

# German Powerlifting Union

Rekordliste Kreuzheben, Einzeldisziplin (Klassen angepasst an GPU/WPC-Regelwerk DM 2021/2022)

Stand: 17.Jun.2023

## Frauen

### Raw Classic

56	Open	150	Viktoria Reeb	WM 2018
67,5		180	Lolita Zankl	EM 2017
	Master 1	115	Dorothee Fasselt	DM 2019
	Master 4	170	Lolita Zankl	EM 2016
75	Open	175	Anna Dierks	DM 2020
	Master 4	160	Lolita Zankl	DM 2016
82,5	Open	130	Romy Schreyer	EM 2017
	Master 2	125	Claudia Borsci	WM 2019
90	Master 4	125	Schwade, Kirsten	Indian Open 2014
	Master 5	120	Schwade, Kirsten	DM 2015
90+	Open	145	Hoffmann, Petra	DM 2015
	Master 1	140	Sandra Sesay	EM 2019
	Master 5	110	Schwade, Kirsten	EM 2014

### Raw

56	Open	152,5	Viktoria Reeb	EM 2018
60		155	Carola Benik	WPC-WM 2023
67,5	Junior	130	Jenny Starke	DM 2023
	Open	170	Sandra Vilkiene	IPL World Cup 2022
	Master 1	125	Jana Meyers	WM 2019
	Master 3	105	Elvira Gerland	DM 2022
	Master 4	180	Lolita Zankl	EM 2018
75	Open	160	Vanessa Meuser	WM 2019
	Master 4	180	Lolita Zankl	DM 2018
82,5	Open	202,5	Ulrike Ertl	DM 2021
	Master 2	135	Claudia Borsci	DM 2019
	Master 5	205	Ulrike Ertl	DM 2022
90	Junior	160	Jennifer Maluck	DM 2023
	Master 1	200	Alexiz Lewis	DM 2022
90+	Open	150	Sandra Sesay	WM 2019
	Master 1	145	Sandra Sesay	DM 2022

### Single Ply

75	Teen 2	120	Freier, Laura	DM 2014
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## Männer

### Raw Classic

75	Master 5	190	Bernd Steinbrecher	EM 2017
82,5	Master 4	200	Thomas Bold	WM 2019
	Master 5	145	Hans Malchau	EM 2016
	Master 6	157,5	Bernd Willer	DM 2020
	Master 8	170	Josef Metz	DM 2016
90	Junior	200	Dennis Glok	EM 2019
	Open	240	Sims, Tyron	DM 2014
	Master 2	185	Wolfgang Fischer	DM 2016
	Master 4	270	Kraus, Valerij	DM 2014
100	Open	272,5	Guido,Schlemmer	WM 2017

100	Master 2	180	Fischer, Wolfgang	Dutch Champ. 2016
	Master 3	180	Wolfgang Fischer	DM 2018
	Master 4	200	Peter Malfa	DM 2019
110	Open	270	Nübel, Sebastian	DM 2014
	Master 1	290	Franz Ritzer	EM 2016
	Master 3	250	Jörg Schmelzer	DM 2020
	Master 4	245	Manfred Cebulla	EM 2017
125	Junior	310	Gabor Hartard	DM 2016
	Open	255	Michael Becherer	DM 2016
	Master 2	300	Timo Schütt	DM 2020
140	Open	310	Christoph Nagy	DM 2016
	Master 1	270	Oliver Dorsch	DM 2017
<b>Raw</b>				
67,5	Master 7	135	Burkhard Steffen	DM 2022
75	Teen 2	100	Finn Müller	DM 2020
	Junior	130	Tom Lenko	WM 2019
	Open	210	Benjamin Bernhardt	EM 2019
	Master 6	175	Bernd Steinbrecher	DM 2022
	Master 7	132,5	Burkhard Steffen	DM 2021
	Master 8	100	Ulrich Mielich	EM 2019
82,5	Teen 2	260	Paul Goemann	WPC-WM 2023
	Open	210	Bakary Keita	DM 2021
	Master 1	240	Matthias Schröter	DM 2023
	Master 4	202,5	Thomas Bold	WM 2019
	Master 5	170	Fred Pommerenke	DM 2023
	Master 6	145	Bernd Willer	DM 2019
	Master 7	175	Lothar Schulze	DM 2022
90	Teen 1	247,5	Paul Gömann	DM 2023
	Teen 2	240	Paul Tesenvitz	DM 2021
	Junior	185	Erik Rein	DM 2019
	Open	280	Benjamin Bernhardt	DM 2021
	Master 1	215	Ronny Dießner	DM 2023
	Master 2	240	Ronny Stein	DM 2022
	Master 3	245	Ronny Stein	DM 2023
	Master 4	205	Thomas Bold	EM 2019
	Master 7	170	Lothar Schulze	DM 2021
100	Teen 2	250	Paul Tesenvitz	DM 2022
	Junior	300	Niklas Peper	DM 2022
	Open	290	Franz Ritzer	DM 2021
	Master 1	250	Johannes Kraft	DM 2020
	Master 2	290	Franz Ritzer	DM 2021
	Master 3	175	Wolfgang Fischer	DM 2018
	Master 4	230	Manfred Cebulla	WM 2018
	Master 5	225	Manfred Cebulla	DM 2020
	Master 8	201	Kazimierz Forys	WPC-WM 2023
110	Open	285	Guido Schlemmer	DM 2022
	Master 1	240	Evgeny Enin	DM 2022
	Master 2	255	Evgeny Enin	IPL World Cup 2022
	Master 3	255	Jörg Schmelzer	WM 2019
	Master 4	240	Manfred Cebulla	DM 2018
	Master 5	220	Manfred Cebulla	DM 2022
	Master 6	180	Stefan Kapplinghaus	DM 2022
125	Junior	220	Kardo Azad	DM 2021
	Open	322,5	Burak Kacar	DM 2021
	Master 2	305	Timo Schütt	DM 2022

125	Master 3	295	René Falk	DM 2022
140	Open	305	Patrick Ohleff	DM 2021
	Master 1	310	Patrick Ohleff	DM 2023
	Master 2	320	Timo Schütt	WM 2019
140+	Open	300	Alexander Gerth	DM 2021
	Master 1	280	Deniz Kedikov	DM 2022
<b>Single Ply</b>				
67,5	Master 5	125	Salih Meryem	DM 2023
82,5	Open	260	Harutyunyan, Vahan	DM 2011
90		260	Harutyunyan, Vahan	DM 2014
	Master 2	262,5	Norman Herrmann	WPC-WM 2023
100	Open	215	Peter Kotschenreuther	DM 2021
	Master 1	270	Freiberg, Wladimir	DM 2009
	Master 2	280	Hochstetter, Juri	DM 2010
	Master 3	247,5	Malfa, Peter	WM 2018
	Master 4	215	Peter Kotschenreuther	DM 2021
	Master 7	190	Heinz Mihoubi	DM 2022
110	Master 2	260	Hochstetter, Juri	DM 2011
	Master 3	300	Hochstetter, Juri	WM 2012
125	Open	310	Remmele, Andrej	WM 2012
140		250	Funkner, Wladimir	DM 2011
	Master 2	250	Daniel Fröhlich	DM 2022
	Master 3	290	Dirk Lauber	EM 2017
<b>Multi Ply</b>				
75	Master 4	210	Eschenasy, Calin	DM 2014
90	Master 1	235	Ronny Dießner	DM 2023
100	Open	315	Erik Knöfler	WM 2019
110		305	Tobias Blankenhorn	WM 2019
125		260	Maximilian Brunner	DM 2021