



# ALBERTA WEIGHTLIFTING ASSOCIATION

AFFILIATED WITH THE C.W.F.H.C. AND I.W.F.

## Male Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
32.0	2.575232	37.0	2.206570	42.0	1.949958	47.0	1.762770	52.0	1.621300
32.1	2.566323	37.1	2.200528	42.1	1.945636	47.1	1.759551	52.1	1.618829
32.2	2.557490	37.2	2.194529	42.2	1.941340	47.2	1.756351	52.2	1.616371
32.3	2.548730	37.3	2.188572	42.3	1.937071	47.3	1.753168	52.3	1.613924
32.4	2.540043	37.4	2.182659	42.4	1.932828	47.4	1.750003	52.4	1.611490
32.5	2.531428	37.5	2.176787	42.5	1.928612	47.5	1.746855	52.5	1.609068
32.6	2.522884	37.6	2.170956	42.6	1.924421	47.6	1.743724	52.6	1.606659
32.7	2.514410	37.7	2.165166	42.7	1.920257	47.7	1.740611	52.7	1.604261
32.8	2.506006	37.8	2.159417	42.8	1.916118	47.8	1.737514	52.8	1.601875
32.9	2.497671	37.9	2.153709	42.9	1.912005	47.9	1.734435	52.9	1.599500
33.0	2.489403	38.0	2.148040	43.0	1.907916	48.0	1.731372	53.0	1.597138
33.1	2.481203	38.1	2.142410	43.1	1.903853	48.1	1.728326	53.1	1.594787
33.2	2.473069	38.2	2.136820	43.2	1.899814	48.2	1.725297	53.2	1.592448
33.3	2.465000	38.3	2.131268	43.3	1.895800	48.3	1.722283	53.3	1.590120
33.4	2.456997	38.4	2.125755	43.4	1.891810	48.4	1.719287	53.4	1.587803
33.5	2.449057	38.5	2.120279	43.5	1.887844	48.5	1.716306	53.5	1.585498
33.6	2.441181	38.6	2.114842	43.6	1.883902	48.6	1.713341	53.6	1.583204
33.7	2.433367	38.7	2.109441	43.7	1.879983	48.7	1.710393	53.7	1.580922
33.8	2.425616	38.8	2.104077	43.8	1.876088	48.8	1.707460	53.8	1.578650
33.9	2.417926	38.9	2.098750	43.9	1.872217	48.9	1.704543	53.9	1.576389
34.0	2.410296	39.0	2.093458	44.0	1.868368	49.0	1.701641	54.0	1.574140
34.1	2.402727	39.1	2.088203	44.1	1.864543	49.1	1.698755	54.1	1.571901
34.2	2.395216	39.2	2.082983	44.2	1.860740	49.2	1.695884	54.2	1.569673
34.3	2.387764	39.3	2.077798	44.3	1.856960	49.3	1.693029	54.3	1.567456
34.4	2.380371	39.4	2.072648	44.4	1.853202	49.4	1.690188	54.4	1.565250
34.5	2.373034	39.5	2.067532	44.5	1.849466	49.5	1.687363	54.5	1.563054
34.6	2.365754	39.6	2.062451	44.6	1.845752	49.6	1.684552	54.6	1.560868
34.7	2.358531	39.7	2.057403	44.7	1.842060	49.7	1.681756	54.7	1.558693
34.8	2.351362	39.8	2.052389	44.8	1.838390	49.8	1.678975	54.8	1.556529
34.9	2.344249	39.9	2.047408	44.9	1.834741	49.9	1.676209	54.9	1.554374
35.0	2.337190	40.0	2.042460	45.0	1.831113	50.0	1.673457	55.0	1.552231
35.1	2.330185	40.1	2.037544	45.1	1.827506	50.1	1.670719	55.1	1.550097
35.2	2.323233	40.2	2.032661	45.2	1.823921	50.2	1.667996	55.2	1.547973
35.3	2.316333	40.3	2.027809	45.3	1.820356	50.3	1.665286	55.3	1.545859
35.4	2.309486	40.4	2.022990	45.4	1.816811	50.4	1.662591	55.4	1.543756
35.5	2.302689	40.5	2.018202	45.5	1.813287	50.5	1.659910	55.5	1.541662
35.6	2.295944	40.6	2.013444	45.6	1.809783	50.6	1.657243	55.6	1.539578
