

**POWERLIFTING CLASSIC**

**Sub junior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	400	390	410	400
59	420	410	440	420
66	490	480	500	490
74	575	565	590	575
83	590	580	625	590
93	640	630	655	640
105	655	645	665	655
120	660	650	670	660
120+	665	655	675	665

**Sub junior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	215	200	230	215
47	245	230	260	245
52	285	270	305	285
57	325	315	335	325
63	365	355	370	365
69	370	360	375	370
76	375	365	380	375
84	380	370	385	380
84+	385	375	390	385

**junior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	430	415	455	430
59	470	450	490	470
66	560	530	610	560
74	630	590	655	630
83	670	630	700	670
93	710	675	740	710
105	760	715	770	760
120	790	745	800	790
120+	800	760	850	800

**junior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	260	250	275	260
47	305	295	315	305
52	320	310	340	320
57	360	350	380	360
63	400	390	420	400
69	420	410	435	420
76	430	420	445	430
84	440	430	450	440
84+	450	440	460	450

**senior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	525	500	555	525
66	590	555	625	590
74	670	640	700	670
83	730	685	760	730
93	760	725	780	760
105	800	760	830	800
120	840	780	860	840
120+	850	810	900	850

**senior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	315	305	345	315
52	360	325	380	360
57	395	370	415	395
63	430	400	450	430
69	440	415	470	440
76	445	430	485	445
84	460	445	500	460
84+	520	455	540	520

**open maschile**

Cat	WEC ROUND 1	WEC ROUND 3
59	500	490
66	555	545
74	640	630
83	685	675
93	725	715
105	760	750
120	780	770
120+	810	800

**open femminile**

Cat	WEC ROUND 1	WEC ROUND 3
47	305	300
52	325	320
57	370	365
63	400	395
69	415	410
76	430	425
84	445	440
84+	455	450

**Europei universitari maschile**

Cat	ROUND 1	ROUND 3
59	470	460
66	555	545
74	630	620
83	670	660
93	710	700
105	755	740
120	780	765
120+	800	790

**Europei universitari femminile**

Cat	ROUND 1	ROUND 3
47	297.5	292.5
52	320	315
57	360	355
63	395	390
69	412.5	407.5
76	425	420
84	435	430
84+	445	440

**POWERLIFTING CLASSIC**

master 1 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	460	435	485	460
66	515	485	545	515
74	585	560	610	585
83	640	600	665	640
93	665	635	690	665
105	695	665	725	695
120	730	680	750	730
120+	740	705	785	740

master 1 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	275	270	305	275
52	310	280	335	310
57	340	325	365	340
63	375	350	395	375
69	385	365	410	385
76	390	375	425	390
84	405	390	405	405
84+	455	400	470	455

master 2 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	415	395	440	415
66	470	440	495	470
74	530	510	555	530
83	580	545	600	580
93	610	575	625	610
105	635	605	660	635
120	665	620	680	665
120+	675	640	715	675

master 2 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	250	245	275	250
52	285	260	305	285
57	315	295	330	315
63	340	320	360	340
69	350	330	375	350
76	355	340	385	355
84	365	355	395	365
84+	415	360	430	415

master 3 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	375	355	395	375
66	420	395	445	420
74	480	455	500	480
83	520	490	540	520
93	550	515	565	550
105	570	540	590	570
120	600	555	615	600
120+	605	580	640	605

master 3 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	225	220	245	225
52	260	235	270	260
57	285	265	295	285
63	310	285	320	310
69	315	295	335	315
76	320	310	345	320
84	330	320	355	330
84+	370	325	385	370

master 4 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	335	315	350	335
66	375	350	395	375
74	425	405	445	425
83	460	435	480	460
93	490	460	500	490
105	505	480	525	505
120	530	495	545	530
120+	540	515	570	540

master 4 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	200	195	220	200
52	230	205	240	230
57	250	235	265	250
63	275	255	285	275
69	280	265	300	280
76	285	275	310	285
84	290	285	315	290
84+	330	290	345	330

