

**European Championships U23  
„RASENKRAFTSPORT“**



**in Leichlingen / Germany  
Saturday, 6th September 2014**

# General informations

Local organizers of the European Championships 2014 is **Leichlingen**, a small town in the Rheinisch-Bergisch district and located near Cologne/Dusseldorf, both with international airports (or 1 hour train-time from Frankfurt Airport to Cologne).

Leichlingen is one of nine bases in the heavy athletics triathlon in Germany and convinced for years of successful youth development and implementation of attractive international thrower-meetings.

National organizer is the german association of Rasenkraftsport and tug of war (**DRTV**, [www.drtv.de](http://www.drtv.de)), an official member of the German Olympic Sports Federation (DSB), number of members: 10,450 (118 clubs).



# Rasenkraftsport (heavy athletics)

Rasenkraftsport is heavy athletics and has three events:

**hammer throwing**

**weight throwing**

**stone putting**

These are very old events with a long-standing history. They have constantly advanced in the course of centuries, before they took their place in athletics and heavy athletics at the end of the 19<sup>th</sup> and beginning of the 20<sup>th</sup> century.

The **hammer is thrown** out of a throwing circle which is 2,134 m in diameter. It is secured by wire netting. The hammer weighs 4 kg (women) or 7,26 kg (men) respectively and consists of a metal shot which is fixed to a steel wire with a grip. Normally, the athlete throws the hammer after three or four turns.

In principle, **weight throwing** is like hammer throwing and it has nearly the same rules. The weight is also spherical and fixed to a metal chain with a grip 50 cm in length. The weight has 5kg for female athletes and 12,5 kg for male athletes.

**Stone putting** is the third event in this heavy athletics triathlon. The stone to put is shaped like a brick and is made of steel or cast iron. It is put by one hand out of an optionally long run-up. A beam the size of 10 cm x 10 cm x 4 m marks the line from where to put. The stone weighs 5 kg for the women, 15 kg for the men.

# European Champions

Who achieved the highest score in the addition of the three disciplines, is the European Champion. The body weight will be considered. The heavy athletics triathlon outcome is determined by a **points table**. There are 1,000 points for the following performance:

64.00 m in the hammer throw (+/- 1 point = +/- 6.4 cm)

25.00m in weight throw (+/- 1 point = +/- 2.5 cm)

12.00 m in the stone put (+/- 1 point = +/- 1.2 cm)

The **body weight** is into account as follows:

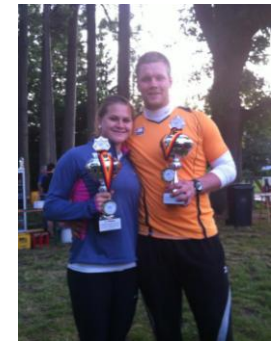
Men: Heavy athletics triathlon result +  $(102 - \text{body weight}^*) \times 12$

Women: Heavy athletics triathlon result +  $(88 - \text{body weight}^*) \times 15$

The body weight, which is deducted, is limited to 102 and 88 kg, even if the athletes (male or female) have a higher body weight.

Example calculations:

athlete	hammer throwing	points	weight throwing	points	stone putting	points	body weightt	total points
male	75m	1,171	30m	1,200	10.50m	875	115kg	3,246
male	68m	1,062	26m	1,040	9.70m	808	85kg	3,114
female	64m	1,000	25m	1,000	12.00m	1,000	87kg	3,015
female	60m	937	22m	880	11.00m	916	65kg	3,078



European Champions 2012:  
Trude Raad (NOR) and  
Eivind Hendrix Henriksen (NOR)

# European records

## U23 male:

weight class	weight limit	stone put	weight throwing	hammer throwing	triathlon <i>(only points table, without including the body weight)</i>
lightweight	- 68 kg	8.63 m	20.29 m	49.75 m	2,279 points (8.29-20.29-49.75)
middleweight	- 78 kg	10.08 m	22.78 m	57.61 m	2,621 points (10.02-22.74-56.18)
light heavyweight	- 90 kg	11.00 m	27.37 m	68.95 m	2,932 points (9.53-26.54-68.95)
heavyweight	unlimited	13.11 m	30.51 m	78.86 m	3,295 points (10.32-30.36-78.18)

## U23 female:

weight class	weight limit	stone put	weight throwing	hammer throwing	triathlon <i>(only points table, without including the body weight)</i>
lightweight	- 58 kg	12.49 m	26.16 m	52.09 m	2,531 points (9.00-25.07-49.90)
middleweight	- 73 kg	12.86 m	31.55 m	62.00 m	3,001 points (11.72-28.67-56.30)
heavyweight	unlimited	14.33 m	31.55 m	66.79 m	3,293 points (12.45-30.33-66.79)