35.7	2.289249	40.7	2.008718	45.7	1.806300	50.7	1.654589	55.7	1.537504
35.8	2.282604	40.8	2.004022	45.8	1.802836	50.8	1.651949	55.8	1.535440
35.9	2.276009	40.9	1.999357	45.9	1.799392	50.9	1.649323	55.9	1.533385
36.0	2.269462	41.0	1.994721	46.0	1.795968	51.0	1.646710	<b>56.0</b>	<b>1.531340</b>
36.1	2.262963	41.1	1.990116	46.1	1.792563	51.1	1.644110	56.1	1.529305
36.2	2.256513	41.2	1.985539	46.2	1.789177	51.2	1.641524	56.2	1.527279
36.3	2.250109	41.3	1.980992	46.3	1.785811	51.3	1.638951	56.3	1.525262
36.4	2.243753	41.4	1.976474	46.4	1.782464	51.4	1.636391	56.4	1.523255
36.5	2.237442	41.5	1.971985	46.5	1.779135	51.5	1.633844	56.5	1.521257
36.6	2.231178	41.6	1.967523	46.6	1.775825	51.6	1.631309	56.6	1.519269
36.7	2.224959	41.7	1.963091	46.7	1.772534	51.7	1.628788	56.7	1.517289
36.8	2.218785	41.8	1.958686	46.8	1.769261	51.8	1.626279	56.8	1.515319
36.9	2.212655	41.9	1.954308	46.9	1.766006	51.9	1.623784	56.9	1.513358



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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
57.0	1.511406	<b>62.0</b>	<b>1.424167</b>	67.0	1.353700	72.0	1.295977	<b>77.0</b>	<b>1.248153</b>
57.1	1.509463	62.1	1.422609	67.1	1.352432	72.1	1.294932	77.1	1.247283
57.2	1.507528	62.2	1.421058	67.2	1.351169	72.2	1.293890	77.2	1.246415
57.3	1.505603	62.3	1.419514	67.3	1.349911	72.3	1.292852	77.3	1.245551
57.4	1.503686	62.4	1.417976	67.4	1.348657	72.4	1.291818	77.4	1.244689
57.5	1.501778	62.5	1.416444	67.5	1.347409	72.5	1.290788	77.5	1.243831
57.6	1.499879	62.6	1.414919	67.6	1.346166	72.6	1.289762	77.6	1.242976
57.7	1.497989	62.7	1.413400	67.7	1.344927	72.7	1.288740	77.7	1.242123
57.8	1.496107	62.8	1.411888	67.8	1.343694	72.8	1.287721	77.8	1.241274
57.9	1.494233	62.9	1.410382	67.9	1.342465	72.9	1.286707	77.9	1.240428
58.0	1.492368	63.0	1.408882	68.0	1.341241	73.0	1.285696	78.0	1.239584
58.1	1.490512	63.1	1.407389	68.1	1.340022	73.1	1.284689	78.1	1.238744
58.2	1.488663	63.2	1.405902	68.2	1.338808	73.2	1.283685	78.2	1.237907
58.3	1.486823	63.3	1.404421	68.3	1.337598	73.3	1.282685	78.3	1.237073
58.4	1.484992	63.4	1.402946	68.4	1.336393	73.4	1.281689	78.4	1.236241
58.5	1.483169	63.5	1.401478	68.5	1.335193	73.5	1.280697	78.5	1.235413
58.6	1.481353	63.6	1.400015	68.6	1.333998	73.6	1.279708	78.6	1.234587
58.7	1.479546	63.7	1.398559	68.7	1.332807	73.7	1.278723	78.7	1.233764
58.8	1.477747	63.8	1.397109	68.8	1.331621	73.8	1.277742	78.8	1.232945
58.9	1.475956	63.9	1.395664	68.9	1.330439	73.9	1.276764	78.9	1.232128
59.0	1.474173	64.0	1.394226	<b>69.0</b>	<b>1.329262</b>	74.0	1.275790	79.0	1.231314
59.1	1.472398	64.1	1.392794	69.1	1.328090	74.1	1.274819	79.1	1.230503
59.2	1.470631	64.2	1.391367	69.2	1.326922	74.2	1.273852	79.2	1.229694
