

33	361,22	total	bw	te	ty	361.22=total/bw80kg
		405	104,7	182,5	222,5	

34	348,40	391	105	174	217
35	348,78	375	93,6	167	208
36	345,57	337,5	76,5	152,5	185
37	343,25	335	76,4	150	185
38	338,36	290	61,8	125	165
39	338,74	290	61,7	125	165
40	342,74	415	147	182,5	232,5
41	323,78	277,5	61,8	125	152,5
42	306,88	342	102,87	152	190
43	303,69	260	61,7	115	145
44	312,11	267,5	61,8	117,5	150
45	307,27	285	69,9	130	155
46	303,75	275	67,2	130	145
47	304,55	290	73,1	130	160
48	293,80	265	66,8	120	145
49	291,31	272,5	70,9	122,5	150
50	289,40	262,5	67,4	122,5	140
51	283,67	305	93,6	137,5	167,5
52	277,48	260	71,1	120	140
53	270,68	257,5	72,98	120	137,5
54	257,96	242,5	71,5	117,5	125
55	251,56	270	93,2	120	150
56	255,88	275	93,5	122,5	152,5
57	248,78	270	95,8	120	150
58	245,57	267,5	96,7	122,5	145
59	244,82	263	93,4	123	140
		240	88,0	105	135
		225	79,81	100	125
62	232,48	256	99,5	111	145
		240	98,29	105	135
64	227,02	230	82,1	100	130

65	219,18	210	73,9	90	120
66	216,71	221	83,2	100	121
67	218,26	207,5	72,9	87,5	120
68	210,37	224	91,45	98	126
69	195,31	200	83,91	90	110
70	204,15	195	73,5	85	110
71	189,31	195	84,95	88	107
72	180,70	183	82,03	80	103
73	180,68	192	91,02	86	106
74	176,04	179	82,70	84	95
75	169,88	176	86,0	77	99
76	168,60	167,5	79,0	75	92,5
77	163,70	168	84,3	72	96
78	157,78	151	73,75	65	86
79	158,47	152	74,04	65	87
80	149,31	143	73,85	58	85
81	151,00	147	76,05	63	84
82	136,06	133	76,63	58	75
83	132,65	129	75,9	57	72
84	135,43	132	76,22	55	77
85	126,65	119	71,44	53	66
86	122,99	115	70,85	54	61

MASTERS WEIGHTLIFTING 2020

Saarinen Age Coefficients

Male TOTAL					
Age	Coefficient	Age	Coefficient	Age	Coefficient
34	1,000	55	1,333	76	2,076
35	1,000	56	1,356	77	2,133
36	1,012	57	1,380	78	2,194
37	1,025	58	1,405	79	2,258
38	1,038	59	1,430	80	2,326
39	1,052	60	1,456	81	2,399
40	1,066	61	1,484	82	2,476
41	1,080	62	1,512	83	2,558
42	1,095	63	1,542	84	2,646
43	1,110	64	1,573	85	2,741
44	1,126	65	1,605	86	2,842
45	1,142	66	1,639	87	2,952
46	1,158	67	1,674	88	3,070
47	1,176	68	1,711	89	3,199
48	1,193	69	1,749	90	3,338
49	1,211	70	1,789	91	3,491
50	1,230	71	1,831	92	3,659
51	1,249	72	1,875	93	3,843
52	1,269	73	1,922	94	4,048
53	1,290	74	1,971	95	4,275
54	1,311	75	2,022	100	5,956

NOTE: A lifter's age is determined by his/her YEAR of birth, not DAY of birth.
 If a lifter is born on August 5, 1969, then he is considered age 50 for the ENTIRE calendar year 2019.

x=age *Formula:* $350,2/(-0,0023*x^2-4,1733*x+499,13)$

MASTERS WEIGHTLIFTING 2020

Saarinen age Coefficients

Female TOTAL					
Age	Coefficient	Age	Coefficient	Age	Coefficient
34	1,000	55	1,443	76	2,772
35	1,000	56	1,476	77	2,902
36	1,015	57	1,511	78	3,044
37	1,031	58	1,547	79	3,202
38	1,048	59	1,586	80	3,376
39	1,064	60	1,626	81	3,572
40	1,082	61	1,669	82	3,792
41	1,100	62	1,714	83	4,040
42	1,119	63	1,761	84	4,325
43	1,138	64	1,812	85	4,652
44	1,159	65	1,865	86	5,035
45	1,179	66	1,922	87	5,486
46	1,201	67	1,982	88	6,027
47	1,224	68	2,046	89	6,688
48	1,247	69	2,115	90	7,513
49	1,272	70	2,189		
50	1,297	71	2,268		
51	1,324	72	2,354		
52	1,352	73	2,446		
53	1,381	74	2,546		
54	1,411	75	2,654		

NOTE: A lifter's age is determined by his/her YEAR of birth, not DAY of birth.

If a lifter is born on August 5, 1969, then he is considered age 50 for the

ENTIRE calendar year 2019. *Formula:* $190,36 / (-0,0023 * x^2 - 2,7129 * x + 288,13)$