

WUAP Deutsche Rekorde
Bankdrücken RAW und EQ
Männer und Frauen



| Männer | | RAW | | | | EQ | |
|-------------|---------|-------|-------------------------|-----------|-------|---------------------|-----------|
| Bankdrücken | | | | | | | |
| Teenager | 67,5 kg | 90,0 | Leo Willenbacher | IDM 2025 | 100,0 | Ahmed Ratin | IDM 2025 |
| | 82,5 kg | 130,0 | Nils Klatt | IDM 2024 | 0,0 | | |
| | 95 kg | 147,5 | Vincent Möwes | IDM 2025 | 125,0 | Lennox Walter | IDM 2024 |
| | 110 kg | 132,5 | Johannes Fiedler | IDM 2023 | 150,0 | Niklas Wissel | IDM 2025 |
| | 125 kg | 0,0 | | | 0,0 | | |
| | +125 kg | 0,0 | | | 0,0 | | |
| Junioren | 67,5 kg | 100,0 | Till-Corvin Klösel | WUAP WM23 | 0,0 | | |
| | 82,5 kg | 155,0 | Dennis Runge | WUAP WM23 | 0,0 | | |
| | 95 kg | 155,0 | Arne Becker | WUAP WM24 | 0,0 | | |
| | 110 kg | 170,0 | Lauris Czaika | IDM 2025 | 300,0 | Kevin Loboda | IDM 2024 |
| | 125 kg | 195,0 | Nikita Galenko | IDM 2023 | 85,0 | Nick Martens | IDM 2023 |
| | +125 kg | 0,0 | | | 0,0 | | |
| Open | 67,5 kg | 85,0 | Nick Schunemann | IDM 2025 | 0,0 | | |
| | 82,5 kg | 170,0 | Andreas Donath | IDM 2024 | 0,0 | | |
| | 95 kg | 197,5 | Tino Spann | IDM 2025 | 240,0 | Matti Jargosch | IDM 2025 |
| | 110 kg | 241,0 | Felix Natzschka | IDM 2024 | 300,0 | Marlon Mrela | IDM 2023 |
| | 125 kg | 270,0 | Burak Kacar | IDM 2023 | 360,0 | Martin Kries | IÖM 2023 |
| | +125 kg | 265,0 | Keamo Schultheis | WUAP WM24 | 230,0 | Andre Schober | IDM 2024 |
| M1 | 67,5 kg | 0,0 | | | 90,0 | Marcel Mette | IDM 2023 |
| | 82,5 kg | 181,0 | Andreas Donath | WUAP WM24 | 180,0 | Branko Kautz | WUAP WM25 |
| | 95 kg | 185,0 | Andreas Donath | GPC WM24 | 297,5 | Daniel Kaufmann | WUAP WM24 |
| | 110 kg | 245,0 | Jan Habart | IDM 2024 | 330,0 | Henning Tiedje | WUAP WM25 |
| | 125 kg | 205,0 | Stefan Fekken | IDM 2024 | 255,0 | Sven Lorenz | IDM 2025 |
| | +125 kg | 255,0 | Kevin Koch | IDM 2024 | 210,0 | Rene Fiedler | IDM 2023 |
| M2 | 67,5 kg | 112,5 | Mirko Jaedke-Schulze | WUAP EM24 | 0,0 | | |
| | 82,5 kg | 160,0 | Michael Schmidt | IDM 2023 | 182,5 | Steffen Reisbach | IDM 2023 |
| | 95 kg | 155,0 | Michael Schmidt | IDM 2024 | 225,0 | Normann Herrmann | IDM 2024 |
| | 110 kg | 180,0 | Frank Schütze | IDM 2023 | 317,5 | Helmut Kraus | IDM 2025 |
| | 125 kg | 192,5 | Timo Schütt | WUAP WM23 | 190,0 | Heiko Wilke | IDM 2023 |
| | +125 kg | 172,5 | Reiko Kruse | IDM 2025 | 0,0 | | |
| M3 | 67,5 kg | 130,5 | Th. Graf v. Falkenstein | WUAP WM23 | 0,0 | | |
| | 82,5 kg | 131,0 | Dr. Andreas Günther | IDM 2024 | 166,5 | Dr. Andreas Günther | IDM 2025 |
| | 95 kg | 165,0 | Ralf Hübel | IDM 2025 | 225,0 | Uwe Haase | WUAP WM24 |
| | 110 kg | 187,5 | Frank Schütze | WUAP WM23 | 200,0 | Krystian Slosarek | IDM 2023 |
| | 125 kg | 187,5 | Frank Schütze | IDM 2025 | 180,0 | Krystian Slosarek | IDM 2025 |
| | +125 kg | 0,0 | | | 260,0 | Dirk Lauber | GPC EM24 |
| M4 | 67,5 kg | 72,5 | Steffen Burkhardt | GPC EM25 | 0,0 | | |
| | 82,5 kg | 115,0 | Gerd Müller | IDM 2024 | 112,5 | Mieczysław Maczka | GPC WM24 |
| | 95 kg | 155,0 | Kurt Schoula | IDM 2024 | 122,5 | Mieczysław Maczka | WUAP WM24 |
| | 110 kg | 163,0 | Helmut Reimann | IDM 2024 | 182,5 | Helmut Reimann | IDM 2024 |
| | 125 kg | 0,0 | | | 0,0 | | |
| | +125 kg | 0,0 | | | 0,0 | | |
| M5 | 67,5 kg | 95,0 | Hans Klein | IDM 2024 | 115,0 | Hans Klein | IDM 2024 |
| | 82,5 kg | 70,0 | Dr. W. Jacobi | IDM 2024 | 0,0 | | |
| | 95 kg | 140,0 | Albert Olomek | IDM 2024 | 0,0 | | |
| | 110 kg | 90,0 | Dr. Heiner Schildbach | IDM 2023 | 0,0 | | |
| | 125 kg | 0,0 | | | 0,0 | | |
| | +125 kg | 0,0 | | | 0,0 | | |

