



WKSF Coefficient Amateur-Master Marathon 30'

One Arm Long Cycle 30'

MEN 24 kg Amateur- MEN 24kg-16kg-12kg Master 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 Long Cycle 30'

WOMEN 16 kg Amateur - WOMEN 16kg-12kg-8kg Master 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
58	230	1,25	290	1,5	320	1,75	340	2,0
65	250	1,15	310	1,404	340	1,648	360	1,889
65+	270	1,065	330	1,319	360	1,556	380	1,79

One Arm Jerk 30'

MEN 24 kg Amateur- MEN 24kg-16kg-12kg Master 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 Jerk 30'

WOMEN 16 kg Amateur - WOMEN 16kg-12kg-8kg Master 30 min

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58	310	1,25	390	1,5	510	1,75	550	2,0
65	330	1,175	410	1,427	530	1,684	570	1,93
65+	350	1,108	430	1,361	550	1,623	590	1,865

One Arm Snatch 30'

MEN 24 kg Amateur- MEN 24kg-16kg-12kg Master 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 Snatch 30'

WOMEN 16 kg Amateur - WOMEN 16kg-12kg-8kg Master 30 min

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58	300	1,25	360	1,5	420	1,75	480	2,0
65	320	1,172	380	1,422	440	1,671	500	1,92
65+	350	1,072	400	1,35	460	1,598	520	1,847



WKSF Coefficient Amateur-Master Marathon 60'

One Arm Long Cycle 60'

MEN 24 kg Amateur- MEN 24kg-16kg-12kg Master 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 Long Cycle 60'

WOMEN 16 kg Amatreur - WOMEN 16kg-12kg-8kg Master 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
58	460	1,25	490	1,5	520	1,75	540	2,0
65	480	1,198	510	1,442	540	1,686	560	1,929
65+	500	1,15	530	1,387	560	1,625	580	1,863

One Arm Jerk 60'

MEN 24 kg Amateur- MEN 24kg-16kg-12kg Master 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

One Arm Jerk 60'

WOMEN 16 kg Amatreur - WOMEN 16kg-12kg-8kg Master 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
58	560	1,25	610	1,5	690	1,75	720	2,0
65	580	1,207	630	1,453	710	1,701	750	1,92
65+	600	1,167	650	1,408	730	1,654	780	1,847