

## AKLU & WKSJ Rank Table



### Men's 10 min Long Cycle 2 Arm

Org	WKSJ/AKLU - 32kg				AKLU - 28kg			WKSJ/AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg	
	MSIC	MS	CMS	Rank1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
63	54	41	26	20	54	41	26	58	47	36	25	58	47	36	69	58	47	58
68	59	46	31	24	59	46	31	65	50	40	28	65	50	40	70	65	50	65
74	65	50	35	26	65	50	35	68	53	42	31	68	53	42	72	68	53	68
80	72	54	38	29	72	54	38	72	56	45	34	72	56	45	88	72	56	72
87	78	58	41	31	78	58	41	74	59	47	38	74	59	47	89	74	59	74
95	81	62	44	33	81	62	44	76	61	50	41	76	61	50	91	76	61	76
95+	84	65	47	35	84	65	47	78	63	53	44	78	63	53	93	78	63	78

### Men's 10 min Long Cycle 1 Arm

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg	
	MS	CMS	Rank1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
63	90	70	50	90	70	50	95	75	55	35	95	75	55	105	95	75	95
68	93	73	53	93	73	53	98	78	58	38	98	78	58	108	98	78	98
74	95	75	55	95	75	55	100	80	60	40	100	80	60	110	100	80	100
80	103	82	63	103	82	63	108	87	68	43	108	87	68	118	108	87	108
87	112	90	70	112	90	70	117	95	75	47	117	95	75	127	117	95	117
95	123	98	76	123	98	76	128	103	81	51	128	103	81	138	128	103	128
95+	130	106	82	130	106	82	135	111	87	55	135	111	87	140	135	111	135

### Men's 10 min Snatch

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg	
	MS	CMS	Rank1	CMS	Rank 1	Rank 3	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
63	135	105	85	135	105	85	164	146	99	49	164	146	99	174	164	146	164
68	140	110	90	140	110	90	176	152	112	56	176	152	112	186	176	152	176
74	145	115	95	145	115	95	182	161	120	63	182	161	120	192	182	161	182
80	150	120	100	150	120	100	190	166	126	70	190	166	126	200	190	166	190
87	155	125	105	155	125	105	194	171	131	76	194	171	131	204	194	171	194
95	160	130	110	160	130	110	199	175	136	81	199	175	136	209	199	175	199
95+	165	135	115	165	135	115	203	178	140	84	203	178	140	213	203	178	203

### Men's 10 min Jerk 2 Arm

Org	AKLU - 32kg				AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg	
	MSIC	MS	CMS	Rank1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
63	73	56	44	44	73	56	44	85	73	56	44	85	73	56	100	85	73	85
68	80	62	48	48	80	62	48	95	80	62	48	95	80	62	110	95	80	95
74	84	74	57	57	84	74	57	101	94	74	57	101	94	74	116	101	94	101
80	101	80	62	62	101	80	62	116	101	80	62	116	101	80	131	116	101	116
87	115	92	71	71	115	92	71	130	115	92	71	130	115	92	145	130	115	130
95	121	97	74	74	121	97	74	135	121	97	74	135	121	97	150	135	121	135
95+	127	101	77	77	127	101	77	140	127	101	77	140	127	101	155	140	127	140

### Men's 10 min Jerk 1 Arm

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg	
	MS	CMS	Rank1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
63	130	110	90	130	110	90	150	130	110	90	150	130	110	155	150	130	150
68	135	115	95	135	115	95	156	135	115	95	156	135	115	161	156	135	156
74	140	120	100	140	120	100	160	140	120	100	160	140	120	165	160	140	160
80	145	125	105	145	125	105	164	145	125	105	164	145	125	169	164	145	164
87	149	129	109	149	129	109	166	149	129	109	166	149	129	171	166	149	166
95	152	132	113	152	132	113	168	152	132	113	168	152	132	173	168	152	168
95+	154	134	115	154	134	115	170	154	134	115	170	154	134	175	170	154	170

### Men's 10 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	WKSJ/AKLU - 32kg				AKLU - 28kg			WKSJ/AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg	
	MSIC	MS	CMS	Rank1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
63	145	95	62	43	95	62	43	143	99	74	51	143	99	74	183	143	99	143
68	159	108	70	46	108	70	46	157	108	82	58	157	108	82	197	157	108	157
74	172	119	78	50	119	78	50	165	116	87	62	165	116	87	205	165	116	165
80	191	126	84	52	126	84	52	170	122	90	66	170	122	90	210	170	122	170
87	205	133	88	54	133	88	54	174	125	94	72	174	125	94	214	174	125	174
95	212	140	97	55	140	97	55	182	128	98	77	182	128	98	222	182	128	182
95+	217	145	101	56	145	101	56	185	130	100	80	185	130	100	225	185	130	185



