

## LANDSLIÐSLÁGMÖRK KARLA OPINN FLOKKUR KRAFTLYFTINGAR

	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	645	747.5	810	862.5	910	987.5	1000	1075
A 90%	580	672.5	730	777.5	820	890	900	967.5
B 85%	547.5	635	687.5	732.5	772.5	840	850	915
C 80%	515	597.5	647.5	690	727.5	790	800	860
Bekkpressa								
100%	230	215	242.5	275	295	320	327.5	355
A 90%	207.5	192.5	217.5	247.5	265	287.5	295	320
B 85%	195	182.5	205	235	250	272.5	277.5	302.5
C 80%	185	172.5	195	220	235	255	262.5	285

## KLASSÍSKAR KRAFTLYFTINGAR

	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	560	640	710	760	805	842.5	870	937.5
A 90%	505	575	640	685	725	757.5	782.5	845
B 85%	475	545	602.5	645	685	715	740	797.5
C 80%	447.5	512.5	567.5	607.5	645	675	695	750
Bekkpressa								
100%	152.5	170	190	202.5	215	225	235	255
A 90%	137.5	152.5	170	182.5	192.5	202.5	212.5	230
B 85%	130	145	162.5	172.5	182.5	192.5	200	217.5
C 80%	122.5	135	152.5	162.5	172.5	180	187.5	205

## LANDSLÍÐSLÁGMÖRK KVENNA OPINN FLOKKUR

### KRAFTLYFTINGAR

	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	400	462.5	505	542.5	555	580	605	620
A 90%	360	417.5	455	487.5	500	522.5	545	557.5
B 85%	340	392.5	430	460	472.5	492.5	515	527.5
C 80%	320	370	405	435	445	465	485	495
<b>Bekkpressa</b>								
100%	105	123	137	150	155	163	172	185
A 90%	95	110	122.5	135	140	147.5	155	167.5
B 85%	90	105	117.5	127.5	132.5	137.5	145	157.5
C 80%	85	97.5	110	120	125	130	137.5	147.5

### KLASSÍSKAR KRAFTLYFTINGAR

	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	342	391	424	454	472.5	495	504	552
A 90%	307.5	352.5	382.5	407.5	425	445	452.5	497.5
B 85%	290	332.5	360	385	402.5	420	427.5	470
C 80%	272.5	312.5	340	362.5	377.5	395	402.5	442.5
<b>Bekkpressa</b>								
100%	80	93	105	112	112.5	118	120	130
A 90%	72.5	82.5	95	100	102.5	105	107.5	117.5
B 85%	67.5	80	90	95	95	100	102.5	110
C 80%	65	75	85	90	90	95	95	105