

Offene Deutsche Giri-Sport Meisterschaft nicht traditionelle Übungen

10.06.2012

Hamburg, Deutschland

#	Name Vorname	Geburstdatum	Land	Ausübungsstil	Result
Lifting ghiri forceful (world records)					
Alternating press (lying) per 1 minute with 2x32kg giras					
1	Yezhov Anatolii	1946	Russia	Alternating kettlebell lying press per 1 minute with 2x32kg giras	79
Alternating press (lying) per 1 minute with 2x24kg giras					
1	Yezhov Anatolii	1946	Russia	Alternating kettlebell lying press per 1 minute with 2x24kg giras	134
Alternating press (lying) per 1 minute with 2x16kg giras					
1	Yezhov Anatolii	1946	Russia	Alternating kettlebell lying press per 1 minute with 2x16kg giras	170
Alternating press (standing) per 1 minute with 2x16kg giras					
1	Yezhov Anatolii	1946	Russia	Alternating kettlebell standing press per 1 minute with 2x16kg giras	79

General Richter: Deutschland, IK _____ Mikhael Balogh

Helfer von General Richter: Ukraine, IK _____ Boris Smirnow

General sekretar: Ukraine, NK _____ Wladimir Pavlikow