



Landliðslágmörk KRAFT fyrir árin 2024 og 2025, samþykkt á fundi stjórnar KRAFT 26.9.2024

Konur, kraftlyftingar í búnaði – opinn flokkur

	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	385	440	480	530	562.5	577.5	587.5	582.5
A 90%	347.5	395	432.5	477.5	507.5	520	530	525
B 85%	327.5	375	407.5	450	477.5	490	500	495
C 80%	307.5	352.5	385	425	450	462.5	470	465
Bekkpressa								
100%	72.5	87.5	112.5	117.5	125	135	137.5	157.5
A 90%	65	80	102.5	105	112.5	122.5	125	142.5
B 85%	62.5	75	95	100	107.5	115	117.5	135
C 80%	57.5	70	90	95	100	107.5	110	125

Karlar, kraftlyftingar í búnaði – opinn flokkur

	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	597.5	712.5	750	842.5	900	952.5	1005	1015
A 90%	537.5	642.5	675	757.5	810	857.5	905	912.5
B 85%	507.5	605	637.5	715	765	810	855	862.5
C 80%	477.5	570	600	675	720	762.5	805	812.5
Bekkpressa								
100%	160	190	225	237.5	262.5	280	295	307.5
A 90%	145	170	202.5	215	237.5	252.5	265	277.5
B 85%	135	162.5	192.5	202.5	222.5	237.5	250	262.5
C 80%	127.5	152.5	180	190	210	225	235	245

Konur, klassískar kraftlyftingar – opinn flokkur

	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	355	407.5	445	487.5	507.5	527.5	530	580
A 90%	320	367.5	400	440	457.5	475	477.5	522.5
B 85%	302.5	347.5	377.5	415	432.5	447.5	450	492.5
C 80%	285	325	355	390	405	422.5	425	465
Bekkpressa								
100%	65	85	95	100	107.5	115	107.5	117.5
A 90%	57.5	77.5	85	90	97.5	102.5	97.5	105
B 85%	55	72.5	80	85	92.5	97.5	92.5	100
C 80%	52.5	67.5	75	80	85	92.5	85	95

Karlar, klassískar kraftlyftingar – opinn flokkur

	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	560	647.5	725	777.5	827.5	860	887.5	942.5
A 90%	505	582.5	652.5	700	745	775	800	847.5
B 85%	475	550	617.5	660	702.5	730	755	800
C 80%	447.5	517.5	580	622.5	662.5	687.5	710	755
Bekkpressa								
100%	135	155	182.5	197.5	207.5	215	227.5	232.5
A 90%	122.5	140	165	177.5	187.5	192.5	205	210
B 85%	115	132.5	155	167.5	177.5	182.5	192.5	197.5
C 80%	107.5	125	145	157.5	165	172.5	182.5	185



Unglingar og ungmenni – kraftlyftingar í búnaði

Konur kraftlyftingar. Unglinga flokkur.										
	-43kg	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg	
100%	280	297.5	350	375	415	452.5	482.5	455	487.5	
A 90%	252.5	267.5	315	337.5	372.5	407.5	435	410	440	
B 85%	237.5	252.5	297.5	320	352.5	385	410	387.5	415	
C 80%	225	237.5	280	300	332.5	362.5	385	365	390	
Bekkpessa										
100%	70	90	85	95	110	105	117.5	130	137.5	
A 90%	62.5	80	77.5	85	100	95	105	117.5	125	
B 85%	60	77.5	72.5	80	92.5	90	100	110	117.5	
C 80%	55	72.5	67.5	75	87.5	85	95	105	110	
Konur kraftlyftingar. Stúlkna flokkur.										
	-43kg	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg	
100%	257.5	285	325	340	370	355	382.5	395	432.5	
A 90%	232.5	257.5	292.5	305	332.5	320	345	355	390	
B 85%	220	242.5	277.5	290	315	302.5	325	335	367.5	
C 80%	205	227.5	260	272.5	295	285	305	315	345	
Bekkpessa										
100%	50	65	75	80	77.5	87.5	87.5	105	110	
A 90%	45	57.5	67.5	72.5	70	80	80	95	100	
B 85%	42.5	55	65	67.5	65	75	75	90	92.5	
C 80%	40	52.5	60	65	62.5	70	70	85	87.5	
Karlar kraftlyftingar. Unglinga flokkur.										
	-53kg	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg	
100%	442.5	527.5	595	647.5	690	720	760	782.5	765	
A 90%	397.5	475	535	582.5	620	647.5	685	705	687.5	
B 85%	375	447.5	505	550	587.5	612.5	645	665	650	
C 80%	355	422.5	475	517.5	552.5	575	607.5	625	612.5	
Bekkpessa										
100%	117.5	145	170	192.5	187.5	197.5	202.5	227.5	200	
A 90%	105	130	152.5	172.5	170	177.5	182.5	205	180	
B 85%	100	122.5	145	162.5	160	167.5	172.5	192.5	170	
C 80%	95	115	135	155	150	157.5	162.5	182.5	160	
Karlar kraftlyftingar. Drengja flokkur.										
	-53kg	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg	
100%	420	450	497.5	552.5	592.5	632.5	635	690	682.5	
A 90%	377.5	405	447.5	497.5	532.5	570	572.5	620	615	
B 85%	357.5	382.5	422.5	470	502.5	537.5	540	587.5	580	
C 80%	335	360	397.5	442.5	475	505	507.5	552.5	545	
Bekkpessa										
100%	87.5	100	127.5	152.5	155	170	172.5	172.5	192.5	
A 90%	80	90	115	137.5	140	152.5	155	155	172.5	
B 85%	75	85	107.5	130	132.5	145	147.5	147.5	162.5	
C 80%	70	80	102.5	122.5	125	135	137.5	137.5	155	