## AKLU & WKSF Rank Table

### Women's 10 min Long Cycle 2 Arm

Org	AKLU - 24kg			WKSF/AKLU - 20kg					WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
	MS	CMS	Rank 1	MSIC	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
52	45	30	23	65	46	30	23	20	50	34	29	21	50	34	29	50
58	50	33	26	71	52	33	26	23	56	38	33	28	56	38	33	56
65	55	37	31	78	58	37	31	26	62	43	37	31	62	43	37	62
75	60	42	34	85	65	42	34	28	69	48	40	34	69	48	40	69
75+	65	45	36	91	71	45	36	30	75	51	42	36	75	51	42	75

### Women's 10 min Long Cycle 1 Arm

Org	WKSF/AKLU - 24kg				AKLU - 20kg				WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
	MSIC	MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
52	95	75	55	35			75	55	35	100	75	50	40	100	75	50	75
58	103	82	63	38			82	63	38	105	80	55	45	105	80	55	80
65	112	90	70	42			90	70	42	110	85	60	50	110	85	60	85
75	123	98	76	46			98	76	46	115	90	65	55	115	90	65	90
75+	130	106	82	50			106	82	50	120	95	70	60	120	95	70	95

### Women's 10 min Snatch

Org	WKSF/AKLU - 24kg				AKLU - 20kg				WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
	MSIC	MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
52	100	83	60	40			100	83	60	130	100	78	55	130	100	78	100
58	109	93	67	47			109	93	67	143	114	88	63	143	114	88	114
65	119	103	73	55			119	103	73	160	130	101	70	160	130	101	130
75	130	111	80	61			130	111	80	182	141	112	78	182	141	112	141
75+	140	118	86	63			140	118	86	186	145	115	82	186	145	115	145

### Women's 10 min Jerk 2 Arm

Org	AKLU - 24kg			AKLU - 20kg				AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
	MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
52	73	56	44			73	56	44	85	73	56	44	85	73	56	73
58	80	62	48			80	62	48	95	80	62	48	95	80	62	80
65	94	74	57			94	74	57	101	94	74	57	101	94	74	94
75	101	80	62			101	80	62	116	101	80	62	116	101	80	101
75+	115	92	71			115	92	71	130	115	92	71	130	115	92	115

### Women's 10 min Jerk 1 Arm

Org	AKLU - 24kg			AKLU - 20kg				AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
	MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
52	130	110	90			130	110	90	150	130	110	90	150	130	110	130
58	135	115	95			135	115	95	156	135	115	95	156	135	115	135
65	140	120	100			140	120	100	160	140	120	100	160	140	120	140
75	145	125	105			145	125	105	164	145	125	105	164	145	125	145
75+	149	129	109			149	129	109	166	149	129	109	166	149	129	149

### Women's 10 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	AKLU - 24kg			WKSF/AKLU - 20kg					WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
	MS	CMS	Rank 1	MSIC	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
52	113	87	61	137	113	87	61	51	131	97	61	50	131	97	61	97
58	130	100	68	159	130	100	68	56	146	110	72	57	146	110	72	110
65	139	110	77	174	139	110	77	62	158	120	81	64	158	120	81	120
75	149	119	82	196	149	119	82	67	169	126	90	72	169	126	90	126
75+	154	130	88	203	154	130	88	72	178	133	94	76	178	133	94	133



## AKLU & WKSF Rank Table

### Men's 5 min Long Cycle 2 Arm

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg	
	Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
63	27	17	13	27	17	13	35	27	17	35	27	17	35	27	17	35	35
68	30	20	16	30	20	16	38	30	20	38	30	20	38	30	20	38	38
74	33	23	17	33	23	17	42	33	23	42	33	23	42	33	23	42	42
80	35	25	19	35	25	19	47	35	25	47	35	25	47	35	25	47	47
87	38	27	20	38	27	20	48	38	27	48	38	27	48	38	27	48	48
95	40	29	21	40	29	21	49	40	29	49	40	29	49	40	29	49	49
95+	42	31	23	42	31	23	50	42	31	50	42	31	50	42	31	50	50