**POWERLIFTING ATTREZZATO**

**Sub junior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	440	430	450	440
59	470	460	480	470
66	480	470	520	480
74	550	535	585	550
83	610	600	640	610
93	660	650	685	660
105	695	680	720	695
120	730	715	740	730
120+	750	735	760	750

**Sub junior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	270	260	285	270
47	305	295	315	305
52	340	330	350	340
57	355	345	365	355
63	390	375	405	390
69	410	400	420	410
76	425	415	440	425
84	440	425	455	440
84+	475	455	485	475

**junior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	500	490	510	500
59	525	515	540	525
66	560	550	585	560
74	640	620	655	640
83	685	670	715	685
93	745	730	770	745
105	780	765	805	780
120	820	805	830	820
120+	840	820	855	840

**junior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	305	295	315	305
47	340	330	355	340
52	375	365	390	375
57	400	390	415	400
63	435	425	455	435
69	460	445	470	460
76	475	460	495	475
84	490	470	510	490
84+	530	500	550	530

**senior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	565	555	580	565
66	600	590	635	600
74	690	670	710	690
83	735	725	770	735
93	800	785	830	800
105	840	825	870	840
120	890	870	900	890
120+	905	890	920	905

**senior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	365	355	380	365
52	405	395	420	405
57	425	415	440	425
63	470	450	490	470
69	490	475	505	490
76	515	495	535	515
84	535	515	550	535
84+	570	550	580	570

**open maschile**

Cat	WEC ROUND 1	WEC ROUND 3
59	555	545
66	590	580
74	670	660
83	725	715
93	785	775
105	825	815
120	870	860
120+	890	880

**open femminile**

Cat	WEC ROUND 1	WEC ROUND 3
47	355	350
52	395	390
57	415	410
63	450	445
69	475	470
76	495	490
84	515	510
84+	550	545

**POWERLIFTING ATTREZZATO**

master 1 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	510	500	520	510
66	540	530	565	540
74	615	600	630	615
83	660	645	690	660
93	715	700	740	715
105	750	740	775	750
120	790	775	800	790
120+	810	795	825	810

master 1 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	330	320	340	330
52	365	355	375	365
57	380	370	395	380
63	420	405	435	420
69	440	425	450	440
76	460	440	475	460
84	475	460	490	475
84+	505	490	520	505

master 2 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	465	455	475	465
66	490	480	510	490
74	560	545	575	560
83	600	585	625	600
93	650	640	675	650
105	680	670	705	680
120	720	705	730	720
120+	735	720	745	735

master 2 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	300	290	310	300
52	330	320	340	330
57	345	335	360	345
63	375	365	400	375
69	400	390	410	400
76	420	405	430	420
84	435	415	445	435
84+	460	445	475	460

master 3 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	415	405	425	415
66	440	430	460	440
74	505	490	515	505
83	540	525	565	540
93	585	575	605	585
105	615	600	635	615
120	645	635	655	645
120+	660	645	670	660

master 3 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	270	260	280	270
52	300	290	310	300
57	315	305	325	315
63	340	330	355	340
69	355	345	365	355
76	375	365	385	375
84	390	375	400	390
84+	420	400	430	420

master 4 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	365	355	375	365
66	390	380	410	390
74	445	435	460	445
83	480	470	500	480
93	520	510	535	520
105	545	535	560	545
120	575	560	580	575
120+	585	575	595	585

master 4 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	240	230	250	240
52	260	250	270	260
57	275	265	285	275
63	305	295	315	305
69	315	305	325	315
76	330	320	345	330
84	345	330	355	345
84+	365	355	380	365

**PANCA CLASSIC**

**Sub junior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	97.5	92.5	105	97.5
59	110	105	122.5	110
66	125	120	135	125
74	142.5	135	152.5	142.5
83	155	147.5	162.5	155
93	162.5	155	172.5	165
105	170	160	180	170
120	177.5	167.5	187.5	177.5
120+	185	177.5	195	185