Unglingar og ungmenni – klassískar kraftlyftingar

Konur klassískar kraftlyftingar. Unglinga flokkur.

	-43kg	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	232.5	302.5	355	405	437.5	462.5	452.5	447.5	460
A 90%	210	272.5	320	365	395	417.5	407.5	402.5	415
B 85%	197.5	257.5	302.5	345	372.5	392.5	385	380	390
C 80%	185	242.5	285	325	350	370	362.5	357.5	367.5
Bekkpressa									
100%	35	62.5	70	75	82.5	92.5	97.5	100	87.5
A 90%	32.5	57.5	62.5	67.5	75	82.5	87.5	90	80
B 85%	30	52.5	60	65	70	77.5	82.5	85	75
C 80%	27.5	50	55	60	65	75	77.5	80	70

Konur klassískar kraftlyftingar. Stúlkna flokkur.

	-43kg	-47kg	-52kg	-57kg	-63kg	-69kg	-76kg	-84kg	+84kg
100%	192.5	245	292.5	327.5	340	342.5	380	352.5	377.5
A 90%	172.5	220	262.5	295	305	307.5	342.5	317.5	340
B 85%	162.5	207.5	247.5	277.5	290	290	322.5	300	320
C 80%	155	195	235	262.5	272.5	275	305	282.5	302.5
Bekkpressa									
100%	47.5	57.5	57.5	65	72.5	72.5	82.5	72.5	70
A 90%	42.5	52.5	52.5	57.5	65	65	75	65	62.5
B 85%	40	50	50	55	62.5	62.5	70	62.5	60
C 80%	37.5	45	45	52.5	57.5	57.5	65	57.5	55

Karlar klassískar kraftlyftingar. Unglinga flokkur.

	-53kg	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	402.5	517.5	587.5	672.5	730	770	792.5	817.5	812.5
A 90%	362.5	465	530	605	657.5	692.5	712.5	735	732.5
B 85%	342.5	440	500	572.5	620	655	672.5	695	690
C 80%	322.5	415	470	537.5	585	615	635	655	650
Bekkpressa									
100%	85	115	130	155	167.5	180	180	185	180
A 90%	77.5	102.5	117.5	140	150	162.5	162.5	167.5	162.5
B 85%	72.5	97.5	110	132.5	142.5	152.5	152.5	157.5	152.5
C 80%	67.5	92.5	105	125	135	145	145	147.5	145

Karlar klassískar kraftlyftingar. Drengja flokkur.

	-53kg	-59kg	-66kg	-74kg	-83kg	-93kg	-105kg	-120kg	+120kg
100%	350	445	505	580	615	650	667.5	650	622.5
A 90%	315	400	455	522.5	552.5	585	600	585	560
B 85%	297.5	377.5	430	492.5	522.5	552.5	567.5	552.5	530
C 80%	280	355	405	465	492.5	520	535	520	497.5
Bekkpressa									
100%	75	92.5	117.5	125	142.5	135	152.5	142.5	152.5
A 90%	67.5	82.5	105	112.5	127.5	122.5	137.5	127.5	137.5
B 85%	65	77.5	100	107.5	120	115	130	120	130
C 80%	60	75	95	100	115	107.5	122.5	115	122.5