# Der Zeitplan / time table (6th September 2014)

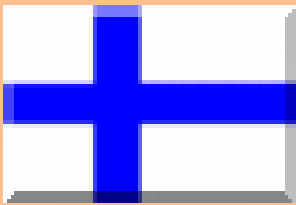
Zeit / time	Aktion / action	Gruppe / group	Hinweise / notes
13.00 – 13.30	Wiegezeit / weighing time (Körpergewicht / body weight)	alle Athleten / all athletes	im Athletenhotel / in the athletes' hotel
14.00	Eröffnung / opening		im Stadion / stadium
14.30	Hammerwurf / hammer throw	weiblich / female	jeder Athlet 6 Versuche / each athlete 6 attempts
15.00	Hammerwurf / hammer throw	männlich / male	jeder Athlet 6 Versuche / each athlete 6 attempts
16.30	Gewichtwurf / weight throw	weiblich / female	jeder Athlet 4 Versuche / each athlete 4 attempts
17.00	Gewichtwurf / weight throw	männlich / male	jeder Athlet 4 Versuche / each athlete 4 attempts
18.00	Steinstoß / stone put	weiblich / female	jeder Athlet 4 Versuche / each athlete 4 attempts
18.30	Steinstoß / stone put	männlich / male	jeder Athlet 4 Versuche / each athlete 4 attempts
20.00	Siegerehrung / ceremony		alle Athleten / all athletes
20.15 – 22.00	Essen & Trinken / eat and drink		Abschluss / completion

# Die Nationen / nations

Bei den Männern U23 und bei den Frauen U23 kämpfen jeweils 9 / 13 Athleten um den Titel eines Europameisters.

In each group, men (under 23 years old) and women (under 23 years old), 9 / 13 athletes are fighting to the title of the European Champion.

Folgende Nationen sind vertreten / The following nations are represented:



# **Das Teilnehmerfeld / participant field**

**U23**

**(Jahrgang 1992 und jünger)**

**(born 1992 and younger)**

**Männer / Men**



Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



# Yury Vasilchanka

## Weißrussland / Belarus



Geburtstag / date of birth: 04.01.94

Körpergewicht / body weight: 102 kg

Trainingsort / training location: Minsk

Trainer / coach: Kanstantsin Astapkovich

Verein / club: Minsk

Bestweite / top performance: 69.51 m  
(Hammer, 7,26kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



# Nils Lindner

## Deutschland / Germany



Geburtstag / date of birth: 25.05.93

Körpergewicht / body weight: 98 kg

Trainingsort / training location: Erfurt

Trainer / coach: Richard Debuch

Verein / club: ASV Erfurt

Bestweite / top performance: 69.08 m  
(Hammer, 7,26kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



# Bence Halász

## Ungarn / Hungary



Geburtstag / date of birth: 04.08.97

Körpergewicht / body weight: 97 kg

Trainingsort / training location:

Szombathely

Trainer / coach: Németh Szolt / Németh László

Verein / club: Dobó SE

Bestweite / top performance: 68.55 m  
(Hammer, 7,26kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



# Simon Lang

## Deutschland / Germany



Geburtstag / date of birth: 14.01.94

Körpergewicht / body weight: 96 kg

Trainingsort / training location: München

Trainer / coach: Joachim Lipske

Verein / club: WG Augsburg/München

Bestweite / top performance: 67.92 m  
(Hammer, 7,26kg)



Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



# Balázs Töreky

## Ungarn / Hungary



Geburtstag / date of birth: 30.06.93

Körpergewicht / body weight: 89 kg

Trainingsort / training location: Vezsprem

Trainer / coach: Tibor Zentai

Verein / club: Vedac

Bestweite / top performance: 66.80 m  
(Hammer, 7,26kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



# Márton Cser

## Ungarn / Hungary



Geburtstag / date of birth: 13.11.93

Körpergewicht / body weight: 115 kg

Trainingsort / training location:

Szombathely

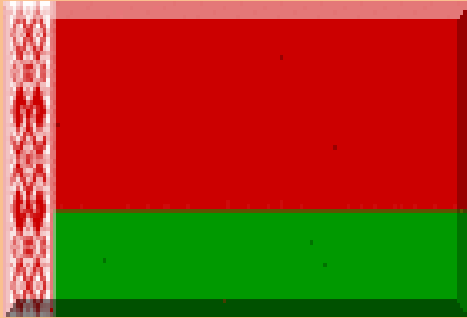
Trainer / coach: Németh Szolt / Németh László