59.3	1.468872	64.3	1.389947	69.3	1.325759	74.3	1.272888	79.3	1.228889
59.4	1.467120	64.4	1.388532	69.4	1.324600	74.4	1.271928	79.4	1.228086
59.5	1.465376	64.5	1.387123	69.5	1.323446	74.5	1.270972	79.5	1.227286
59.6	1.463640	64.6	1.385720	69.6	1.322296	74.6	1.270019	79.6	1.226489
59.7	1.461912	64.7	1.384322	69.7	1.321150	74.7	1.269069	79.7	1.225695
59.8	1.460191	64.8	1.382931	69.8	1.320009	74.8	1.268123	79.8	1.224903
59.9	1.458477	64.9	1.381545	69.9	1.318872	74.9	1.267180	79.9	1.224114
60.0	1.456772	65.0	1.380164	70.0	1.317740	75.0	1.266241	80.0	1.223328
60.1	1.455073	65.1	1.378790	70.1	1.316612	75.1	1.265305	80.1	1.222545
60.2	1.453382	65.2	1.377420	70.2	1.315488	75.2	1.264373	80.2	1.221765
60.3	1.451699	65.3	1.376057	70.3	1.314369	75.3	1.263444	80.3	1.220987
60.4	1.450023	65.4	1.374699	70.4	1.313254	75.4	1.262518	80.4	1.220211
60.5	1.448354	65.5	1.373346	70.5	1.312143	75.5	1.261596	80.5	1.219439
60.6	1.446692	65.6	1.371999	70.6	1.311037	75.6	1.260677	80.6	1.218669
60.7	1.445038	65.7	1.370658	70.7	1.309934	75.7	1.259761	80.7	1.217902
60.8	1.443390	65.8	1.369322	70.8	1.308836	75.8	1.258849	80.8	1.217138
60.9	1.441750	65.9	1.367991	70.9	1.307742	75.9	1.257940	80.9	1.216376
61.0	1.440117	66.0	1.366666	71.0	1.306652	76.0	1.257034	81.0	1.215616
61.1	1.438491	66.1	1.365345	71.1	1.305566	76.1	1.256132	81.1	1.214860
61.2	1.436872	66.2	1.364031	71.2	1.304485	76.2	1.255232	81.2	1.214106
61.3	1.435260	66.3	1.362721	71.3	1.303407	76.3	1.254336	81.3	1.213354
61.4	1.433655	66.4	1.361417	71.4	1.302334	76.4	1.253444	81.4	1.212606
61.5	1.432057	66.5	1.360118	71.5	1.301264	76.5	1.252554	81.5	1.211859
61.6	1.430465	66.6	1.358824	71.6	1.300199	76.6	1.251667	81.6	1.211116
61.7	1.428881	66.7	1.357535	71.7	1.299137	76.7	1.250784	81.7	1.210375
61.8	1.427303	66.8	1.356252	71.8	1.298080	76.8	1.249904	81.8	1.209636
61.9	1.425732	66.9	1.354974	71.9	1.297027	76.9	1.249027	81.9	1.208900



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B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
82.0	1.208166	87.0	1.174486	92.0	1.145954	97.0	1.121679	102.0	1.100963
82.1	1.207435	87.1	1.173868	92.1	1.145429	97.1	1.121231	102.1	1.100581
82.2	1.206707	87.2	1.173252	92.2	1.144906	97.2	1.120786	102.2	1.100200
82.3	1.205981	87.3	1.172639	92.3	1.144385	97.3	1.120341	102.3	1.099821
82.4	1.205257	87.4	1.172027	92.4	1.143865	97.4	1.119898	102.4	1.099442
82.5	1.204536	87.5	1.171417	92.5	1.143347	97.5	1.119457	102.5	1.099065
82.6	1.203817	87.6	1.170810	92.6	1.142831	97.6	1.119017	102.6	1.098689
82.7	1.203101	87.7	1.170204	92.7	1.142317	97.7	1.118578	102.7	1.098314
82.8	1.202388	87.8	1.169601	92.8	1.141804	97.8	1.118141	102.8	1.097940
82.9	1.201676	87.9	1.168999	92.9	1.141292	97.9	1.117705	102.9	1.097568
83.0	1.200967	88.0	1.168399	93.0	1.140783	98.0	1.117270	103.0	1.097196
