

1. Turingia Grip Champs 2019

in Ruhla / Germany

Men Overall

1	Guido Biastoch	GER
2	Andreas Braun	GER
3	Rene Falk	GER
4	Nils Teichmann	GER
5	Lauro Biastoch	GER
6	Paul Biastoch	GER

Women

1	Antje Biastoch	GER
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Name	possible Worldrecords		Class	Weight	Handshake Hold	
	Country	Birth				
Guido Biastoch	GER	21.11.1967	Men 50+	108,75kg	82,5kg	18sec.
Nils Teichmann	GER	07.11.1995	Open	77,75	62,5kg	34sec.
Lauro Biastoch	GER	30.10.2003	Junior 14-15	87,9kg	62,5kg	6sec.