

## Ergebnisse

### TU-Kraftdreikampf Results

16.02.2024, TU-Fitness-Studio

#### Women



Last Name	First Name	Squat 1Kg	Squat2 Kg	Squat3 Kg	Best3 SquatKg	Bench 1Kg	Bench 2Kg	Bench 3Kg	Best3 BenchKg	Deadlift 1Kg	Deadlift 2Kg	Deadlift 3Kg	Best3 DeadliftKg	Total Kg	Place*
D.	Margarethe	85	92,5	100	100	55	62,5	65	65	125	132,5	140	140	305	1
L.	Irene	97,5	105	110	110	45	47,5		47,5	115	122,5	130	130	287,5	2
P.	Vanessa	115	125		125	60	70	77,5	77,5	140	155	162,5	162,5	365	AK*
P.	Xenia	95	102,5		102,5	55	62,5		62,5	105	120	125	125	290	3
R.	Kyra	60	65	75	75	30	45		45	80	90	100	100	220	6
W.	Abigail	95	97,5	100	100	45			45	120	125	130	130	275	5
B.	Ria	80	100	110	110	65			65	80	90	100	100	275	4

#### Men

Last Name	First Name	Squat 1Kg	Squat2 Kg	Squat3 Kg	Best3 SquatKg	Bench 1Kg	Bench 2Kg	Bench 3Kg	Best3 BenchKg	Deadlift 1Kg	Deadlift 2Kg	Deadlift 3Kg	Best3 DeadliftKg	Total Kg	Place*
C.	Kenny	160	170	175	175	100			100	190	200	210	210	485	5
H.	Hendrik	180	190	200	200	120	130		130	200	220	235	235	565	8
H.	Louis	162,5	167,5	172,5	172,5	102,5	107,5		107,5	210	220	230	230	510	10
H.	Nicolas	160	172,5	182,5	182,5	120	127,5		127,5	180	200	210	210	520	4
K.	Paul	195	220	240	240	115	130	140	140	215	240	250	250	630	2
K.	Daniel	175	185	187,5	187,5	90	95	100	100	185	195	200	200	487,5	7
S.	Felix	170	182,5	192,5	192,5	80	90	97,5	97,5	200	212,5	222,5	222,5	512,5	3
S.	Ramon	200	215	225	225	125	137,5	142,5	142,5	235	250	260	260	627,5	1
S.	Martin	160	167,5	170	170	102,5	107,5	112,5	112,5	175	185	195	195	477,5	9
K.	Fedor	155	165	180	180	90	97,5	105	105	190	205	220	220	505	6

Link to calculation: [http://tsampa.org/training/scripts/relative\\_strength/](http://tsampa.org/training/scripts/relative_strength/)

\*AK, because the person is not affiliated to TU Berlin.

We did not include the age in the calculation. The place was calculated relative to the bodyweight of the person. The bodyweight is not shared here.