



# WKSF Coefficient Master-Men (60-69, 70-74, +75 years)

## Long Cycle 10'

MEN 16-12 kg Master 60-69, 70-74, +75 Years 10 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
63	25	3,2	36	3,473	47	4,256	58	4,742
68	28	2,858	40	3,125	50	4.00	65	4,231
74	31	2,581	42	2,977	53	3,774	68	4,045
80	34	2,353	45	2,778	56	3,572	72	3,82
87	38	2,106	47	2,66	59	3,39	74	3,717
95	41	1,952	50	2,5	61	3,279	76	3,619
95+	44	1,819	53	2,359	63	3,175	78	3,526

## Biathlon 10'

MEN 16-12 kg Master 60-69, 70-74, +75 Years 10 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
63	51	1,569	74	2,028	99	2,526	143	2,798
68	58	1,38	82	1,83	108	2,315	157	2,548
74	62	1,291	87	1,725	116	2,156	165	2,425
80	66	1,213	90	1,667	122	2,05	170	2,353
87	72	1,112	94	1,596	125	2	174	2,299
95	77	1,039	98	1,531	128	1,954	182	2,198
95+	80	1,0	100	1,5	130	1,924	185	2,163

## One Arm Long Cycle 30'

MEN 16-12 kg Master 60-69, 70-74, +75 Years 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
74	230	1,25	290	1,5	320	1,75	340	2,0
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

## One Arm Jerk 30'

MEN 16-12 kg Master 60-69, 70-74, +75 Years 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
74	310	1,25	390	1,5	510	1,75	550	2,0
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 Snatch 30'

MEN 16-12 kg Master 60-69, 70-74, +75 Years 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
74	300	1,25	360	1,5	420	1,75	480	2,0
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 Long Cycle 60'

MEN 16-12 kg Master 60-69, 70-74, +75 Years 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
74	460	1,25	490	1,5	520	1,75	540	2,0
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 Jerk 60'

MEN 16-12 kg Master 60-69, 70-74, +75 Years 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
74	560	1,25	610	1,5	690	1,75	720	2,0
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