

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

	-53kg	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	422.5	507.5	592.5	615	660	700	740	810	830
A 90%	380	457.5	532.5	552.5	595	630	665	730	747.5
B 85%	360	432.5	502.5	522.5	560	595	630	687.5	705
C 80%	337.5	405	475	492.5	527.5	560	592.5	647.5	665
<b>Bekkpressa</b>									
100%	115	140	155	160	172.5	185	190	195	202.5
A 90%	102.5	125	140	145	155	167.5	170	175	182.5
B 85%	97.5	120	132.5	135	147.5	157.5	162.5	165	172.5
C 80%	92.5	112.5	125	127.5	137.5	147.5	152.5	155	162.5

**DRENGJAFLOKKUR 18**

	-53kg	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	370	440	477.5	530	590	612.5	622.5	627.5	600
A 90%	332.5	395	430	477.5	530	552.5	560	565	540
B 85%	315	375	405	450	502.5	520	530	532.5	510
C 80%	295	352.5	382.5	425	472.5	490	497.5	502.5	480
<b>Bekkpressa</b>									
100%	90	117.5	120	137.5	145	145	137.5	150	152.5
A 90%	80	105	107.5	125	130	130	125	135	137.5
B 85%	77.5	100	102.5	117.5	122.5	122.5	117.5	127.5	130
C 80%	72.5	95	95	110	115	115	110	120	122.5

**LANDSLIÐSLÁGMÖRK KVENNA Í KLASSÍSKUM  
KRAFTLYFTINGUM  
FLOKKUR UNGLINGA 23**

	-43kg	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	255	302.5	330	357.5	380	395	412.5	432.5	457.5
A 90%	230	272.5	297.5	322.5	342.5	355	372.5	390	412.5
B 85%	217.5	257.5	280	305	322.5	335	350	367.5	390
C 80%	205	242.5	265	285	305	315	330	345	365
<b>Bekkpressa</b>									
100%	55	67.5	80	80	82.5	87.5	90	107.5	87.5
A 90%	50	60	72.5	72.5	75	80	80	97.5	80
B 85%	47.5	57.5	67.5	67.5	70	75	77.5	92.5	75
C 80%	45	55	65	65	65	70	72.5	85	70

**TELPNAFLOKKUR 18**

	-43kg	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	255	270	280	300	337.5	347.5	362.5	390	437.5
A 90%	230	242.5	252.5	270	305	312.5	327.5	350	395
B 85%	217,5	230	237.5	255	287.5	295	307.5	332.5	372.5
C 80%	205	215	225	240	270	277.5	290	312.5	350
<b>Bekkpressa</b>									
100%	45	52.5	67.5	62.5	77.5	77.5	80	67.5	97.5
A 90%	40	47.5	60	57.5	70	70	72.5	60	87.5
B 85%	37.5	45	57.5	52.5	65	65	67.5	57.5	82.5
C 80%	35	42.5	55	50	62.5	62.5	65	55	77.5

