

## Bezirksmeisterschaft Niederrhein im Bankdrücken 17.04.10 in Essen

### Jugend B

-110,0 kg

1. Jäger, Kevin Powerlifting Duisburg 125,0 kg

### Jugend A

-75,0 kg

1. Ewald, Mats-Henning AC Homberg 105,0 kg

-82,5 kg

1. Bours, Fabian AC Homberg 110,0 kg

### Junioren

-82,5 kg

1. Gostev, Yuriy Powerlifting Duisburg 130,0 kg

2. Hermann, Adrian Powerlifting Duisburg 90,0 kg

### AK I

-90,0 kg

1. Smolczyk, Jan Powerlifting Duisburg 180,0 kg

-100,0 kg

1. Dilbat, Rolf Powerlifting Duisburg 247,5 kg

+125,0 kg

1. Jäger, Michael Powerlifting Duisburg 215,0 kg

### AK II

-75,0 kg

1. Ippers, Holger VFL Duisburg-Süd 120,0 kg

-100,0 kg

1. Kapplinghaus, Stefan Powerlifting Duisburg 127,5 kg

-110,0 kg

1. Pollmann, Jörg Powerlifting Duisburg 180,0 kg

+125,0 kg

1. Rangnit, Helmut Powerlifting Duisburg 207,5 kg

### **AK III**

-82,5 kg

1. Maier, Rudi Powerlifting Duisburg 160,0 kg

-90,0 kg

1. Bonk, Herbert AC Homberg 90,0 kg

-125,0 kg

1. Paulik, Werner Powerlifting Duisburg 90,0 kg

### **AK IV**

-82,5 kg

1. Rambacher, Willi Germania Düsseldorf 97,5 kg

+125,0 kg

1. Volke, Horst Germania Düsseldorf 115,0 kg

### **Aktive**

-75,0 kg

1. Gnaß, Benjamin Germania Düsseldorf 90,0 kg

-82,5 kg

|    |                 |                     |          |
|----|-----------------|---------------------|----------|
| 1. | Ball, Michel    | Germania Düsseldorf | 150,0 kg |
| 2. | Braun, Matthias | AC Homberg          | 125,0 kg |

-90,0 kg

|    |                |                     |          |
|----|----------------|---------------------|----------|
| 1. | Domberg, Peter | Germania Düsseldorf | 147,5 kg |
|----|----------------|---------------------|----------|

+125,0 kg

|    |                  |                       |          |
|----|------------------|-----------------------|----------|
| 1. | Rekittke, Jürgen | Powerlifting Duisburg | 230,0 kg |
|----|------------------|-----------------------|----------|

### **Bezirksmeisterschaft Westfalen Bankdrücken 17.04.10 in Essen**

#### **Jugend B**

-56,0 kg

|    |              |            |         |
|----|--------------|------------|---------|
| 1. | Haas, Fabian | KSV Bochum | 85,0 kg |
|----|--------------|------------|---------|

#### **Jugend A**

-67,5 kg

|    |                    |                  |         |
|----|--------------------|------------------|---------|
| 1. | Kuhnert, Alexander | KSV Silberrücken | 65,0 kg |
|----|--------------------|------------------|---------|

-82,5 kg

|    |               |          |         |
|----|---------------|----------|---------|
| 1. | Noak, Nigel   | VFB Hüls | 92,5 kg |
| 2. | Ommer, Tobias | AC Soest | 85,0 kg |

-100,0 kg

|    |                  |                  |          |
|----|------------------|------------------|----------|
| 1. | Ritzrow, Lukas   | AC Goliath       | 165,0 kg |
| 2. | Schlachta, Heiko | KSV Silberrücken | 140,0 kg |

#### **Frauen**

#### **Junioren**

-67,5 kg

1. Kretschmann, Anna KSV Fitn. Witten 65,0 kg

**AK II**

-67,5 kg

1. Winkel, Marlies VFB Hüls 95,0 kg

-90,0 kg

1. Schwade, Kirsten KSV Fitn. Witten 80,0 kg

**Junioren**

-67,5 kg

1. Kyriakidis, Nikolas KSV Fitn. Witten 155,0 kg

-75,0 kg

1. Bollich, Alexander KSV Lippe 125,0 kg

-82,5 kg

1. Kudrjaschow, Igor KSV Lippe 180,0 kg

-110,0 kg

1. Nübel, Sebastian AC Soest 187,5 kg

**AK I**

-82,5 kg

1. Hoppe, Olaf AC Soest 142,5 kg

-100,0 kg

1. Freiberg, Waldemar SV Westerholt 230,0 kg

-110,0 kg

1. Hermann, Andrej KSV Lippe 260,0 kg

**AK II**

-82,5 kg

1. Ebelt, Günter KSV Lippe 155,0 kg

-90,0 kg

1. Lange, Jürgen KSV Silberrücken 145,0 kg

-100,0 kg

1. Kranberger, Alexander KSV Lippe 130,0 kg

-125,0 kg

1. Haman, Bernd KSV Fitn. Witten 152,50 EUR

**AK III**

-82,5 kg

1. Pasternak, Werner VFB Hüls 140,0 kg

-90,0 kg

1. Wittkowski, Günter VFB Hüls 160,0 kg

-110,0 kg

1. Zielinski, Wilfried VFB Hüls 140,0 kg

**AK IV**

-110,0 kg

1. Ritzrow, Norbert AC Goliath Mengede 160,0 kg

**Aktive**

-75,0 kg

|    |                  |           |          |
|----|------------------|-----------|----------|
| 1. | Wagner, Waldemar | KSV Lippe | 152,5 kg |
| 2. | Ömer, Küçük      | AC Siegen | 150,0 kg |
| 3. | Siemens, Harri   | KSV Lippe | 120,0 kg |

-82,5 kg

|    |                  |           |          |
|----|------------------|-----------|----------|
| 1. | Mertz, Artur     | KSV Lippe | 170,0 kg |
| 2. | Siemens, Andreas | KSV Lippe | 150,0 kg |
| 3. | Wowk, Jaroslaw   | KSV Lippe | 130,0 kg |

-90,0 kg

|    |                     |               |          |
|----|---------------------|---------------|----------|
| 1. | Jablonowski, Ignati | SV Westerholt | 220,0 kg |
| 2. | Brandt, Olaf        | AC Siegen     | 215,0 kg |

-100,0 kg

|    |                     |                  |          |
|----|---------------------|------------------|----------|
| 1. | Bondarenko, Vitalij | TV Jahn-Siegen   | 210,0 kg |
| 2. | Kerbel, Vitali      | KSV Fitn. Witten | 190,0 kg |

-110,0 kg

|    |                      |                  |          |
|----|----------------------|------------------|----------|
| 1. | Tourovets, Alexandre | KSV Fitn. Witten | 220,0 kg |
| 2. | Bietzeck, Michael    | KSV Fitn. Witten | 150,0 kg |

+125,0 kg

|    |                |                  |          |
|----|----------------|------------------|----------|
| 1. | Stürz, Andreas | KSV Fitn. Witten | 200,0 kg |
|----|----------------|------------------|----------|