



WKSF Coefficient ELITE Marathon 30'

One Arm Long Cycle 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	200	1,00	240	1,25	310	1,5	360	1,75
87	220	0,909	260	1,154	330	1,409	380	1,658
87+	240	0,833	280	1,071	350	1,329	400	1,575

One Arm Long Cycle 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	200	1	240	1,25	310	1,5	360	1,75
65	220	0,909	260	1,154	330	1,409	380	1,658
65+	240	0,833	280	1,071	350	1,329	400	1,575

One Arm Jerk 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	340	1	410	1,25	440	1,5	510	1,75
87	390	0,872	430	1,192	460	1,435	540	1,653
87+	410	0,829	450	1,139	480	1,375	560	1,594

One Arm Jerk 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	390	1	440	1,25	480	1,5	530	1,75
65	410	0,951	460	1,196	500	1,44	560	1,656
65+	430	0,907	480	1,146	520	1,385	590	1,572

One Arm Snatch 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	250	1	300	1,25	360	1,5	410	1,75
87	265	0,943	320	1,171	380	1,421	440	1,631
87+	280	0,893	340	1,103	400	1,35	460	1,56

One Arm Snatch 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	280	1	330	1,25	390	1,5	440	1,75
65	300	0,933	350	1,179	410	1,427	470	1,638
65+	320	0,875	370	1,115	430	1,36	500	1,54



WKSF Coefficient ELITE Marathon 60'

One Arm Long Cycle 60'

MEN 32 kg ELITE - JUNIOR 19-22 60 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	400	1,25	460	1,5	510	1,75	560	2
87	420	1,191	500	1,38	560	1,594	610	1,837
87+	440	1,137	540	1,278	600	1,488	660	1,697

One Arm Long Cycle 60'

WOMEN 20 kg ELITE - JUNIOR 19-22 60 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	400	1,25	460	1,5	510	1,75	580	2
65	420	1,191	500	1,38	560	1,594	630	1,842
65+	440	1,137	540	1,278	600	1,488	690	1,682

One Arm Jerk 60'

MEN 32 kg ELITE - JUNIOR 19-22 60 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	540	1,25	630	1,5	710	1,75	790	2
87	580	1,164	670	1,411	750	1,657	860	1,838
87+	620	1,089	730	1,295	790	1,573	930	1,699

One Arm Jerk 60'

WOMEN 20 kg ELITE - JUNIOR 19-22 60 min

Category	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	540	1,25	630	1,5	730	1,75	820	2
65	580	1,164	670	1,411	780	1,638	880	1,864
65+	620	1,089	730	1,295	830	1,539	940	1,745