

Varustepenkkipunnerrus - nuorten (23 v) EM ja MM-rajat vuodelle 2016

M23 penkkipunnerrus			N23 penkkipunnerrus		
Sarja	EM	MM	Sarja	EM	MM
53,0	112,5	115,0	43,0	65,0	67,5
59,0	135,0	137,5	47,0	70,0	72,5
66,0	152,5	155,0	52,0	75,0	77,5
74,0	165,0	170,0	57,0	82,5	85,0
83,0	185,0	190,0	63,0	87,5	90,0
93,0	205,0	210,0	72,0	100,0	102,5
105,0	220,0	225,0	84,0	112,5	115,0
120,0	232,5	237,5	84+	122,5	125,0
120+	245,0	250,0			