



MARATHON DISCIPLINES 30'-60'

AT THE WORLD CHAMPIONSHIP DISCIPLINES 30'

CONTINENTAL CHAMPIONSHIPS AND OPEN CONTINENTAL CUPS DISCIPLINES 30' AND 60'

WEIGHT CATEGORIES OF MEN Senior, Junior 19-22, Master 74KG , 87KG , +87KG

WEIGHT CATEGORIES OF WOMEN Senior, Junior 19-22, Master 58KG , 65KG , +65KG

WEIGHT CATEGORIES OF MEN Children 14-15, Young 16-18 Men 52kg, +52kg

WEIGHT CATEGORIES OF WOMEN Children 14-15, Young 16-18 Women 48kg, +48kg

The Rules for doing the Exercises are the same as in the classical ones, only a multiple hand change is allowed. Calculations of Winners among Men and Women in the group **Elite, Master, Junior U22, Youth 16-18, Children 14-15, Amateur** by Weight Categories. **Coefficient** Using the coefficient (co) is only done in weight categories that have less than -3 athletes. Athletes in an incomplete weight category are merged with a higher incomplete weight category (skipping all full weight categories). The results of all athletes in the category are multiplied by the coefficient according to the coefficient table. The winner is determined by the highest result. In the event that all categories consist of at least three athletes and only one category has fewer than two athletes, it will be merged with the closest category. It should be noted that for the purpose of recording records and ranking, there is no categorization.

MEN 30 Minutes-1 Hour:

LONG CYCLE/JERK ELITE **32KG**

LONG CYCLE/JERK AMATEUR **24KG**

LONG CYCLE/JERK VETERANS 40-49 YEARS **24KG** , 50-59 YEARS **24KG** , 60-69 YEARS **16KG** , 70-74 YEARS **16KG** , +75 YEARS **12KG**

LONG CYCLE/JERK JUNIOR 19-22 YEARS **32KG**

LONG CYCLE/JERK JUNIOR 16-18 YEARS **24KG**

LONG CYCLE/JERK YOUTH 14-15 YEARS **16KG**

WOMEN 30 Minutes-1 Hour:

LONG CYCLE/JERK ELITE **20KG**

LONG CYCLE/JERK AMATEUR **16KG**

LONG CYCLE/JERK VETERANS 35-44 YEARS **16KG** , 45-54 YEARS **16KG** , 55-64 YEARS **12KG** , +65 YEARS **8KG**

LONG CYCLE/JERK JUNIOR 19-22 YEARS **20KG**

LONG CYCLE/JERK JUNIOR 16-18 YEARS **16KG**

LONG CYCLE/JERK YOUTH 14-15 YEARS **12KG**

MEN 30 Minutes:

SNATCH ELITE **32KG**

SNATCH AMATEUR **24KG**

SNATCH VETERANS 40-49 YEARS **24KG** , 50-59 YEARS **24KG** , 60-69 YEARS **16KG** , 70-74 YEARS **16KG** , +75 YEARS **12KG**

SNATCH JUNIOR 19-22 YEARS **32KG**

SNATCH JUNIOR 16-18 YEARS **24KG**

SNATCH YOUTH 14-15 YEARS **16KG**

WOMEN 30 Minutes:

SNATCH ELITE **20KG**

SNATCH AMATEUR **16KG**

SNATCH VETERANS 35-44 YEARS **16KG** , 45-54 YEARS **16KG** , 55-64 YEARS **12KG** , +65 YEARS **8KG**

SNATCH JUNIOR 19-22 YEARS **20KG**

SNATCH JUNIOR 16-18 YEARS **16KG**

SNATCH YOUTH 14-15 YEARS **12KG**