Verein / club: Dobó SE

Bestweite / top performance: 66.74 m  
(Hammer, 7,26kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



**Siarhei Salianik**

**Weißrussland / Belarus**



Geburtstag / date of birth: 11.09.93

Körpergewicht / body weight: 99 kg

Trainingsort / training location: Minsk

Trainer / coach: Kanstantsin Astapkovich

Verein / club: Minsk

Bestweite / top performance: 66.09 m  
(Hammer, 7,26kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



# Bastin Wörner

## Deutschland / Germany



Geburtstag / date of birth: 01.07.92

Körpergewicht / body weight: 104 kg

Trainingsort / training location:

Langenbrand

Trainer / coach: Bernd Wörner

Verein / club: TV Langenbrand

Bestweite / top performance: 59.98 m  
(Hammer, 7,26kg)



Europameisterschaft / European Championships

RASENKRAFTSPORT U23 männlich / male --- Teilnehmer / participant



# Stefan Voitl

## Deutschland / Germany



Geburtstag / date of birth: 18.08.95

Körpergewicht / body weight: 91 kg

Trainingsort / training location: Dischingen

Trainer / coach: Dirk Rösiger

Verein / club: SV Dischingen

Bestweite / top performance: 55.75 m

(Hammer, 7,26kg), 9.06 m (Stone, 15 kg)

# **Das Teilnehmerfeld / participant field**

**U23**

**(Jahrgang 1992 und jünger)**

**(born 1992 and younger)**

**Frauen / Women**

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Anna Skydan

## Ukraine



Geburtstag / date of birth: 14.05.92

Körpergewicht / body weight: 104 kg

Trainingsort / training location: Kiev

Trainer / coach: Rubanko Artem

Verein / club: Kiev

Bestweite / top performance: 74.21 m  
(Hammer, 4kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Réka Gyurátz

## Ungarn / Hungary



Geburtstag / date of birth: 31.05.96

Körpergewicht / body weight: 72 kg

Trainingsort / training location:

Szombathely

Trainer / coach: Németh Szolt / Németh László

Verein / club: Dobó SE

Bestweite / top performance: 67.32 m  
(Hammer, 7,26kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Fruzsina Fertig

## Ungarn / Hungary



Geburtstag / date of birth: 02.09.93

Körpergewicht / body weight: 70 kg

Trainingsort / training location: Vezsprem

Trainer / coach: Tibor Zentai

Verein / club: Vedac

Bestweite / top performance: 66.65 m  
(Hammer, 4kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Veronika Kanuchova

## Slowakei / Slovakia



Geburtstag / date of birth: 19.04.93

Körpergewicht / body weight: 69 kg

Trainingsort / training location: Banská  
Bystrica

Trainer / coach: ?

Verein / club: VSC Dukla Banská Bystrica

Bestweite / top performance: 64.12 m  
(Hammer, 4kg)



Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Beatrix Banga

## Ungarn / Hungary



Geburtstag / date of birth: 30.10.95

Körpergewicht / body weight: 84 kg

Trainingsort / training location:

Szombathely

Trainer / coach: Németh Szolt / Németh László

Verein / club: Dobó SE

Bestweite / top performance: 63.58 m  
(Hammer, 7,26kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Helga Völgyi

## Ungarn / Hungary



Geburtstag / date of birth: 12.02.96

Körpergewicht / body weight: 58 kg

Trainingsort / training location:

Szombathely

Trainer / coach: Németh Szolt / Németh László

Verein / club: Dobó SE

Bestweite / top performance: 62.48 m  
(Hammer, 7,26kg)



Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Vanessa Pfeifer

## Deutschland / Germany



Geburtstag / date of birth: 26.07.94

Körpergewicht / body weight: 71 kg

Trainingsort / training location: Jena

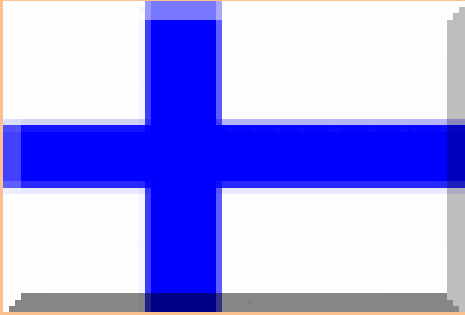
Trainer / coach: Ron Hütcher

Verein / club: ASV Erfurt

Bestweite / top performance: 61.72 m  
(Hammer, 4kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Heli Rinnekari

