



WKSF Absolut Coefficient Marathon

One Arm Long Cycle 30'

MEN 24 kg AMATEUR - MASTER 30 min

Categoria	3-2r	Coefficient	2-1r	Coefficient	1-CMS	Coefficient	CMS+	Coefficient
74	230	1,25	290	1,5	320	1,75	340	2
87	250	1,15	310	1,404	340	1,648	360	1,889
87+	270	1,065	330	1,319	360	1,556	380	1,79

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One Arm Jerk 30'

MEN 24 kg AMATEUR - MASTER 30 min

Categoria	3-2r	Coefficient	2-1r	Coefficient	1-CMS	Coefficient	CMS+	Coefficient
74	310	1,25	390	1,5	510	1,75	550	2
87	330	1,175	410	1,427	530	1,684	570	1,93
87+	350	1,108	430	1,361	550	1,623	590	1,865

One Arm Jerk 30'

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75+	350	1,108	430	1,361	550	1,623	590	1,865

One Arm Snatch 30'

MEN 24 kg AMATEUR - MASTER 30 min

Categoria	3-2r	Coefficient	2-1r	Coefficient	1-CMS	Coefficient	CMS+	Coefficient
74	300	1,25	360	1,5	420	1,75	480	2
87	320	1,172	380	1,422	440	1,671	500	1,92
87+	350	1,072	400	1,35	460	1,598	520	1,847

One Arm Snatch 30'

WOMEN 16 kg AMATEUR - MASTER 30 min

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One Arm Long Cycle 60'

MEN 24 kg AMATEUR - MASTER 60 min

Categoria	3-2r	Coefficient	2-1r	Coefficient	1-CMS	Coefficient	CMS+	Coefficient
74	460	1,25	490	1,5	520	1,75	540	2
87	480	1,198	510	1,442	540	1,686	560	1,929
87+	500	1,15	530	1,387	560	1,625	580	1,863

One Arm Long Cycle 60'

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65	480	1,198	510	1,442	540	1,686	560	1,929
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One Arm Jerk 60'

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74	560	1,25	610	1,5	690	1,75	720	2
87	580	1,207	630	1,453	710	1,701	750	1,92
87+	600	1,167	650	1,408	730	1,654	780	1,847

One Arm Jerk 60'

WOMEN 16 kg AMATEUR - MASTER 60 min

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65	580	1,207	630	1,453	710	1,701	750	1,92
75+	600	1,167	650	1,408	730	1,654	780	1,847