

Klassisen penkkipunnerruksen MM-rajat 2016

Sarja	Miehet
59,0	137,5
66,0	152,5
74,0	170,0
83,0	185,0
93,0	202,5
105,0	215,0
120,0	230,0
120+	245,0

Sarja	M23
53,0	90,0
59,0	115,0
66,0	130,0
74,0	145,0
83,0	160,0
93,0	170,0
105,0	185,0
120,0	200,0
120+	210,0

Sarja	M18
53,0	72,5
59,0	87,5
66,0	97,5
74,0	107,5
83,0	120,0
93,0	132,5
105,0	142,5
120,0	150,0
120+	157,5

Sarja	Naiset
47,0	75,0
52,0	82,5
57,0	87,5
63,0	95,0
72,0	105,0
84,0	117,5
84+	127,5

Sarja	N23
43,0	50,0
47,0	60,0
52,0	67,5
57,0	75,0
63,0	82,5
72,0	90,0
84,0	97,5
84+	105,0

Sarja	N18
43,0	40,0
47,0	45,0
52,0	47,5
57,0	52,5
63,0	57,5
72,0	65,0
84,0	72,5
84+	80,0