



WKSF Coefficient U-15 & U-18 Marathon 30'

One Arm Long Cycle 30'

MEN CHILDREN U-15 (14-15) 16kg - MEN YOUNG U-18 (16-18) 24kg 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
52 - 62	230	1,25	290	1,5	320	1,75	340	2
52+ - 62+	250	1,15	310	1,404	340	1,648	360	1,889

One Arm Long Cycle 30'

WOMEN CHILDREN U-15 (14-15) 12kg - WOMEN YOUNG U-18 (16-18) 16kg 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
48 - 58	230	1,25	290	1,5	320	1,75	340	2
48+ - 58+	250	1,15	310	1,404	340	1,648	360	1,889

One Arm Jerk 30'

MEN CHILDREN U-15 (14-15) 16kg - MEN YOUNG U-18 (16-18) 24kg 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
52 - 62	310	1,25	390	1,5	510	1,75	550	2
52+ - 62+	330	1,175	410	1,427	530	1,684	570	1,93

One Arm Jerk 30'

WOMEN CHILDREN U-15 (14-15) 12kg - WOMEN YOUNG U-18 (16-18) 16kg 30 min

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48 - 58	310	1,25	390	1,5	510	1,75	550	2
48+ - 58+	330	1,175	410	1,427	530	1,684	570	1,93

One Arm Snatch 30'

MEN CHILDREN U-15 (14-15) 16kg - MEN YOUNG U-18 (16-18) 24kg 30 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
52 - 62	300	1,25	360	1,5	420	1,75	480	2
52+ - 62+	320	1,172	380	1,422	440	1,671	500	1,92

One Arm Snatch 30'

WOMEN CHILDREN U-15 (14-15) 12kg - WOMEN YOUNG U-18 (16-18) 16kg 30 min

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WKSF Coefficient U-15 & U-18 Marathon 60'

One Arm Long Cycle 60'

MEN CHILDREN U-15 (14-15) 16kg - MEN YOUNG U-18 (16-18) 24kg 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
52 - 62	460	1,25	490	1,5	520	1,75	540	2
52+ - 62+	480	1,198	510	1,442	540	1,686	560	1,929

One Arm Long Cycle 60'

WOMEN CHILDREN U-15 (14-15) 12kg - WOMEN YOUNG U-18 (16-18) 16kg 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
48 - 58	460	1,25	490	1,5	520	1,75	540	2
48+ - 58+	480	1,198	510	1,442	540	1,686	560	1,929

One Arm Jerk 60'

MEN CHILDREN U-15 (14-15) 16kg - MEN YOUNG U-18 (16-18) 24kg 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
52 - 62	560	1,25	610	1,5	690	1,75	720	2
52+ - 62+	580	1,207	630	1,453	710	1,701	750	1,92

One Arm Jerk 60'

WOMEN CHILDREN U-15 (14-15) 12kg - WOMEN YOUNG U-18 (16-18) 16kg 60 min

Category	Res	Coefficient	Res	Coefficient	Res	Coefficient	Res	Coefficient
48 - 58	560	1,25	610	1,5	690	1,75	720	2
48+ - 58+	580	1,207	630	1,453	710	1,701	750	1,92