

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

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	415	450	425
59	470	450	480	465
66	480	470	520	480
74	550	535	585	550
83	610	580	640	595
93	660	625	685	640
105	695	655	720	670
120	730	685	740	700
120+	750	705	760	720

Sub junior femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	270	250	285	260
47	305	285	315	295
52	340	320	350	330
57	355	335	365	345
63	390	360	405	375
69	410	385	420	395
76	425	400	440	410
84	440	410	455	425
84+	475	440	485	460

junior maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
53	500	470	510	480
59	525	495	540	505
66	560	530	585	540
74	640	595	655	615
83	685	645	715	660
93	745	700	770	715
105	780	735	805	750
120	820	775	830	785
120+	840	790	855	805

junior femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	305	285	315	295
47	340	320	355	330
52	375	350	390	360
57	400	375	415	385
63	435	410	455	420
69	460	430	470	445
76	475	445	495	455
84	490	455	510	470
84+	530	480	550	510

senior maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	565	550	580	565
66	600	580	635	595
74	690	645	710	665
83	735	700	770	705
93	800	755	830	770
105	840	795	870	805
120	890	835	900	855
120+	905	855	920	875

senior femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	365	345	380	360
52	405	380	420	390
57	425	400	440	410
63	470	435	490	450
69	490	460	505	470
76	515	475	535	495
84	535	495	550	515
84+	570	530	580	550

open maschile

Cat	WEC ROUND 1	WEC ROUND 3
59	555	535
66	590	565
74	670	635
83	725	685
93	785	745
105	825	780
120	870	825
120+	890	845

open femminile

Cat	WEC ROUND 1	WEC ROUND 3
47	355	335
52	395	375
57	415	395
63	450	425
69	475	450
76	495	470
84	515	490
84+	550	525

POWERLIFTING ATTREZZATO

master 1 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	510	480	520	495
66	540	530	565	540
74	615	575	630	590
83	660	620	690	635
93	715	675	740	685
105	750	710	775	720
120	790	745	800	760
120+	810	765	825	775

master 1 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	330	315	340	330
52	365	340	375	355
57	380	360	395	375
63	420	390	435	405
69	440	410	450	425
76	460	425	475	440
84	475	445	490	455
84+	505	470	520	485

master 2 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	465	445	475	460
66	490	480	510	490
74	560	525	575	540
83	600	570	625	585
93	650	615	675	635
105	680	650	705	670
120	720	680	730	700
120+	735	700	745	720

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	355	400	370
69	400	375	410	385
76	420	390	430	405
84	435	400	445	420
84+	460	430	475	440

master 3 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	415	385	425	395
66	440	410	460	420
74	505	470	515	480
83	540	500	565	515
93	585	550	605	560
105	615	575	635	590
120	645	605	655	615
120+	660	615	670	630

master 3 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	270	245	280	255
52	300	275	310	285
57	315	290	325	300
63	340	315	355	325
69	355	330	365	340
76	375	350	385	360
84	390	360	400	370
84+	420	380	430	400

master 4 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	365	340	375	350
66	390	360	410	370
74	445	415	460	425
83	480	450	500	460
93	520	485	535	495
105	545	510	560	520
120	575	535	580	550
120+	585	550	595	560

master 4 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	240	220	250	230
52	260	240	270	245
57	275	250	285	260
63	305	280	315	290
69	315	290	325	300
76	330	305	345	315
84	345	315	355	330
84+	365	340	380	350

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	150	167.5	155
83	175	160	185	167.5
93	190	175	200	182.5
105	197.5	185	215	195
120	210	195	225	205
120+	225	210	235	215

Sub junior femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	62.5	55	67.5	62.5
47	67.5	60	72.5	65
52	77.5	67.5	85	72.5
57	85	75	92.5	80
63	92.5	82.5	100	87.5
69	100	90	110	95
76	110	97.5	120	105
84	115	105	125	110
84+	125	112.5	135	120

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	145	165	155
74	180	165	190	172.5
83	195	180	210	187.5
93	210	195	220	200
105	220	205	240	210
120	240	222.5	257.5	230
120+	255	235	265	245

junior femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
43	70	65	75	67.5
47	75	70	80	72.5
52	87.5	80	95	85
57	95	85	102.5	90
63	102.5	92.5	112.5	97.5
69	117.5	107.5	122.5	112.5
76	122.5	112.5	132.5	117.5
84	130	120	142.5	125
84+	140	130	160	135

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	155	180	165
74	195	180	205	185
83	212.5	195	227.5	202.5
93	232.5	212.5	242.5	222.5
105	242.5	222.5	265	235
120	262.5	242.5	280	252.5
120+	280	260	290	267.5

senior femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	82.5	75	87.5	80
52	95	85	102.5	90
57	102.5	92.5	112.5	97.5
63	112.5	102.5	122.5	107.5
69	125	115	132.5	120
76	135	122.5	145	130
84	145	135	155	140
84+	160	147.5	175	150

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	175	200	185
93	205	190	212.5	195
105	212.5	197.5	232.5	205
120	230	212.5	245	220
120+	245	225	255	235

master 1 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	72.5	65	77.5	70
52	85	75	90	80
57	90	80	100	87.5
63	100	90	107.5	95
69	112.5	102.5	115	110
76	117.5	110	127.5	112.5
84	127.5	120	135	122.5
84+	140	130	155	135

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	125	145	135
74	155	145	165	150
83	170	155	182.5	165
93	187.5	170	195	180
105	195	185	212.5	195
120	210	200	225	210
120+	225	210	232.5	225

master 2 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	67.5	60	70	65
52	75	67.5	82.5	72.5
57	82.5	75	90	80
63	90	80	97.5	85
69	102.5	92.5	107.5	97.5
76	107.5	97.5	115	102.5
84	115	105	125	110
84+	127.5	117.5	140	122.5

master 3 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	107.5	95	115	102.5
66	122.5	110	130	117.5
74	142.5	130	150	135
83	152.5	140	165	145
93	167.5	150	175	160
105	175	160	190	167.5
120	190	175	200	182.5
120+	200	185	210	192.5

master 3 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	60	52.5	62.5	57.5
52	67.5	65.5	75	65
57	75	67.5	80	72.5
63	82.5	72.5	87.5	80
69	92.5	85	95	87.5
76	97.5	87.5	105	92.5
84	105	95	112.5	100
84+	115	105	125	110

master 4 maschile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
59	92.5	85	100	87.5
66	105	95	115	100
74	122.5	112.5	130	117.5
83	132.5	122.5	145	127.5
93	145	135	155	140
105	152.5	140	165	145
120	165	150	175	155
120+	175	160	182.5	167.5

master 4 femminile

Cat	EUROPEI ROUND 1	EUROPEI ROUND 3	MONDIALI ROUND 1	MONDIALI ROUND 3
47	52.5	45	57.5	50
52	60	52.5	65	57.5
57	65	57.5	70	62.5
63	70	62.5	77.5	67.5
69	80	72.5	85	75
76	85	75	90	80
84	90	80	95	85
84+	100	90	110	95