



# WKSF Coefficient ELITE Marathon - 30' / 60'

## One Arm Long Cycle 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	200	<u>2,50</u>	240	<u>2,75</u>	310	<u>3,0</u>	360	<u>3,25</u>
87	220	<u>2,273</u>	260	<u>2,539</u>	330	<u>2,819</u>	380	<u>3,079</u>
87+	240	<u>2,084</u>	280	<u>2,358</u>	350	<u>2,658</u>	400	<u>2,925</u>

## One Arm Long Cycle 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	200	<u>1,25</u>	240	<u>1,5</u>	310	<u>1,75</u>	360	<u>2,0</u>
65	220	<u>1,137</u>	260	<u>1,385</u>	330	<u>1,644</u>	380	<u>1,895</u>
65+	240	<u>1,042</u>	280	<u>1,286</u>	350	<u>1,55</u>	400	<u>1,8</u>

## One Arm Jerk 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	390	<u>1,5</u>	440	<u>1,725</u>	510	<u>2,0</u>	560	<u>2,25</u>
87	410	<u>1,427</u>	460	<u>1,674</u>	530	<u>1,925</u>	590	<u>2,136</u>
87+	430	<u>1,361</u>	480	<u>1,605</u>	550	<u>1,855</u>	620	<u>2,033</u>

## One Arm Jerk 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	390	<u>1,25</u>	440	<u>1,5</u>	510	<u>1,75</u>	560	<u>2</u>
65	410	<u>1,189</u>	460	<u>1,435</u>	530	<u>1,684</u>	590	<u>1,899</u>
75+	430	<u>1,134</u>	480	<u>1,375</u>	550	<u>1,623</u>	620	<u>1,807</u>

## One Arm Snatch 30'

MEN 32 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
74	300	<u>1,25</u>	350	<u>1,5</u>	400	<u>1,75</u>	450	<u>2,0</u>
87	320	<u>1,172</u>	370	<u>1,419</u>	420	<u>1,667</u>	480	<u>1,875</u>
87+	340	<u>1,103</u>	390	<u>1,347</u>	440	<u>1,591</u>	510	<u>1,765</u>

## One Arm Snatch 30'

WOMEN 20 kg ELITE - JUNIOR 19-22 30 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	300	<u>1,25</u>	350	<u>1,5</u>	430	<u>1,75</u>	480	<u>2,0</u>
65	320	<u>1,172</u>	370	<u>1,419</u>	450	<u>1,672</u>	530	<u>1,812</u>
65+	340	<u>1,103</u>	390	<u>1,347</u>	490	<u>1,536</u>	580	<u>1,656</u>

## One Arm Long Cycle 60'

MEN 32 kg ELITE - JUNIOR 19-22 60 min

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

## One Arm Long Cycle 60'

WOMEN 20 kg ELITE - JUNIOR 19-22 60 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	400	<u>1,25</u>	460	<u>1,5</u>	510	<u>1,75</u>	580	<u>2,0</u>
65	420	<u>1,191</u>	500	<u>1,38</u>	560	<u>1,594</u>	630	<u>1,842</u>
65+	440	<u>1,137</u>	540	<u>1,278</u>	600	<u>1,488</u>	690	<u>1,682</u>

## One Arm Jerk 60'

MEN 32 kg ELITE - JUNIOR 19-22 60 min

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

## One Arm Jerk 60'

WOMEN 20 kg ELITE - JUNIOR 19-22 60 min

Categoria	Res	1-CMS	Res	CMS- MS	Res	MS - Elite	Res	Elite - Record
58	540	<u>1,25</u>	630	<u>1,5</u>	730	<u>1,75</u>	820	<u>2,0</u>
65	580	<u>1,164</u>	670	<u>1,411</u>	780	<u>1,638</u>	880	<u>1,864</u>
75+	620	<u>1,089</u>	730	<u>1,295</u>	830	<u>1,539</u>	940	<u>1,745</u>