

Résultats Championnat Suisse Allemand 2024 Lucern

Femmes -52 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Anouk Wandeler	F	35	51.3	52	123	128	130.5	130.5	71	-74	-74	71	153	157	160	157	358.5	441.13	Kraftdreikampf Klub der Sportfreunde
2	Tanja Kornberger	F	25	51.5	52	115	120	-125	120	52.5	55	-57.5	55	120	125	130	130	305	374.28	Kraftdreikampf Klub der Sportfreunde
Femmes -63 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Larissa Bischof	F	23	62.9	63	127.5	-135	135	135	75	77.5	-80	77.5	152.5	162.5	-170	162.5	375	403.71	Outcast Strength System
2	Noémi Weiss	F	28	62.2	63	110	115	120	120	67.5	-70	70	70	142.5	150	-155	150	340	368.55	Outcast Strength System
3	Murielle Brügger	F	23	61.3	63	90	100	110	110	60	65	70	70	120	130	-135	130	310	339.07	Outcast Strength System
Femmes -69 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Deborah Pungitore	F	33	68.8	69	135	142.5	147.5	147.5	87.5	90	93	93	152.5	160	165	165	405.5	414.09	Elemental Athletes
2	Verónica Gattuso	F	25	67.2	69	135	142.5	-150	142.5	77.5	80	82.5	82.5	160	170	177.5	177.5	402.5	416.61	Kraftdreikampf Klub der Sportfreunde
3	Michelle-Jannette Senhauser	F	26	64.4	69	95	102.5	107.5	107.5	-55	55	60	60	125	135	145	145	312.5	331.67	Barbell Club Landquart
4	Natalie Härdegger	F	19	64.8	69	90	97.5	102.5	102.5	-50	55	-60	55	122.5	130	137.5	137.5	295	311.94	Strength United Club
Femmes -76 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Sarah Jaeggli	F	18	75	76	145	-157.5	157.5	157.5	72.5	-80	82.5	82.5	170	182.5	-190	182.5	422.5	411.51	Kraftdreikampf Klub der Sportfreunde
2	Nadine Schruft	F	29	74.4	76	-125	125	-130	125	60	62.5	-65	62.5	140	150	155	155	342.5	335.01	One Rep Strength
3	Saskia Senn	F	71.9	76	100	105	110	110	110	52.5	57.5	62.5	62.5	125	135	145	145	317.5	316.34	One Rep Strength
Femmes -84 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Nadine Schöb	F	25	77.6	84	-157.5	157.5	165	165	77.5	82.5	87.5	87.5	180	192.5	202.5	202.5	455	435.37	Schwerathletik Nordwest
Femmes -84+ Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Gabriela Tamassia	F	30	92	84+	152.5	-162.5	-162.5	152.5	100	105	-110.5	105	180	190	200	200	457.5	403.98	Elemental Athletes
2	Mary Ekiru	F	36	100.7	84+	132.5	145	155	155	87.5	92.5	97.5	97.5	175	185	-195	185	437.5	372.33	Kraftdreikampf Klub der Sportfreunde
3	Jasna Thomi	F	33	87.5	84+	140	150	-160	150	80	85	87.5	87.5	155	165	175	175	412.5	372.43	Bienna Powerlifting
4	Chiara Mikaela Witzig	F	19	92.7	84+	115	122.5	127.5	127.5	62.5	67.5	-70	67.5	130	137.5	145	145	340	299.25	Outcast Strength System
Hommes -66 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Florian Beeler	M	17	64.7	66	167.5	175	182.5	182.5	-97.5	102.5	107.5	107.5	167.5	177.5	187.5	187.5	477.5	379.75	Powerlifting Verein Cross Arena Glarnerland
Hommes -74 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Rafiq Al Banqawi	M	24	73.9	74	195	205	212.5	212.5	156	165	-172.5	165	265	280	293	293	670.5	485.64	CLHM
2	Ivan Pless	M	17	71.1	74	160	165	170	170	100	107.5	112.5	112.5	-195	-195	200	200	482.5	358.57	Kraftdreikampf Klub der Sportfreunde
Hommes -83 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Sven Sigrist	M	35	82.2	83	222.5	235	245	245	145	152.5	-157.5	152.5	257.5	-275	280	280	677.5	459.88	Elemental Athletes
2	Alain Jost	M	26	75	83	205	217.5	230	230	125	135	142.5	142.5	250	-275	-300	250	622.5	446.60	Outcast Strength System