83.1	1.200261	88.1	1.167802	93.1	1.140275	98.1	1.116837	103.1	1.096826
83.2	1.199557	88.2	1.167206	93.2	1.139768	98.2	1.116405	103.2	1.096457
83.3	1.198855	88.3	1.166612	93.3	1.139264	98.3	1.115975	103.3	1.096089
83.4	1.198156	88.4	1.166020	93.4	1.138761	98.4	1.115545	103.4	1.095723
83.5	1.197459	88.5	1.165430	93.5	1.138259	98.5	1.115118	103.5	1.095357
83.6	1.196764	88.6	1.164843	93.6	1.137759	98.6	1.114691	103.6	1.094992
83.7	1.196072	88.7	1.164257	93.7	1.137261	98.7	1.114266	103.7	1.094629
83.8	1.195382	88.8	1.163672	93.8	1.136764	98.8	1.113842	103.8	1.094267
83.9	1.194694	88.9	1.163090	93.9	1.136269	98.9	1.113420	103.9	1.093906
84.0	1.194009	89.0	1.162510	<b>94.0</b>	<b>1.135776</b>	99.0	1.112999	104.0	1.093546
84.1	1.193326	89.1	1.161932	94.1	1.135284	99.1	1.112579	104.1	1.093187
84.2	1.192646	89.2	1.161355	94.2	1.134793	99.2	1.112161	104.2	1.092829
84.3	1.191967	89.3	1.160781	94.3	1.134304	99.3	1.111744	104.3	1.092473
84.4	1.191291	89.4	1.160208	94.4	1.133817	99.4	1.111328	104.4	1.092117
84.5	1.190617	89.5	1.159637	94.5	1.133331	99.5	1.110913	104.5	1.091763
84.6	1.189946	89.6	1.159068	94.6	1.132847	99.6	1.110500	104.6	1.091410
84.7	1.189277	89.7	1.158501	94.7	1.132365	99.7	1.110088	104.7	1.091058
84.8	1.188610	89.8	1.157936	94.8	1.131884	99.8	1.109678	104.8	1.090707
84.9	1.187945	89.9	1.157372	94.9	1.131404	99.9	1.109268	104.9	1.090357
<b>85.0</b>	<b>1.187282</b>	90.0	1.156811	95.0	1.130926	100.0	1.108860	<b>105.0</b>	<b>1.090008</b>
85.1	1.186622	90.1	1.156251	95.1	1.130450	100.1	1.108454	105.1	1.089660
85.2	1.185964	90.2	1.155693	95.2	1.129975	100.2	1.108048	105.2	1.089313
85.3	1.185308	90.3	1.155137	95.3	1.129501	100.3	1.107644	105.3	1.088968
85.4	1.184654	90.4	1.154583	95.4	1.129029	100.4	1.107241	105.4	1.088623
85.5	1.184003	90.5	1.154030	95.5	1.128559	100.5	1.106839	105.5	1.088280
85.6	1.183353	90.6	1.153479	95.6	1.128090	100.6	1.106439	105.6	1.087937
85.7	1.182706	90.7	1.152930	95.7	1.127622	100.7	1.106040	105.7	1.087596
85.8	1.182061	90.8	1.152383	95.8	1.127156	100.8	1.105642	105.8	1.087256
85.9	1.181418	90.9	1.151838	95.9	1.126692	100.9	1.105245	105.9	1.086917
86.0	1.180777	91.0	1.151294	96.0	1.126229	101.0	1.104850	106.0	1.086578
86.1	1.180139	91.1	1.150752	96.1	1.125767	101.1	1.104456	106.1	1.086241
86.2	1.179502	91.2	1.150212	96.2	1.125307	101.2	1.104063	106.2	1.085905
86.3	1.178868	91.3	1.149674	96.3	1.124849	101.3	1.103671	106.3	1.085570
86.4	1.178236	91.4	1.149137	96.4	1.124391	101.4	1.103280	106.4	1.085236
86.5	1.177605	91.5	1.148602	96.5	1.123936	101.5	1.102891	106.5	1.084904
86.6	1.176977	91.6	1.148069	96.6	1.123481	101.6	1.102503	106.6	1.084572
86.7	1.176351	91.7	1.147538	96.7	1.123028	101.7	1.102116	106.7	1.084241
