Landesrekorde AK III weiblich

KNIEBEUGEN

- 44,0 kg				
- 48,0 kg				
- 52,0 kg				
- 56,0 kg				
- 60,0 kg				
- 67,5 kg	Kusau Eva	100,0 kg	02.07.2003	EM KDK Masters
- 75,0 kg				
- 82,5 kg				
- 90,0 kg				
+ 90,0 kg				

BANKDRÜCKEN

- 44,0 kg				
- 48,0 kg				
- 52,0 kg				
- 56,0 kg				
- 60,0 kg				
- 67,5 kg	Kusau Eva	50,0 kg	02.07.2003	EM KDK Masters
- 75,0 kg				
- 82,5 kg				
- 90,0 kg				
+ 90,0 kg				

KREUZHEBEN

- 44,0 kg				
- 48,0 kg				
- 52,0 kg				
- 56,0 kg				
- 60,0 kg				
- 67,5 kg	Kusau Eva	112,5 kg	02.07.2003	EM KDK Masters
- 75,0 kg				
- 82,5 kg				
- 90,0 kg				
+ 90,0 kg				

TOTAL

- 44,0 kg				
- 48,0 kg				
- 52,0 kg				
- 56,0 kg				
- 60,0 kg				
- 67,5 kg	Kusau Eva	260,0 kg	02.07.2003	EM KDK Masters
- 75,0 kg				
- 82,5 kg				
- 90,0 kg				
+ 90,0 kg				