### Men's 5 min Long Cycle 1 Arm

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg
	Weight	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3	
63	58	50	40	58	50	40	60	58	50	60	58	50	60	58	50	60
68	60	52	42	60	52	42	62	60	52	62	60	52	62	60	52	62
74	61	54	44	61	54	44	64	61	54	64	61	54	64	61	54	64
80	62	56	46	62	56	46	66	62	56	66	62	56	66	62	56	66
87	63	58	48	63	58	48	68	63	58	68	63	58	68	63	58	68
95	64	59	49	64	59	49	69	64	59	69	64	59	69	64	59	69
95+	65	60	50	65	60	50	70	65	60	70	65	60	70	65	60	70

### Men's 5 min Snatch

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg
	Weight	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3	
63	80	66	#REF!	80	66	55	90	80	66	90	80	66	90	80	66	90
68	82	68	57	82	68	57	91	82	68	91	82	68	91	82	68	91
74	84	70	59	84	70	59	92	84	70	92	84	70	92	84	70	92
80	86	72	61	86	72	61	94	86	72	94	86	72	94	86	72	94
87	88	74	63	88	74	63	96	88	74	96	88	74	96	88	74	96
95	89	75	64	89	75	64	98	89	75	98	89	75	98	89	75	98
95+	90	76	65	90	76	65	100	90	76	100	90	76	100	90	76	100

### Men's 5 min Jerk 2 Arm

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg
	Weight	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3	
63	58	50	40	58	50	40	66	58	50	66	58	50	66	58	50	66
68	60	52	42	60	52	42	68	60	52	68	60	52	68	60	52	68
74	61	54	44	61	54	44	70	61	54	70	61	54	70	61	54	70
80	62	56	46	62	56	46	71	62	56	71	62	56	71	62	56	71
87	63	58	48	63	58	48	72	63	58	72	63	58	72	63	58	72
95	64	59	49	64	59	49	74	64	59	74	64	59	74	64	59	74
95+	65	60	50	65	60	50	75	65	60	75	65	60	75	65	60	75

### Men's 5 min Jerk 1 Arm

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg
	Weight	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3	
63	68	58	50	68	58	50	84	68	58	84	68	58	84	68	58	84
68	70	60	52	70	60	52	85	70	60	85	70	60	85	70	60	85
74	71	61	54	71	61	54	86	71	61	86	71	61	86	71	61	86
80	72	62	56	72	62	56	87	72	62	87	72	62	87	72	62	87
87	73	63	58	73	63	58	88	73	63	88	73	63	88	73	63	88
95	74	64	59	74	64	59	89	74	64	89	74	64	89	74	64	89
95+	75	65	60	75	65	60	90	75	65	90	75	65	90	75	65	90

### Men's 5 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	AKLU - 32kg			AKLU - 28kg			AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg
	Weight	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3	
63	62	56	49	62	56	49	91	62	56	91	62	56	91	62	56	91
68	70	64	57	70	64	57	99	70	64	99	70	64	99	70	64	99
74	78	72	65	78	72	65	107	78	72	107	78	72	107	78	72	107
80	84	78	71	84	78	71	113	84	78	113	84	78	113	84	78	113
87	88	82	75	88	82	75	117	88	82	117	88	82	117	88	82	117
95	97	87	80	97	87	80	122	97	87	122	97	87	122	97	87	122
95+	101	90	83	101	90	83	125	101	90	125	101	90	125	101	90	125



## AKLU & WKSF Rank Table

### Women's 5 min Long Cycle 2 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg
	Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	27	17	13	27	17	13	35	27	17	35	27	17	35
58	30	20	16	30	20	16	38	30	20	38	30	20	38
65	33	23	17	33	23	17	42	33	23	42	33	23	42
75	35	25	19	35	25	19	47	35	25	47	35	25	47
75+	38	27	20	38	27	20	48	38	27	48	38	27	48

### Women's 5 min Long Cycle 1 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg
	Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	58	50	40	58	50	40	60	58	50	60	58	50	60
58	60	52	42	60	52	42	62	60	52	62	60	52	62
65	61	54	44	61	54	44	64	61	54	64	61	54	64
75	62	56	46	62	56	46	66	62	56	66	62	56	66
75+	63	58	48	63	58	48	68	63	58	68	63	58	68

### Women's 5 min Snatch

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg
	Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	80	66	55	80	66	55	90	80	66	90	80	66	90
58	82	68	57	82	68	57	91	82	68	91	82	68	91
65	84	70	59	84	70	59	92	84	70	92	84	70	92
75	86	72	61	86	72	61	94	86	72	94	86	72	94
75+	88	74	63	88	74	63	96	88	74	96	88	74	96