86.8	1.175727	91.8	1.147008	96.8	1.122577	101.8	1.101731	106.8	1.083911
86.9	1.175106	91.9	1.146480	96.9	1.122127	101.9	1.101346	106.9	1.083582



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107.0	1.083255	112.0	1.068110	117.0	1.055168	122.0	1.044135	127.0	1.034766
107.1	1.082928	112.1	1.067830	117.1	1.054930	122.1	1.043932	127.1	1.034594
107.2	1.082602	112.2	1.067552	117.2	1.054692	122.2	1.043730	127.2	1.034423
107.3	1.082278	112.3	1.067274	117.3	1.054455	122.3	1.043528	127.3	1.034252
107.4	1.081954	112.4	1.066998	117.4	1.054219	122.4	1.043327	127.4	1.034082
107.5	1.081631	112.5	1.066722	117.5	1.053983	122.5	1.043127	127.5	1.033912
107.6	1.081310	112.6	1.066447	117.6	1.053749	122.6	1.042927	127.6	1.033744
107.7	1.080989	112.7	1.066173	117.7	1.053515	122.7	1.042728	127.7	1.033575
107.8	1.080669	112.8	1.065899	117.8	1.053281	122.8	1.042530	127.8	1.033407
107.9	1.080351	112.9	1.065627	117.9	1.053049	122.9	1.042332	127.9	1.033240
108.0	1.080033	113.0	1.065355	118.0	1.052817	123.0	1.042135	128.0	1.033073
108.1	1.079717	113.1	1.065085	118.1	1.052586	123.1	1.041939	128.1	1.032907
108.2	1.079401	113.2	1.064815	118.2	1.052356	123.2	1.041743	128.2	1.032742
108.3	1.079086	113.3	1.064546	118.3	1.052127	123.3	1.041548	128.3	1.032577
108.4	1.078773	113.4	1.064278	118.4	1.051898	123.4	1.041353	128.4	1.032412
108.5	1.078460	113.5	1.064010	118.5	1.051670	123.5	1.041159	128.5	1.032249
108.6	1.078148	113.6	1.063744	118.6	1.051442	123.6	1.040966	128.6	1.032085
108.7	1.077837	113.7	1.063478	118.7	1.051216	123.7	1.040774	128.7	1.031922
108.8	1.077528	113.8	1.063214	118.8	1.050990	123.8	1.040582	128.8	1.031760
108.9	1.077219	113.9	1.062950	118.9	1.050765	123.9	1.040390	128.9	1.031599
109.0	1.076911	114.0	1.062686	119.0	1.050540	124.0	1.040200	129.0	1.031438
109.1	1.076604	114.1	1.062424	119.1	1.050317	124.1	1.040010	129.1	1.031277
109.2	1.076298	114.2	1.062163	119.2	1.050094	124.2	1.039820	129.2	1.031117
109.3	1.075993	114.3	1.061902	119.3	1.049872	124.3	1.039632	129.3	1.030958
109.4	1.075689	114.4	1.061642	119.4	1.049650	124.4	1.039443	129.4	1.030799
109.5	1.075386	114.5	1.061383	119.5	1.049429	124.5	1.039256	129.5	1.030641
109.6	1.075084	114.6	1.061125	119.6	1.049209	124.6	1.039069	129.6	1.030483
109.7	1.074783	114.7	1.060868	119.7	1.048990	124.7	1.038883	129.7	1.030326
109.8	1.074482	114.8	1.060611	119.8	1.048771	124.8	1.038697	129.8	1.030169
109.9	1.074183	114.9	1.060355	119.9	1.048553	124.9	1.038512	129.9	1.030013
110.0	1.073885	115.0	1.060100	120.0	1.048336	125.0	1.038328	130.0	1.029857
110.1	1.073587	115.1	1.059846	120.1	1.048119	125.1	1.038144	130.1	1.029702
110.2	1.073291	115.2	1.059593	120.2	1.047903	125.2	1.037961	130.2	1.029548
110.3	1.072995	115.3	1.059341	120.3	1.047688	125.3	1.037778	130.3	1.029394