**Sub junior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	57.5	55	62.5	60
47	62.5	57.5	67.5	62.5
52	72.5	67.5	77.5	72.5
57	77.5	72.5	82.5	77.5
63	82.5	77.5	87.5	82.5
69	85	80	92.5	85
76	87.5	82.5	95	87.5
84	92.5	87.5	100	92.5
84+	100	95	105	100

**junior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	110	105	120	110
59	125	120	137.5	125
66	140	135	152.5	140
74	160	152.5	172.5	160
83	175	165	185	175
93	185	175	195	185
105	192.5	180	205	192.5
120	200	190	212.5	200
120+	210	200	220	210

**junior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	65	62.5	70	67.5
47	70	65	75	70
52	80	75	85	80
57	85	80	92.5	85
63	90	85	97.5	90
69	95	90	102.5	95
76	100	92	107.5	100
84	105	100	112.5	102.5
84+	110	105	120	112.5

**senior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	135	130	150	135
66	150	145	165	150
74	170	160	180	170
83	185	175	195	185
93	195	185	205	195
105	205	195	215	205
120	215	205	225	215
120+	225	215	235	225

**senior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	75	70	80	75
52	85	80	92.5	85
57	90	85	100	90
63	95	90	105	95
69	100	95	110	100
76	105	100	115	105
84	110	105	120	110
84+	115	110	125	115

**PANCA CLASSIC**

**master 1 maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	120	115	132.5	120
66	132.5	127.5	145	132.5
74	150	142.5	160	150
83	162.5	155	172.5	162.5
93	172.5	165	182.5	172.5
105	180	172.5	190	180
120	190	180	198	190
120+	200	190	210	200

**master 1 femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	67.5	62.5	72.5	67.5
52	75	70	82.5	75
57	80	75	90	80
63	85	80	92.5	85
69	90	85	97.5	90
76	95	90	105	95
84	97.5	92.5	107.5	97.5
84+	105	100	115	107.5

**master 2 maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	110	105	120	110
66	120	115	132.5	120
74	137.5	128	145	137.5
83	150	140	157.5	150
93	157.5	150	165	157.5
105	165	157.5	172.5	165
120	172.5	165	180	172.5
120+	180	172.5	190	180

**master 2 femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	60	55	65	60
52	67.5	65	74	67.5
57	72.5	67.5	80	72
63	77.5	72.5	85	77.5
69	80	75	87.5	80
76	85	80	92.5	85
84	87.5	82.5	95	87.5
84+	92.5	87.5	100	92.5

**master 3 maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	97.5	95	110	97.5
66	110	105	120	110
74	122.5	115	130	122.5
83	135	127.5	142.5	135
93	142.5	135	150	142.5
105	150	140	155	150
120	155	147.5	162.5	155
120+	162.5	155	170	162.5

**master 3 femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	55	50	57.5	55
52	62.5	57.5	67.5	62.5
57	65	62.5	72.5	65
63	70	65	75	70
69	72.5	70	80	72.5
76	77.5	72.5	82.5	77.5
84	80	77.5	87.5	80
84+	85	80	92.5	87.5

**master 4 maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	87.5	82.5	95	85
66	94.5	91.35	103.95	95
74	107.5	100	115	107.5
83	117.5	110	122.5	117.5
93	125	117.5	130	125
105	130	122.5	137.5	130
120	137.5	130	142.5	137.5
120+	142.5	135	150	142.5

**master 4 femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	47.5	45	50	47.5
52	55	52.5	60	55
57	57.5	55	65	57.5
63	60	57.5	67.5	60
69	65	60	70	65
76	67.5	65	72.5	67.5
84	70	67.5	75	70
84+	75	72.5	82.5	75

**PANCA ATTREZZATA**

**Sub junior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	110	102.5	115	110
59	122.5	115	132.5	122.5
66	137.5	132.5	147.5	137.5
74	160	155	167.5	160
83	175	167.5	185	175
93	190	182.5	200	190
105	197.5	190	215	197.5
120	210	202.5	225	210
120+	225	220	235	225

