2015	0	0	0	0	0	0
75	110	Lolita Zankl	DM 2016	0	0	0	0	0	0
82,5	50	Ilka Barteld-Pfeiffer	DM 2023	77,5	Schwade, Kirsten	WM 2009	0	0	0
90	0	0	0	91	Schwade, Kirsten	EM 2011	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	95,5	Schwade, Kirsten	EM 2012	0	0	0

Age Class: M-5	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	100,5	Kirsten Schwade	WM 2016	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	100,5	Schwade, Kirsten	WM 2015	0	0	0

Age Class: M-6	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	52,5	Inge Kaule	DM 2022	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	77,5	Eulenstein, Ursula	WM 2015	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-7	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	50	Inge Kaule	DM 2024	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-8	Classic Raw			Single Ply			Multi Ply		
44	0	0	0	0	0	0	0	0	0
48	0	0	0	0	0	0	0	0	0
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

## Bench Press

## Men

Age Class: T-A	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	85	Jason Benik	DM 2024	0	0	0	0	0	0
82,5	0	0	0	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	0	0	0	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
125	0	0	0	0	0	0	0	0	0
140	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: T-B	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	70	Toisa Schreiber	DM 2020	0	0	0	0	0	0
67,5	100	Jordan Lorenz	WPC-WM 2023	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	97,5	Max Glok	EM 2016	95	Max Glok	EM 2016	95	Max Glok	EM 2016
90	90	Justin Nerstheimer	DM 2020	0	0	0	0	0	0
100	102,5	Breite, Jonas	DM 2015	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
125	0	0	0	0	0	0	0	0	0
140	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: T-C	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	110	Maxim Stephan	DM 2022	110	Eschenasy, Sebastian	DM 2014	0	0	0
75	105	Michael Mednikov	DM2021	0	0	0	0	0	0
82,5	130	Karl Teske	DM 2020	100	Dennis Glok	EM 2016	100	Dennis Glok	EM 2016
90	127,5	Felix Schieck	DM 2023	0	0	0	0	0	0
100	145	Roberto Cvijetic	DM 2020	0	0	0	0	0	0
110	117,5	Niklas Wissel	DM 2024	0	0	0	0	0	0
125	0	0	0	0	0	0	0	0	0
140	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: Jun	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	135	Ben Zimmermann	IPL World Cup 2022	0	0	0	0	0	0
82,5	135	Oliver Berger	DM 2017	0	0	0	0	0	0
90	160	Thomas Niebauer	DM 2022	0	0	0	0	0	0
100	170	Yannick Kathage	DM 2017	0	0	0	0	0	0
110	110	Dahlmann, Yannis	DM 2015	0	0	0	0	0	0
125	157,5	David Eberle	DM 2023	0	0	0	0	0	0
140	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: Ope	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	112,5	Thomas Graf von Falkenstein	DM2021	0	0	0	0	0	0
75	142,5	Alexandro Demetriou	DM 2022	0	0	0	0	0	0
82,5	167,5	Philipp Jambor	DM2021	220	Kraft, Paul	DM 2010	0	0	0
90	192,5	Axel Kujat	DM 2023	227,5	Patric Kaltenbacher	WM 2017	300	Can Tosun	DM 2024
100	210	Justin Kämpf	IPL World Cup 2022	262,5	Patric Kaltenbacher	DM2021	330	Martin Kries	DM 2024
110	215	Hirschmann, Oliver	WM 2015	235	Janke, Wladimir	DM 2014	200	Dominik Hoppe	DM 2023
125	250	Burak Kacar	DM2021	235	Sirko Petermann	DM 2016	262,5	Sirko Petermann	DM 2017
140	220	Markus E. Weinmaier	DM2021	285	Christopher Röper	IPL World Cup 2022	0	0	0
SHW	190	Alexander Gerth	DM2021	0	0	0	0	0	0

Age Class: M-1	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	90	Meryem, Salih	0	0	0	0
75	142,5	Ingo Cremer	EM 2016	0	0	0	0	0	0
82,5	147,5	Ingo Cremer	EM 2017	0	0	0	205	Kraft, Paul	DM 2014
90	160	Mirko Klatt	DM 2024	0	0	0	0	0	0
100	167,5	Elfner, Thomas	DM 2015	230	Freiberg, Wladimir	DM 2009	0	0	0
110	190	Stefan Fekken	DM 2023	250	Hochstetter, Juri	0	312,5	Henning Tiedje	DM 2023
125	220,5	Martin Erlitz	DM2021	0	0	0	160	Dominik Hoppe	WPC-WM 2023
140	210	Thomas Godesberg	DM 2022	192,5	Sirko Petermann	DM 2022	0	0	0
SHW	190	Deniz Kedikov	DM 2022	0	0	0	0	0	0