110.4	1.072701	115.4	1.059089	120.4	1.047474	125.4	1.037596	130.4	1.029240
110.5	1.072407	115.5	1.058838	120.5	1.047260	125.5	1.037415	130.5	1.029088
110.6	1.072114	115.6	1.058588	120.6	1.047047	125.6	1.037234	130.6	1.028935
110.7	1.071822	115.7	1.058338	120.7	1.046834	125.7	1.037054	130.7	1.028783
110.8	1.071531	115.8	1.058090	120.8	1.046623	125.8	1.036874	130.8	1.028632
110.9	1.071241	115.9	1.057842	120.9	1.046412	125.9	1.036695	130.9	1.028481
111.0	1.070952	116.0	1.057595	121.0	1.046201	126.0	1.036517	131.0	1.028331
111.1	1.070664	116.1	1.057349	121.1	1.045992	126.1	1.036339	131.1	1.028182
111.2	1.070376	116.2	1.057104	121.2	1.045783	126.2	1.036162	131.2	1.028032
111.3	1.070090	116.3	1.056859	121.3	1.045574	126.3	1.035985	131.3	1.027884
111.4	1.069804	116.4	1.056615	121.4	1.045367	126.4	1.035809	131.4	1.027736
111.5	1.069520	116.5	1.056372	121.5	1.045160	126.5	1.035634	131.5	1.027588
111.6	1.069236	116.6	1.056130	121.6	1.044953	126.6	1.035459	131.6	1.027441
111.7	1.068953	116.7	1.055888	121.7	1.044748	126.7	1.035285	131.7	1.027294
111.8	1.068671	116.8	1.055647	121.8	1.044543	126.8	1.035111	131.8	1.027148
111.9	1.068390	116.9	1.055407	121.9	1.044339	126.9	1.034938	131.9	1.027003



# ALBERTA WEIGHTLIFTING ASSOCIATION

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## Male Sinclair Coefficients

(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
132.0	1.026858	137.0	1.020239	142.0	1.014765	147.0	1.010313	152.0	1.006776
132.1	1.026713	137.1	1.020119	142.1	1.014667	147.1	1.010234	152.1	1.006714
132.2	1.026569	137.2	1.019999	142.2	1.014568	147.2	1.010155	152.2	1.006652
132.3	1.026426	137.3	1.019880	142.3	1.014471	147.3	1.010076	152.3	1.006591
132.4	1.026283	137.4	1.019761	142.4	1.014373	147.4	1.009998	152.4	1.006530
132.5	1.026140	137.5	1.019643	142.5	1.014276	147.5	1.009920	152.5	1.006469
132.6	1.025999	137.6	1.019525	142.6	1.014179	147.6	1.009842	152.6	1.006409
132.7	1.025857	137.7	1.019407	142.7	1.014083	147.7	1.009765	152.7	1.006349
132.8	1.025716	137.8	1.019290	142.8	1.013987	147.8	1.009688	152.8	1.006289
132.9	1.025576	137.9	1.019173	142.9	1.013892	147.9	1.009612	152.9	1.006229
133.0	1.025436	138.0	1.019057	143.0	1.013797	148.0	1.009535	153.0	1.006170
133.1	1.025296	138.1	1.018941	143.1	1.013702	148.1	1.009460	153.1	1.006112
133.2	1.025158	138.2	1.018826	143.2	1.013608	148.2	1.009384	153.2	1.006053
133.3	1.025019	138.3	1.018711	143.3	1.013514	148.3	1.009309	153.3	1.005995
133.4	1.024881	138.4	1.018597	143.4	1.013421	148.4	1.009235	153.4	1.005937
133.5	1.024744	138.5	1.018483	143.5	1.013328	148.5	1.009160	153.5	1.005880
133.6	1.024607	138.6	1.018369	143.6	1.013235	148.6	1.009086	153.6	1.005822
133.7	1.024471	138.7	1.018256	143.7	1.013143	148.7	1.009013	153.7	1.005766