### Women's 5 min Jerk 2 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg
	Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	58	50	40	58	50	40	66	58	50	66	58	50	66
58	60	52	42	60	52	42	68	60	52	68	60	52	68
65	61	54	44	61	54	44	70	61	54	70	61	54	70
75	62	56	46	62	56	46	71	62	56	71	62	56	71
75+	63	58	48	63	58	48	72	63	58	72	63	58	72

### Women's 5 min Jerk 1 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg
	Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	68	58	50	68	58	50	84	68	58	84	68	58	84
58	70	60	52	70	60	52	85	70	60	85	70	60	85
65	71	61	54	71	61	54	86	71	61	86	71	61	86
75	72	62	56	72	62	56	87	72	62	87	72	62	87
75+	73	63	58	73	63	58	88	73	63	88	73	63	88

### Women's 5 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg
	Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	62	56	49	62	56	49	91	62	56	91	62	56	91
58	70	64	57	70	64	57	99	70	64	99	70	64	99
65	78	72	65	78	72	65	107	78	72	107	78	72	107
75	84	78	71	84	78	71	113	84	78	113	84	78	113
75+	88	82	75	88	82	75	117	88	82	117	88	82	117



# AKLU & WKSF Rank Table

## Long Cycle 30' Men

Org	WKSF/AKLU - 32kg				AKLU - 28kg				WKSF/AKLU - 24kg				AKLU - 20kg			AKLU - 16kg		AKLU - 12kg
	MSIC	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 2	Rank 3	Rank 3
74	360	310	240	200	360	310	240	200	340	320	290	230	340	320	290	340	320	340
87	380	330	260	220	380	330	260	220	360	340	310	250	360	340	310	360	340	360
87+	400	250	280	240	400	250	280	240	380	360	320	270	380	360	320	380	360	380

## Jerk 30' Men

Org	WKSF/AKLU - 32kg				AKLU - 28kg				WKSF/AKLU - 24kg				AKLU - 20kg			AKLU - 16kg		AKLU - 12kg
	MSIC	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 2	Rank 3	Rank 3
74	560	510	440	390	560	510	440	390	550	510	290	310	550	510	290	550	510	550
87	590	530	460	410	590	530	460	410	570	530	410	330	570	530	410	570	530	570
87+	620	550	480	430	620	550	480	430	590	550	430	350	590	550	430	590	550	590

## Snatch 30' Men

Org	WKSF/AKLU - 32kg				AKLU - 28kg				WKSF/AKLU - 24kg				AKLU - 20kg			AKLU - 16kg		AKLU - 12kg
	MSIC	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 2	Rank 3	Rank 3
74	450	400	350	300	450	400	350	300	480	410	360	300	480	410	360	480	410	480
87	480	420	370	320	480	420	370	320	500	440	380	320	500	440	380	500	440	500
87+	510	440	390	340	510	440	390	340	520	460	400	350	520	460	400	520	460	520

## Half Snatch 30' Men

Org	AKLU - 32kg				AKLU - 28kg				AKLU - 24kg				AKLU - 20kg			AKLU - 16kg		AKLU - 12kg
	MSIC	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 2	Rank 3	Rank 3
74		300	225	175	350	300	225	175	350	280	240	200	350	280	240	350	280	350
87		325	250	200	375	325	250	200	375	315	265	225	375	315	265	375	315	375
87+		350	275	225	400	350	275	225	400	340	300	220	400	340	300	400	340	400

# AKLU & WKSF Rank Table



## Long Cycle 30' Women

Org	WKSF/AKLU - 20kg					WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
	MSIC	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
58	360	310	240	200	180	340	320	290	230	340	320	290	340
65	380	330	260	220	190	360	340	310	250	360	340	310	360
65+	400	350	280	240	200	380	360	330	270	380	360	330	380

## Jerk 30' Women

Org	WKSF/AKLU - 20kg					WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
	MSIC	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
58	560	510	440	390	360	550	510	390	310	550	510	390	550
65	590	530	460	410	370	570	530	410	330	570	530	410	570
65+	620	550	480	430	380	590	550	430	350	590	550	430	590

## Snatch 30' Women

Org	WKSF/AKLU - 20kg					WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
	MSIC	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
58	480	430	350	300	250	480	420	360	300	480	420	360	480
65	530	450	370	320	270	500	440	380	320	500	440	380	500
65+	580	490	390	340	290	520	460	400	350	520	460	400	520

## Half Snatch 30' Women

Org	AKLU - 20kg					AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
	MSIC	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
58		300	225	175	150	350	280	250	220	350	280	250	280
65		325	250	200	175	360	290	260	230	360	290	260	290
65+		350	275	225	200	370	300	270	240	370	300	270	300

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