Age Class: M-2	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	145	Alexandro Demetriou	IPL World Cup 2022	100	Meryem, Salih	0	0	0	0
82,5	142,5	Uwe Benik	DM 2024	0	0	0	0	0	0
90	168	Alexander Benik	DM2021	200	Winklareth, Michael	EM 2006	0	0	0
100	185	Marko Grunert	DM 2024	215	Thomas Elfner	DM 2019	300	Daniel Kaufmann	DM 2024
110	165	Viktor Mednikov	DM 2022	215,5	Thomas Elfner	WM 2018	315	Henning Tiedje	DM 2024
125	187,5	Timo Schütt	DM 2022	0	0	0	0	0	0
140	200	Timo Schütt	DM 2023	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-3	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0

56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	90	Meryem, Salih	DM 2009	0	0	0
75	152,5	Alexandro Demetriou	DM 2024	0	0	0	0	0	0
82,5	160	Michael Schmidt	DM 2023	175	Paul Kraft	DM 2024	0	0	0
90	120	Bucher, Bernd	WM 2012	202,5	Winklareth, Michael	WM 2007	0	0	0
100	182,5	Göran Vente	IPL World Cup 2022	137,5	Hermann Maier	DM 2018	197,5	Helmut Kraus	DM2021
110	160	Thomas Elfner	DM2021	127,5	Hermann Maier	DM 2017	127,5	Hermann Maier	DM 2017
125	137,5	Istvan Szabo	DM 2022	0	0	0	0	0	0
140	170	Dirk Lauber	EM 2017	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-4	Classic Raw			Single Ply			Multi Ply		
52	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!	#NULL!
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	116	Thomas Graf von Falkenstein	DM 2022	0	0	0	0	0	0
75	110	Mirko Jaedtke-Schulz	DM 2024	112,5	Meryem, Salih	DM 2014	0	0	0
82,5	132,5	Mike Künzling	DM 2023	0	0	0	0	0	0
90	162,5	Winklareth, Michael	GB 2013	195	Winklareth, Michael	EM 2014	0	0	0
100	155	Alexander Bauer	DM 2024	215	Gersdorf, Axel	DM 2010	132,5	Hermann Maier	DM 2019
110	185	Göran Vente	DM 2023	0	0	0	0	0	0
125	200	Kurda, Walter	EM 2012	200	Kurda, Walter	DM 2009	0	0	0
140	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-5	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	0	0	0	0	0	0	0	0	0
82,5	120	Matthews, Walter	ODC 2014	0	0	0	0	0	0
90	155	Frank Lubitz	EM 2019	0	0	0	0	0	0
100	180	Gersdorf, Axel	EM 2012	165	Gersdorf, Axel	WM 2012	210	Peter Rathke	DM 2024
110	0	0	0	0	0	0	170	Peter Malfa	Mr. Olympia 2023
125	205	Walter Kurda	DM 2016	200	Walter Kurda	DM 2016	0	0	0
140	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-6	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	120	Hans-Jürgen Kaule	IPL World Cup 2022	0	0	0	0	0	0
82,5	130	Hartmut Niemann	WM 2019	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	132,5	Eulenstein, Joachim	WM 2015	120	Axel Gersdorf	EM 2017	60	Axel Gersdorf	DM 2016
110	162,5	Helmut Reimann	DM 2020	200	Helmut Reimann	DM 2020	0	0	0
125	0	0	0	0	0	0	0	0	0
140	175	Walter Kurda	DM 2019	175	Walter Kurda	DM 2019	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-7	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	92,5	Joachim Müller	DM 2022	0	0	0	0	0	0
82,5	112,5	Gerd Müller	DM 2023	0	0	0	0	0	0
90	0	0	0	0	0	0	0	0	0
100	155	Kurt Schoule	DM 2023	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
125	0	0	0	0	0	0	0	0	0
140	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0

Age Class: M-8	Classic Raw			Single Ply			Multi Ply		
52	0	0	0	0	0	0	0	0	0
56	0	0	0	0	0	0	0	0	0
60	0	0	0	0	0	0	0	0	0
67,5	0	0	0	0	0	0	0	0	0
75	52,5	Ulrich Mielich	DM 2019	0	0	0	0	0	0
82,5	75	ROLAND GÖTZ	DM 2024	0	0	0	0	0	0
90	120	Kazimierz Forys	DM 2024	0	0	0	0	0	0
100	140	Albert Olomek	DM 2022	0	0	0	0	0	0
110	0	0	0	0	0	0	0	0	0
125	0	0	0	0	0	0	0	0	0
140	0	0	0	0	0	0	0	0	0
SHW	0	0	0	0	0	0	0	0	0