133.8	1.024335	138.8	1.018144	143.8	1.013051	148.8	1.008939	153.8	1.005709
133.9	1.024199	138.9	1.018031	143.9	1.012959	148.9	1.008866	153.9	1.005653
134.0	1.024064	139.0	1.017920	144.0	1.012868	149.0	1.008794	154.0	1.005597
134.1	1.023930	139.1	1.017808	144.1	1.012777	149.1	1.008722	154.1	1.005541
134.2	1.023796	139.2	1.017697	144.2	1.012687	149.2	1.008650	154.2	1.005486
134.3	1.023662	139.3	1.017587	144.3	1.012597	149.3	1.008578	154.3	1.005431
134.4	1.023529	139.4	1.017477	144.4	1.012508	149.4	1.008507	154.4	1.005376
134.5	1.023397	139.5	1.017367	144.5	1.012418	149.5	1.008436	154.5	1.005322
134.6	1.023265	139.6	1.017258	144.6	1.012330	149.6	1.008366	154.6	1.005268
134.7	1.023133	139.7	1.017149	144.7	1.012241	149.7	1.008295	154.7	1.005214
134.8	1.023002	139.8	1.017041	144.8	1.012153	149.8	1.008226	154.8	1.005161
134.9	1.022872	139.9	1.016933	144.9	1.012066	149.9	1.008156	154.9	1.005108
135.0	1.022742	140.0	1.016826	145.0	1.011978	150.0	1.008087	155.0	1.005055
135.1	1.022612	140.1	1.016719	145.1	1.011892	150.1	1.008018	155.1	1.005003
135.2	1.022483	140.2	1.016612	145.2	1.011805	150.2	1.007950	155.2	1.004950
135.3	1.022354	140.3	1.016506	145.3	1.011719	150.3	1.007882	155.3	1.004899
135.4	1.022226	140.4	1.016400	145.4	1.011633	150.4	1.007814	155.4	1.004847
135.5	1.022098	140.5	1.016295	145.5	1.011548	150.5	1.007747	155.5	1.004796
135.6	1.021971	140.6	1.016190	145.6	1.011463	150.6	1.007680	155.6	1.004745
135.7	1.021844	140.7	1.016086	145.7	1.011379	150.7	1.007613	155.7	1.004694
135.8	1.021718	140.8	1.015982	145.8	1.011294	150.8	1.007547	155.8	1.004644
135.9	1.021592	140.9	1.015878	145.9	1.011210	150.9	1.007480	155.9	1.004594
136.0	1.021467	141.0	1.015775	146.0	1.011127	151.0	1.007415	156.0	1.004544
136.1	1.021342	141.1	1.015672	146.1	1.011044	151.1	1.007349	156.1	1.004495
136.2	1.021218	141.2	1.015570	146.2	1.010961	151.2	1.007284	156.2	1.004446
136.3	1.021094	141.3	1.015468	146.3	1.010879	151.3	1.007220	156.3	1.004397
136.4	1.020970	141.4	1.015366	146.4	1.010797	151.4	1.007155	156.4	1.004348
136.5	1.020847	141.5	1.015265	146.5	1.010715	151.5	1.007091	156.5	1.004300
136.6	1.020725	141.6	1.015164	146.6	1.010634	151.6	1.007028	156.6	1.004252
136.7	1.020603	141.7	1.015064	146.7	1.010553	151.7	1.006964	156.7	1.004205
136.8	1.020481	141.8	1.014964	146.8	1.010473	151.8	1.006901	156.8	1.004157
136.9	1.020360	141.9	1.014864	146.9	1.010393	151.9	1.006838	156.9	1.004110



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(2017-2020)



Canadian Weightlifting Federation  
Haltérophile Canadienne (CWFHC)

B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #	B. Wt.	Sin. #
157.0	1.004064	162.0	1.002097	167.0	1.000807	172.0	1.000133
157.1	1.004017	162.1	1.002065	167.1	1.000787	172.1	1.000126
