



# WKSF Absolute Coefficient Marathon

## One Arm Long Cycle 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	200	2,50	240	2,75	310	3	360	3,25
87	220	2,273	260	2,539	330	2,819	380	3,079
87+	240	2,084	280	2,358	350	2,658	400	2,925

## One Arm Long Cycle 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	200	1,25	240	1,5	310	1,75	360	2
65	220	1,137	260	1,385	330	1,644	380	1,895
65+	240	1,042	280	1,286	350	1,55	400	1,8

## One Arm Jerk 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	390	1,5	440	1,725	510	2	560	2,25
87	410	1,427	460	1,674	530	1,925	590	2,136
87+	430	1,361	480	1,605	550	1,855	620	2,033

## One Arm Jerk 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	390	1,25	440	1,5	510	1,75	560	2
65	410	1,189	460	1,435	530	1,684	590	1,899
75+	430	1,134	480	1,375	550	1,623	620	1,807

## One Arm Snatch 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	300	1,25	350	1,5	400	1,75	450	2
87	320	1,172	370	1,419	420	1,667	480	1,875
87+	340	1,103	390	1,347	440	1,591	510	1,765

## One Arm Snatch 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	300	1,25	350	1,5	430	1,75	490	2
65	320	1,172	370	1,419	450	1,672	530	1,812
65+	340	1,103	390	1,347	490	1,536	580	1,656



## One Arm Long Cycle 60'

MEN 32 kg ELITE - JUNIOR 19-22 60 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	400	1,25	460	1,5	510	1,75	560	2
87	420	1,191	500	1,38	560	1,594	610	1,837
87+	440	1,137	540	1,278	600	1,488	660	1,697

## One Arm Long Cycle 60'

WOMEN 20 kg ELITE - JUNIOR 19-22 60 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	400	1,25	460	1,5	510	1,75	580	2
65	420	1,191	500	1,38	560	1,594	630	1,842
65+	440	1,137	540	1,278	600	1,488	690	1,682

## One Arm Jerk 60'

MEN 32 kg ELITE - JUNIOR 19-22 60 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	540	1,25	630	1,5	710	1,75	790	2
87	590	1,164	670	1,411	750	1,657	860	1,838
87+	620	1,089	730	1,295	790	1,573	930	1,699

## One Arm Jerk 60'

WOMEN 20 kg ELITE - JUNIOR 19-22 60 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	540	1,25	630	1,5	730	1,75	820	2
65	580	1,164	670	1,411	780	1,638	880	1,864
75+	620	1,089	730	1,295	830	1,539	940	1,745