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| Frauen Bankdrücken | | RAW | | | EQ | | |
|-----------------------|----------|-------|-------------------|-----------|------------|-----------------|-----------|
| | | kg | kg | Name | Wettbewerb | kg | Name |
| Teenager | 52 kg | 50,0 | Lilith Schmidt | IDM 2024 | 0,0 | | |
| | 60 kg | 60,0 | Anna Kenzler | IDM 2025 | 0,0 | | |
| | 67,5 kg | 95,0 | Nele Knuth | IDM 2025 | 0,0 | | |
| | 82,5 kg | 95,5 | Nele Knuth | WUAP WM25 | 0,0 | | |
| | +82,5 kg | 60,0 | Leonie Jaeckel | IDM 2025 | 0,0 | | |
| Junioren | 52 kg | 45,0 | Theresa Rühle | IDM 2023 | 0,0 | | |
| | 60 kg | 32,5 | Sonja Böttger | IDM 2024 | 0,0 | | |
| | 67,5 kg | 50,0 | Sophie Wendt | IDM 2024 | 0,0 | | |
| | 82,5 kg | 100,0 | Laura S. Drescher | IDM 2025 | 145,0 | Eva Schneider | IDM 2024 |
| | +82,5 kg | 97,5 | Jennifer Maluck | WUAP EM23 | 0,0 | | |
| Open | 52 kg | 52,5 | Sylvia Schmidt | IDM 2023 | 0,0 | | |
| | 60 kg | 102,5 | Marina Schermer | IDM 2024 | 0,0 | | |
| | 67,5 kg | 130,0 | Nicole Kegler | IDM 2024 | 0,0 | | |
| | 82,5 kg | 135,0 | Nicole Kegler | WUAP WM23 | 75,0 | Lisa Brunow | IDM 2024 |
| | +82,5 kg | 157,5 | Sabine Allner | IDM 2025 | 230,0 | Sabine Allner | IDM 2025 |
| M1 | 52 kg | 57,5 | Sylvia Schmidt | WUAP WM24 | 0,0 | | |
| | 60 kg | 67,5 | Sylvia Schmidt | IDM 2025 | 0,0 | | |
| | 67,5 kg | 127,5 | Nicole Kegler | IDM 2023 | 0,0 | | |
| | 82,5 kg | 100,0 | Andrea Siebert | WUAP WM23 | 0,0 | | |
| | +82,5 kg | 150,0 | Sabine Allner | IDM 2025 | 215,0 | Sabine Allner | IDM 2025 |
| M2 | 52 kg | 0,0 | | | 0,0 | | |
| | 60 kg | 0,0 | | | 0,0 | | |
| | 67,5 kg | 0,0 | | | 75,0 | Viola Kongehl | IDM 2023 |
| | 82,5 kg | 97,5 | Katrin Ribb | IDM 2024 | 115,0 | Anita Riedl | IDM 2024 |
| | +82,5 kg | 0,0 | | | 105,0 | Anita Riedl | IDM 2023 |
| M3 | 52 kg | 0,0 | | | 0,0 | | |
| | 60 kg | 0,0 | | | 0,0 | | |
| | 67,5 kg | 40,0 | Brigitte Maczka | GPC EM24 | 40,0 | Brigitte Maczka | IDM 2023 |
| | 82,5 kg | 75,0 | Karin Behrends | IDM 2025 | 0,0 | | |
| | +82,5 kg | 0,0 | | | 100,0 | Anita Riedl | WUAP WM25 |
| M4 | 52 kg | 0,0 | | | 0,0 | | |
| | 60 kg | 42,5 | Astrid Fehr | IDM 2025 | 53,0 | Astrid Fehr | WUAP WM25 |
| | 67,5 kg | 0,0 | | | 0,0 | | |
| | 82,5 kg | 0,0 | | | 0,0 | | |
| | +82,5 kg | 0,0 | | | 0,0 | | |
| M5 | 52 kg | 0,0 | | | 0,0 | | |
| | 60 kg | 0,0 | | | 0,0 | | |
| | 67,5 kg | 0,0 | | | 0,0 | | |
| | 82,5 kg | 0,0 | | | 0,0 | | |
| | +82,5 kg | 0,0 | | | 0,0 | | |