

Noregur : Tölur frá 2024 - <https://styrkeloft.no/kvalifiseringskrav-veteraner/>

Danmörk : Tölur frá 2022 margfaldaðar með 110% <https://filer.styrke.dk/masterudvalg/KvalifikationskravUdstyr2022.pdf>

Lágmörkin eru tekin sem meðaltal af lágmörkum öldunga Noregs og Danmerkur, síðan námundað að næstu 0,25kg. A 90% : Meðaltal af A% Noregs og lágmarki Danmerkur - B 85% : Meðaltal af B% Noregs og lágmarki Danmerkur.

## Landsliðslágmörk öldunga 2026-2027 - KVENNAFLOKKUR

### KONUR KLASSÍK

-47kg -52kg -57kg -63kg -69kg -76kg -84kg +84kg

#### MASTER 1

100%								
A 90%	257,5	275,5	295,0	312,5	325,0	340,0	357,5	372,5
B 85%	247,5	270,0	285,0	302,5	315,0	330,0	347,5	362,5
C 80%								
BEKKPRESSA								
100%								
A 90%	57,5	60,0	65,0	67,5	72,5	75,0	77,5	82,5
B 85%	55,0	57,5	62,5	65,0	67,5	72,5	75,0	77,5
C 80%								

#### MASTER 2

100%								
A 90%	232,5	252,5	270,0	282,5	297,5	310,0	322,5	340,0
B 85%	225,0	245,0	262,5	275,0	288,5	300,0	312,5	327,5
C 80%								
BEKKPRESSA								
100%								
A 90%	50,0	52,5	55,0	57,5	60,0	65,0	67,5	72,5
B 85%	47,5	50,0	52,5	55,0	57,5	62,5	65,0	70,0
C 80%								

### KONUR BÚNAÐUR

-47kg -52kg -57kg -63kg -69kg -76kg -84kg +84kg

#### MASTER 1

100%								
A 90%	270,0	295,0	325,0	352,5	367,5	392,5	415,0	430,0
B 85%	257,5	282,5	307,5	335,0	350,0	375,0	395,0	410,0
C 80%								
BEKKPRESSA								
100%								
A 90%	57,5	62,5	70,0	77,5	82,5	92,5	97,5	105,0
B 85%	55,0	60,0	65,0	75,0	77,5	87,5	92,5	100,0
C 80%								

#### MASTER 2

100%								
A 90%	237,5	265,0	290,0	317,5	332,5	355,0	377,5	392,5
B 85%	227,5	252,5	277,5	305,0	317,5	342,5	365,0	377,5
C 80%								
BEKKPRESSA								
100%								
A 90%	50,0	55,0	62,5	70,0	72,5	80,0	87,5	95,0
B 85%	47,5	52,5	60,0	67,5	70,0	77,5	85,0	92,5
C 80%								