

Lift'n'Hold 2019

9. March 2019 Sportbox Wallduern Germany

	Class	Load	Time		
Half a Penny Lift					
Sirko Petermann	120	20,6k		Top 5 Performance	National Record
Patricia Luxner		12,4k			National Record
Manuela Falke	Female 50+	10,25		Worldrecord	
Double Hand Shallow Hub Key Pinch Hold					
Sirko Petermann	120	36k	43sec.	Worldrecord	National Record
Patricia Luxner		31k	7sec.		National Record
Nora Dezsi	Junior Female 11-13	7k	24sec.	Worldrecord	
Ina Düll	Female 57k	22k	5sec	Worldrecord	
Goldbar					
Sirko Petermann		32,15k			National Record
Patricia Luxner		21,25k			National Record
Ina Düll	Female 57k	15,2k		Worldrecord	
Lauro Biastoch	Junior Men 14-15			Worldrecord	
Hornetop Hold					
Sirko Petermann	120	65k	32sec.	Worldrecord	National Record
Patricia Luxner		45k	16sec.		National Record
Ina Düll	Female 57k	35k	20sec.	Worldrecord	
Lauro Biastoch	Junior Men 14-15		21sec.	Worldrecord	
Meathook Deadlift					
Sirko Petermann		256,3k			National Record
Patricia Luxner		170,88k			National Record
Nora Dezsi	Junior Female 11-13	40,88k		Worldrecord	
Ina Düll	Female 57k	125,91		Worldrecord	

Lift'n'Hold Recordbreaker

10. March 2019 Sportbox Wallduern Germany

	Class	Load	Time		
Stub Lift					
Manuela Falke	Female 50+	11,75		Worldrecord	
Stub Hold					
Sirko Petermann		21k	12sec		National Record
Manuela Falke	Female 50+	10k	13sec.	Worldrecord	National Record
Half a Penny Hold					
Manuela Falke	Female 50+	8kg	13sec.	Worldrecord	
Halfpenny Trainingstool					
Sirko Petermann		25,25k			National Record
Patricia Luxner		17,3k			National Record
Moontop Gen1 Hold					
Patricia Luxner		13k	5sec		National Record
Moontop Gen1 Lift					
Ina Düll	Female 63k	8,02		Worldrecord	
Finnish Hexacrush					
Stefan Falke		95k			National Record
Handshake Hold					
Guido Bastioch	Master 50+	82,5k	20sec.	Worldrecord	National Record

Handshake Lift						
Lauro Biastoch	Junior Men 14-15	65,5k			Worldrecord	
Goldbar Hold						
Stefan Falke	Master 50+	25k	5sec.		Worldrecord	Stefan lifted first
Guido Bastioch		25k	5sec.			
Anna Roth		11k	10sec			National Record
Goldbar Lift						
Bettina Witte	Female 60+	12,00k			Worldrecord	
One Deadlift Hold						
Anna Roth	Female 84+	75kg	17sec.		Worldrecord	National Record
One Hand Deadlift						
Lauro Biastoch	Junior Men 14-15				Worldrecord	
Finnish Ball Lift						
Lauro Biastoch	Junior Men 14-15	16,2k			Worldrecord	
Mini Vbar Lift						
Ina Düll	Female 63k	37,05k			Worldrecord	
Mini Vbar Hold						
Ina Düll	Female 63k	37k	6sec.		Worldrecord	
Stefan Falke	Master 50+	42k	6sec.		Worldrecord	
Meathook Deadlift Hold						
Sirko Petermann	120	228k	15sec.		Worldrecord	National Record