

FIKS RANKING 10' & 12' UOMINI 2024-2028

LONG CYCLE 10' - MEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
63	47	38	22	18	11	6	58	47	36	25
68	54	42	26	20	12	8	65	50	40	28
74	63	48	29	23	13	9	68	53	42	31
80	71	52	33	27	14	10	72	56	45	34
87	76	55	38	30	16	11	74	59	47	38
95	80	58	42	33	18	12	76	61	50	41
over 95	82	60	47	36	20	14	78	63	53	44

BIATHLON 10' - MEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
63	140	85	54	43	32	22	110	99	74	51
68	152	93	64	46	35	25	120	108	82	58
74	163	105	74	49	38	27	130	116	87	62
80	174	114	84	52	39	29	140	122	90	66
87	183	126	90	55	41	31	150	125	94	72
95	191	132	96	57	43	33	160	128	98	77
over 95	197	140	100	59	45	34	170	130	100	80

SNATCH 12' - MEN										
Weight Category	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	228	202	140	100	70	50	219	160	130	110
87	237	216	160	120	85	60	228	180	140	120
over 87	246	224	180	140	100	70	234	200	150	130

SNATCH 10' - MEN										
Weight Category	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	158	134	100	70	40	30	150	110	80	60
87	170	148	110	80	50	40	170	120	90	70
over 87	184	161	120	90	60	50	190	130	100	80

ONE ARM LONG CYCLE 10' - MEN										
Weight Category	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	117	100	80	56	38	24	109	80	55	45
87	126	108	88	66	44	28	115	85	60	50
over 87	132	115	94	72	50	34	120	95	70	60

FIKS RANKING 30' & 60' UOMINI 2024-2028

LONG CYCLE 30' - MEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
74	350	300	240	200	180	150	340	320	290	230
87	370	320	260	220	190	160	360	340	310	250
over 87	390	340	280	240	200	170	380	360	330	270

JERK 30' - MEN										
Weight Category	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	510	440	410	340	360	300	490	450	390	310
87	540	460	430	390	350	310	510	470	410	330
over 87	560	480	450	410	360	320	530	490	430	350

SNATCH 30' - MEN										
Weight Category	MSEC	MS	CMS	1	2	3	CMS	1	2	3
74	410	360	300	250	220	190	450	400	360	300
87	440	380	320	265	230	200	465	420	380	320
over 87	460	400	340	280	240	210	480	430	400	350

LONG CYCLE 60' - MEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
74	560	510	460	400	360	280	540	520	490	460
87	610	560	500	420	380	300	560	540	510	480
over 87	660	600	540	440	400	320	580	560	530	500

JERK 60' - MEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
74	790	710	630	540	480	410	720	690	610	560
87	860	750	670	580	510	430	750	710	630	580
over 87	930	790	730	620	540	450	780	730	650	600

FIKS RANKING 10' & 12' DONNE 2024-2028

LONG CYCLE 10' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
52	60	42	30	23	20	14	50	34	29	21
58	70	51	33	26	23	19	56	38	33	28
65	78	58	37	31	26	21	62	43	37	31
75	85	65	42	34	28	24	69	48	40	34
over 75	91	70	45	36	30	26	75	51	42	36
BIATHLON 10' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
52	132	102	80	61	51	33	125	90	50	30
58	142	112	88	68	56	38	135	100	60	40
65	154	124	98	77	62	43	145	110	70	50
75	168	136	108	82	67	48	155	120	80	60
over 75	180	148	118	88	72	50	165	130	90	70
SNATCH 12' - WOMEN										
Weight Category	MSEC	MS	CMS	1	2	3	CMS	1	2	3
58	180	150	120	80	70	50	208	160	130	110
65	190	160	130	95	85	60	228	180	140	120
over 65	200	170	140	105	95	70	234	200	150	130
SNATCH 10' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
58	104	78	64	40	34	24	130	104	88	63
65	116	88	74	48	40	28	144	114	101	70
over 65	128	98	84	56	46	32	158	124	115	82
ONE ARM LONG CYCLE 10' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
58	102	82	63	38	23	16	105	80	55	45
65	112	90	70	42	26	19	110	85	60	50
over 65	126	106	82	50	32	26	120	95	70	60

FIKS RANKING 30' & 60' DONNE 2024-2028

LONG CYCLE 30' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
58	350	310	240	200	180	150	340	320	290	230
65	370	330	260	220	190	160	360	340	310	250
over 65	390	350	280	240	200	170	380	360	330	270

JERK 30' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
58	540	500	440	390	360	330	550	510	390	310
65	570	520	460	410	370	340	570	530	410	330
over 65	590	540	480	430	380	350	590	550	430	350

SNATCH 30' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
58	450	430	350	300	250	190	480	420	360	300
65	480	450	370	320	270	210	500	440	380	320
over 65	500	490	390	340	290	230	520	460	400	350

LONG CYCLE 60' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
58	580	510	460	400	360	280	540	520	490	460
65	630	560	500	420	380	300	560	540	510	480
over 65	690	600	540	440	400	320	580	560	530	500

JERK 60' - WOMEN										
Cat. Peso	MSIC	MS	CMS	1	2	3	CMS	1	2	3
58	820	730	630	540	480	410	720	690	610	560
65	880	780	670	580	510	430	750	710	630	580
over 65	940	830	730	620	540	450	780	730	650	600