**Sub junior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	62.5	57.5	67.5	65
47	67.5	62.5	72.5	67.5
52	77.5	72.5	85	77.5
57	85	80	92.5	85
63	92.5	87.5	100	92.5
69	100	95	110	100
76	110	102.5	120	110
84	115	110	125	115
84+	125	117.5	135	125

**junior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	122.5	117.5	130	122.5
59	137.5	130	147.5	137.5
66	155	147.5	165	155
74	180	172.5	190	180
83	195	187.5	210	195
93	210	205	220	210
105	220	212.5	240	220
120	240	232.5	257.5	240
120+	255	245	265	255

**junior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	70	67.5	75	70
47	75	72.5	80	75
52	87.5	82.5	95	87.5
57	95	90	102.5	95
63	102.5	97.5	112.5	102.5
69	117.5	112.5	122.5	117.5
76	122.5	117.5	132.5	122.5
84	130	125	142.5	130
84+	140	135	160	140

**senior maschile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	147.5	140	160	147.5
66	167.5	160	180	167.5
74	195	187.5	205	195
83	212.5	205	227.5	212.5
93	232.5	222.5	242.5	232.5
105	242.5	232.5	265	242.5
120	262.5	252.5	280	262.5
120+	280	270	290	280

**senior femminile**

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	82.5	77.5	87.5	82.5
52	95	90	102.5	95
57	102.5	97.5	112.5	102.5
63	112.5	107.5	122.5	112.5
69	125	120	132.5	125
76	135	130	145	135
84	145	140	155	145
84+	160	155	175	160

**PANCA ATTREZZATA**

master 1 maschile				
Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	130	122.5	140	130
66	147.5	140	157.5	147.5
74	172.5	165	180	172.5
83	187.5	180	200	187.5
93	205	195	212.5	205
105	212.5	205	232.5	212.5
120	230	222.5	245	230
120+	245	235	255	245

master 1 femminile				
Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	72.5	67.5	77.5	72.5
52	85	80	90	82.5
57	90	85	100	90
63	100	95	107.5	100
69	112.5	107.5	115	115
76	117.5	115	127.5	117.5
84	127.5	125	135	127.5
84+	140	135	155	140

master 2 maschile				
Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	117.5	112.5	127.5	117.5
66	135	127.5	145	135
74	155	150	165	155
83	170	165	182.5	170
93	187.5	177.5	195	187.5
105	195	187.5	212.5	195
120	210	202.5	225	210
120+	225	215	232.5	225

master 2 femminile				
Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	67.5	62.5	70	67.5
52	75	70	82.5	75
57	82.5	77.5	90	82.5
63	90	85	97.5	90
69	102.5	97.5	107.5	102.5
76	107.5	102.5	115	107.5
84	115	110	125	115
84+	127.5	122.5	140	127.5

master 3 maschile				
Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	107.5	100	115	107.5
66	122.5	115	130	122.5
74	142.5	135	150	142.5
83	152.5	147.5	165	152.5
93	167.5	160	175	167.5
105	175	167.5	190	175
120	190	182.5	200	190
120+	200	195	210	200

master 3 femminile				
Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	60	55	62.5	60
52	67.5	65	75	67.5
57	75	70	80	75
63	82.5	75	87.5	82.5
69	92.5	87.5	95	92.5
76	97.5	92.5	105	97.5
84	105	100	112.5	105
84+	115	110	125	115

master 4 maschile				
Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	92.5	87.5	100	92.5
66	105	100	115	105
74	122.5	117.5	130	122.5
83	132.5	127.5	145	132.5
93	145	140	155	145
105	152.5	145	165	152.5
120	165	160	175	165
120+	175	167.5	182.5	175

master 4 femminile				
Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	52.5	47.5	57.5	52.5
52	60	55	65	60
57	65	60	70	65
63	70	65	77.5	70
69	80	75	85	80
76	85	80	90	85
84	90	85	95	90
84+	100	95	110	100