157.2	1.003971	162.2	1.002033	167.2	1.000768	172.2	1.000118
157.3	1.003925	162.3	1.002001	167.3	1.000749	172.3	1.000111
157.4	1.003880	162.4	1.001970	167.4	1.000731	172.4	1.000104
157.5	1.003835	162.5	1.001938	167.5	1.000712	172.5	1.000098
157.6	1.003790	162.6	1.001908	167.6	1.000694	172.6	1.000091
157.7	1.003745	162.7	1.001877	167.7	1.000677	172.7	1.000085
157.8	1.003701	162.8	1.001847	167.8	1.000659	172.8	1.000079
157.9	1.003657	162.9	1.001817	167.9	1.000642	172.9	1.000073
158.0	1.003613	163.0	1.001787	168.0	1.000624	173.0	1.000068
158.1	1.003570	163.1	1.001757	168.1	1.000608	173.1	1.000062
158.2	1.003526	163.2	1.001728	168.2	1.000591	173.2	1.000057
158.3	1.003484	163.3	1.001699	168.3	1.000574	173.3	1.000052
158.4	1.003441	163.4	1.001670	168.4	1.000558	173.4	1.000048
158.5	1.003399	163.5	1.001642	168.5	1.000542	173.5	1.000043
158.6	1.003357	163.6	1.001613	168.6	1.000527	173.6	1.000039
158.7	1.003315	163.7	1.001585	168.7	1.000511	173.7	1.000035
158.8	1.003274	163.8	1.001558	168.8	1.000496	173.8	1.000031
158.9	1.003232	163.9	1.001530	168.9	1.000481	173.9	1.000028
159.0	1.003192	164.0	1.001503	169.0	1.000466	174.0	1.000024
159.1	1.003151	164.1	1.001476	169.1	1.000452	174.1	1.000021
159.2	1.003111	164.2	1.001450	169.2	1.000438	174.2	1.000018
159.3	1.003071	164.3	1.001423	169.3	1.000424	174.3	1.000016
159.4	1.003031	164.4	1.001397	169.4	1.000410	174.4	1.000013
159.5	1.002992	164.5	1.001371	169.5	1.000396	174.5	1.000011
159.6	1.002952	164.6	1.001345	169.6	1.000383	174.6	1.000009
159.7	1.002914	164.7	1.001320	169.7	1.000370	174.7	1.000007
159.8	1.002875	164.8	1.001295	169.8	1.000357	174.8	1.000005
159.9	1.002837	164.9	1.001270	169.9	1.000344	174.9	1.000004
160.0	1.002799	165.0	1.001246	170.0	1.000332	175.0	1.000003
160.1	1.002761	165.1	1.001221	170.1	1.000320	175.1	1.000002
160.2	1.002724	165.2	1.001197	170.2	1.000308	175.2	1.000001
160.3	1.002686	165.3	1.001173	170.3	1.000296	175.3	1.000000
160.4	1.002650	165.4	1.001150	170.4	1.000285	175.4	1.000000
160.5	1.002613	165.5	1.001126	170.5	1.000274	<b>175.5</b>	<b>1.000000</b>
160.6	1.002577	165.6	1.001103	170.6	1.000263		
160.7	1.002541	165.7	1.001081	170.7	1.000252		
160.8	1.002505	165.8	1.001058	170.8	1.000241		
160.9	1.002469	165.9	1.001036	170.9	1.000231		
161.0	1.002434	166.0	1.001014	171.0	1.000221		
161.1	1.002399	166.1	1.000992	171.1	1.000211		
161.2	1.002364	166.2	1.000970	171.2	1.000202		
161.3	1.002330	166.3	1.000949	171.3	1.000192		
161.4	1.002296	166.4	1.000928	171.4	1.000183		
161.5	1.002262	166.5	1.000907	171.5	1.000174		
161.6	1.002228	166.6	1.000886	171.6	1.000166		
161.7	1.002195	166.7	1.000866	171.7	1.000157		
161.8	1.002162	166.8	1.000846	171.8	1.000149		
161.9	1.002129	166.9	1.000826	171.9	1.000141		