

**LANDSLIÐSLÁGMÖRK KARLA Í KRAFTLYFTINGUM.
FLOKKUR UNGLINGA 23**

	-53kg	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	477.5	610	665	685	742.5	785	855	890	1007.5
A 90%	430	550	597.5	617.5	667.5	707.5	770	800	907.5
B 85%	405	517.5	565	582.5	630	667.5	727.5	757.5	857.5
C 80%	382.5	487.5	532.5	547.5	595	627.5	685	712.5	805
Bekkpressa									
100%	142.5	165	187.5	212.5	220	245	265	265	310
A 90%	127.5	147.5	170	192.5	197.5	220	237.5	237.5	280
B 85%	120	140	160	180	187.5	207.5	225	225	262.5
C 80%	115	132.5	150	170	175	195	212.5	212.5	247.5

DRENGJAFLOKKUR 18

	-53kg	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	485	515	565	615	625	680	702.5	725	722.5
A 90%	437.5	462.5	507.5	552.5	562.5	612.5	632.5	652.5	650
B 85%	412.5	437.5	480	522.5	532.5	577.5	597.5	617.5	615
C 80%	387.5	412.5	452.5	492.5	500	545	562.5	580	577.5
Bekkpressa									
100%	110	132.5	145	185	170	165	187.5	182.5	217.5
A 90%	100	120	130	167.5	152.5	147.5	170	165	195
B 85%	92.5	112.5	122.5	157.5	145	140	160	155	185
C 80%	87.5	105	115	147.5	135	132.5	150	145	175

LANDSLIÐSLÁGMÖRK KVENNA Í KRAFTLYFTINGUM FLOKKUR UNGLINGA 23

	-43kg	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	310	370	392.5	432.5	462.5	490	510	545	552.5
A 90%	280	332.5	352.5	390	417.5	440	460	490	497.5
B 85%	262.5	315	332.5	367.5	392.5	417.5	432.5	462.5	470
C 80%	247.5	295	315	345	370	392.5	407.5	435	442.5
Bekkpressa									
100%	60	87.5	100	105	120	127.5	132.5	140	137.5
A 90%	55	80	90	95	107.5	115	120	125	125
B 85%	50	75	85	90	102.5	107.5	112.5	120	117.5
C 80%	47.5	70	80	85	95	102.5	105	112.5	110

TELPNAFLOKKUR 18

	-43kg	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	257.5	335	350	395	415	450	470	460	515
A 90%	232.5	302.5	315	355	372.5	405	422.5	415	462.5
B 85%	220	285	297.5	335	352.5	382.5	400	390	437.5
C 80%	205	267.5	280	315	332.5	360	375	367.5	412.5
Bekkpressa									
100%	57.5	70	80	100	135	110	115	115	120
A 90%	52.5	62.5	72.5	90	122.5	100	102.5	102.5	107.5
B 85%	50	60	67.5	85	115	92.5	97.5	97.5	102.5
C 80%	45	55	65	80	107.5	87.5	92.5	92.5	95