3	Ilyyan Zlatkov	M	33	82.8	83	210	220	230	230	125	132.5	-137.5	132.5	232.5	245	255	255	617.5	417.43	Kraftdreikampf Klub der Sportfreunde
4	Vasco Artino	M	27	79.2	83	185	200	215	215	120	-127.5	127.5	127.5	245	260	-275	260	602.5	417.94	Barbell Club Landquart
5	Fabio Wunderli	M	19	79	83	190	200	210	210	107.5	115	120	120	227.5	240	252.5	252.5	582.5	404.67	Outcast Strength System
6	Toni Elmer	M	17	82	83	200	210	-220	210	120	-130	130	130	200	215	222.5	222.5	562.5	382.35	Powerlifting Wil
7	Andrin Borer	M	25	83	83	182.5	195	-205	195	125	-132.5	-132.5	125	200	215	-230	215	535	361.17	Barbell Club Landquart
8	Valentin Henry	M	30	81.2	83	150	-160	160	160	105	110	-115	110	190	205	215	215	485	331.54	CLHM
9	Noah Giblin	M	29	82	83	127.5	140	150	150	95	100	105	105	155	165	175	175	430	292.29	Kraftdreikampf Klub der Sportfreunde
Hommes -93 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Colin Morales	M	26	92.1	93	235	-250	250	250	150	160	165	165	272.5	295	305.5	305.5	720.5	460.58	Outcast Strength System
2	Nicola Ruggati	M	30	91.7	93	210	222.5	230	230	142.5	147.5	152.5	152.5	255	267.5	-277.5	267.5	650	416.40	CLHM
3	Adrian van Schie	M	30	88.3	93	225	237.5	250	250	117.5	122.5	127.5	127.5	235	250	265	265	642.5	419.50	Kraftdreikampf Klub der Sportfreunde
4	Samuel Geiser	M	31	89.9	93	195	205	210	210	132.5	137.5	-142.5	137.5	250	270	277.5	277.5	625	404.35	Bienna Powerlifting
5	Janne Dvorak	M	19	92.9	93	197.5	210	-220	210	157.5	165	-172.5	165	235	250	-270	250	625	397.86	Kraftdreikampf Klub der Sportfreunde
6	Leandro Caspar	M	19	89.9	93	200	210	217.5	217.5	90	105	-117.5	105	210	222.5	232.5	232.5	555	359.06	Outcast Strength System
7	Sebastian Schwarzenbach	M	26	86.5	93	180	190	-200	190	115	122.5	130	130	210	220	230	230	550	363.01	Elemental Athletes
8	Sageesan Devanatham	M	21	90.8	93	150	160	165	165	115	120	-125	120	195	205	-215	205	490	315.43	Outcast Strength System
Hommes -105 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Dario Herrsche	M	30	101.2	105	255	272.5	282.5	282.5	152.5	162.5	167.5	167.5	-260	277.5	-290	277.5	727.5	445.50	Schwerathletik Nordwest
2	Erik Schwarzenbach	M	20	102.1	105	245	257.5	-270	257.5	157.5	167.5	-175	167.5	250	265	275	275	700	427.06	Elemental Athletes
3	Felix Scheibert	M	29	101.4	105	230	242.5	250	250	147.5	155	160	160	255	265	275	275	685	419.12	One Rep Strength
4	Sebastian Traub	M	29	104.8	105	-240	252.5	265	265	165	165	-167.5	165	240	-260	-260	240	670	404.39	Kraftdreikampf Klub der Sportfreunde
5	Luis Zettler	M	17	101.8	105	-227.5	227.5	-245	227.5	155	162.5	-170	162.5	230	250	270	270	660	403.16	Schwerathletik Nordwest
6	Silvano Senn	M	40	102.3	105	205	225	225	225	115	125	-130	125	245	262.5	272.5	272.5	620	377.94	One Rep Strength
7	Marc Grepper	M	35	102.7	105	-205	215	225	225	135	142.5	150	150	220	240	-260	240	615	374.28	Barbell Club Landquart
8	Mario Reichle	M	36	99.6	105	180	192.5	200	200	100	110	-115	110	195	210	220	220	530	326.79	Kraftdreikampf Klub der Sportfreunde
9	Luca Stadler	M	31	102	105	172.5	180	187.5	187.5	107.5	115	125	125	202.5	215	-225	215	527.5	321.95	Elemental Athletes
Hommes -120 Kg																				
Place	Nom	Sexe	Age	Poids (Kg)	Catégorie de poids (Kg)	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)	Club
1	Daniele Pola																			