## Finnland / Finland



Geburtstag / date of birth: 30.09.94

Körpergewicht / body weight: 72 kg

Trainingsort / training location: Nurmijärvi

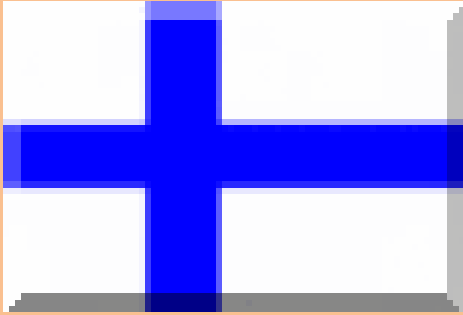
Trainer / coach: Lassi Korhonen

Verein / club: Nurmijärven Yleisurheilu

Bestweite / top performance: 61.37 m  
(Hammer, 4kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Sanni Saarinen

## Finnland / Finland



Geburtstag / date of birth: 29.12.94

Körpergewicht / body weight: 76 kg

Trainingsort / training location: Säkylä and Pori

Trainer / coach: Onni Saarinen

Verein / club: Säkylän Urheilijat

Bestweite / top performance: 61.30 m  
(Hammer, 4kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Eva Reinders

## Niederlande / Netherlands



Geburtstag / date of birth: 12.05.1993

Körpergewicht / body weight: 76 kg

Trainingsort / training location: Groningen

Trainer / coach: Manfred Sahner / Gert  
Damkat

Verein / club: Groningen Atletiek

Bestweite / top performance: 60.52 m  
(Hammer, 4kg)



Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



**Hanna Bryl**

**Weißrussland / Belarus**



Geburtstag / date of birth: 25.02.94

Körpergewicht / body weight: ? kg

Trainingsort / training location: Minsk

Trainer / coach: Kanstantsin Astapkovich

Verein / club: Minsk

Bestweite / top performance: 59.70 m  
(Hammer, 4kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Michelle Döpke

## Deutschland / Germany



Geburtstag / date of birth: 21.07.97

Körpergewicht / body weight: 65 kg

Trainingsort / training location: Leichlingen

Trainer / coach: Kurt Benner

Verein / club: TV Leichlingen

Bestweite / top performance: 51,00 m  
(Hammer, 4kg)

Europameisterschaft / European Championships

RASENKRAFTSPORT U23 weiblich / female --- Teilnehmerin / participant



# Anna Köhler

## Deutschland / Germany



Geburtstag / date of birth: 27.10.95

Körpergewicht / body weight: 55 kg

Trainingsort / training location: Maselheim

Trainer / coach: Reinhard Hentze

Verein / club: TG Biberach

Bestweite / top performance: 50.88 m  
(Hammer, 4kg)



## RESULTS: European Championships RASENKRAFTSPORT U23 female, June 9th 2012 in Fränkisch-Crumbach / Germany

Position	athlete	born	nation	body weight (in kg)	body weight points [[88-kg]*15]	hammer throw (4kg)	hammer- throw points	weight throw (5kg/50cm)	weight throw points	stone put (5kg)	stone put points	triathlon points	EC-points (including body weight)
1 (EC)	Trude Raad	1990	NOR	73,2	222	61,74	964	30,11	1204	9,91	825	2993	3215
2	Cintia Gergelics	1991	HUN	74,2	207	62,81	981	30,16	1206	9,71	809	2996	3203
3	Sarah Lippold	1991	GER	73,1	223	55,05	860	27,08	1083	12,26	1021	2964	3187
4	Eva Reinders	1993	NED	79,8	123	63,33	989	30,52 (ER U20)	1220	10,13	844	3053	3176
5	Petronella Vincze	1992	HUN	67,0	315	58,52	914	27,74	1109	9,85	820	2843	3158
6	Svenja Kern	1992	GER	67,3	310	58,49	913	27,70	1108	8,49	707	2728	3038
7	Mareike Nannen	1990	GER	71,1	253	59,76	933	27,01	1080	8,77	730	2743	2996
8	Delphine Ramothe	1991	FRA	81,7	94	61,41	959	27,21	1088	9,69	807	2854	2948
9	Katja Henrikke Vangsnes	1991	NOR	67,0	315	60,06	938	24,79	991	7,58	631	2560	2875
10	Lydia Wehrli	1990	SUI	73,0	225	57,40	896	27,61	1104	7,64	636	2636	2861
11	Jennifer Batu	1993	FRA	72,4	234	53,57	837	25,77	1030	6,80	566	2433	2667



