

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

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

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 - KARLAFLOKKUR

<b>KARLAR KLASSÍK</b>								
	<b>-59kg</b>	<b>-66kg</b>	<b>-74kg</b>	<b>-83kg</b>	<b>-93kg</b>	<b>-105kg</b>	<b>-120kg</b>	<b>+120kg</b>
<b>MASTER 1</b>								
100%								
A 90%	427,5	457,5	492,5	525,0	560,0	595,0	635,0	672,5
B 85%	410,0	442,5	472,5	505,0	540,0	577,5	612,5	647,5
C 80%								
BEKKPRESSA								
100%								
A 90%	100,0	110,0	117,5	127,5	135,0	145,0	155,0	165,0
B 85%	97,5	107,5	115,0	122,5	130,0	137,5	150,0	160,0
C 80%								
<b>MASTER 2</b>								
100%								
A 90%	382,5	417,5	447,5	480,0	510,0	542,5	580,0	620,0
B 85%	372,5	427,5	435,0	467,5	497,5	530,0	565,0	602,5
C 80%								
BEKKPRESSA								
100%								
A 90%	90,0	97,5	105,0	112,5	122,5	130,0	140,0	147,5
B 85%	87,5	95,0	102,5	110,0	120,0	127,5	137,5	142,5
C 80%								
<b>KARLAR BÚNAÐUR</b>								
	<b>-59kg</b>	<b>-66kg</b>	<b>-74kg</b>	<b>-83kg</b>	<b>-93kg</b>	<b>-105kg</b>	<b>-120kg</b>	<b>+120kg</b>
<b>MASTER 1</b>								
100%								
A 90%	432,5	487,5	522,5	570,0	627,5	667,5	695,0	720,0
B 85%	417,5	470,0	505,0	550,0	607,5	647,5	675,0	697,5
C 80%								
BEKKPRESSA								
100%								
A 90%	112,5	130,0	142,5	157,5	177,5	187,5	202,5	215,0
B 85%	110,0	125,0	137,5	152,5	170,0	182,5	195,0	207,5
C 80%								
<b>MASTER 2</b>								
100%								
A 90%	392,5	445,0	477,5	522,5	580,0	617,5	645,0	665,0
B 85%	380,0	430,0	462,5	507,5	562,5	600,0	625,0	645,0
C 80%								
BEKKPRESSA								
100%								
A 90%	95,0	110,0	122,5	135,0	155,0	172,5	180,0	195,0
B 85%	92,5	107,5	120,0	132,5	150,0	160,0	172,5	187,5
C 80%								