



WKSF Coefficient Amateur-Master 30'-60'

One Arm Long Cycle 30'

MEN 24 kg AMATEUR - MASTER 30 min

Categoria	3-2r	Coefficient	2-1r	Coefficient	1-CMS	Coefficient	CMS+	Coefficient
74	230	<u>1,25</u>	290	<u>1,5</u>	320	<u>1,75</u>	340	<u>2,0</u>
87	250	<u>1,15</u>	310	<u>1,404</u>	340	<u>1,648</u>	360	<u>1,889</u>
87+	270	<u>1,065</u>	330	<u>1,319</u>	360	<u>1,556</u>	380	<u>1,79</u>

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One Arm Jerk 30'

MEN 24 kg AMATEUR - MASTER 30 min

Categoria	3-2r	Coefficient	2-1r	Coefficient	1-CMS	Coefficient	CMS+	Coefficient
74	310	<u>1,25</u>	390	<u>1,5</u>	510	<u>1,75</u>	550	<u>2,0</u>
87	330	<u>1,175</u>	410	<u>1,427</u>	530	<u>1,684</u>	570	<u>1,93</u>
87+	350	<u>1,108</u>	430	<u>1,361</u>	550	<u>1,623</u>	590	<u>1,865</u>

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One Arm Snatch 30'

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74	300	<u>1,25</u>	360	<u>1,5</u>	420	<u>1,75</u>	480	<u>2,0</u>
87	320	<u>1,172</u>	380	<u>1,422</u>	440	<u>1,671</u>	500	<u>1,92</u>
87+	350	<u>1,072</u>	400	<u>1,35</u>	460	<u>1,598</u>	520	<u>1,847</u>

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One Arm Long Cycle 60'

MEN 24 kg AMATEUR - MASTER 60 min

Categoria	3-2r	Coefficient	2-1r	Coefficient	1-CMS	Coefficient	CMS+	Coefficient
74	460	<u>1,25</u>	490	<u>1,5</u>	520	<u>1,75</u>	540	<u>2,0</u>
87	480	<u>1,198</u>	510	<u>1,442</u>	540	<u>1,686</u>	560	<u>1,929</u>
87+	500	<u>1,15</u>	530	<u>1,387</u>	560	<u>1,625</u>	580	<u>1,863</u>

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74	560	<u>1,25</u>	610	<u>1,5</u>	690	<u>1,75</u>	720	<u>2,0</u>
87	580	<u>1,207</u>	630	<u>1,453</u>	710	<u>1,701</u>	750	<u>1,92</u>
87+	600	<u>1,167</u>	650	<u>1,408</u>	730	<u>1,654</u>	780	<u>1,847</u>

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