



ABSOLUTE COEFFICIENTS

Coefficient **U15 & U18/ U22 & MASTER MALE** (30' & 60' Competition)

Weight Category	Coefficient
62kg/74kg	1,093
72kg/87kg	0,966
+72kg/+87kg	0,922

Formula = BWCoefficient * N^o Repetitions

Example1:

<p>Athlete 1 BW = 84,5kg Master 40-49 yo (1X24kg) Total Repetitions OALC = 300 reps Final Result = 0,966 x 300 = 298,8 points</p>	<p>Athlete1 BW = 88,5kg Master 40-49 yo (1X24kg) Total Repetitions OALC = 320 reps Final Result = 0,922 x 320 = 295,04 points</p>
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Coefficient **U15 & U18/ U22 & MASTER FEMALE** (30' & 60' Competition)

Weight Category	Coefficient
48kg/58kg	1,754
58kg/65kg	1,563
+58kg/+65kg	1,418

Formula = BWCoefficient * N^o Repetitions

<p>Athlete 1 BW = 52,5kg Junior U15 (1X12kg) Total Repetitions SNATCH = 425 reps Final Result = 1,563 x 425 = 664,27 points</p>	<p>Athlete 2 BW = 66,8kg Junior U15 (1X12kg) Total Repetitions SNATCH = 470 reps Final Result = 1,418 x 470 = 666,46 points</p>
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