

Österreichischer Gewichtheberverband

28,0 - 78,9 kg

S I N C L A I R - Tabelle für FRAUEN

(gültig von 1.1.2009 - 31.12.2012)

	0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9
28	2,8068	2,7931	2,7795	2,7661	2,7528	2,7396	2,7266	2,7138	2,7010	2,6884
29	2,6760	2,6636	2,6514	2,6393	2,6274	2,6155	2,6038	2,5922	2,5807	2,5694
30	2,5581	2,5470	2,5359	2,5250	2,5142	2,5035	2,4929	2,4824	2,4720	2,4617
31	2,4515	2,4414	2,4314	2,4215	2,4117	2,4020	2,3924	2,3828	2,3734	2,3640
32	2,3547	2,3456	2,3365	2,3275	2,3185	2,3097	2,3009	2,2922	2,2836	2,2751
33	2,2666	2,2582	2,2499	2,2417	2,2335	2,2255	2,2174	2,2095	2,2016	2,1938
34	2,1861	2,1784	2,1708	2,1633	2,1558	2,1484	2,1410	2,1337	2,1265	2,1194
35	2,1123	2,1052	2,0982	2,0913	2,0845	2,0776	2,0709	2,0642	2,0576	2,0510
36	2,0444	2,0380	2,0315	2,0251	2,0188	2,0126	2,0063	2,0002	1,9940	1,9880
37	1,9819	1,9760	1,9700	1,9641	1,9583	1,9525	1,9468	1,9411	1,9354	1,9298
38	1,9242	1,9187	1,9132	1,9077	1,9023	1,8970	1,8917	1,8864	1,8811	1,8759
39	1,8708	1,8657	1,8606	1,8555	1,8505	1,8455	1,8406	1,8357	1,8308	1,8260
40	1,8212	1,8164	1,8117	1,8070	1,8024	1,7978	1,7932	1,7886	1,7841	1,7796
41	1,7751	1,7707	1,7663	1,7619	1,7576	1,7533	1,7490	1,7448	1,7406	1,7364
42	1,7322	1,7281	1,7240	1,7199	1,7159	1,7119	1,7079	1,7039	1,7000	1,6961
43	1,6922	1,6884	1,6845	1,6807	1,6769	1,6732	1,6695	1,6658	1,6621	1,6584
44	1,6548	1,6512	1,6476	1,6441	1,6405	1,6370	1,6335	1,6301	1,6266	1,6232
45	1,6198	1,6164	1,6131	1,6097	1,6064	1,6031	1,5999	1,5966	1,5934	1,5902
46	1,5870	1,5838	1,5807	1,5776	1,5745	1,5714	1,5683	1,5653	1,5622	1,5592
47	1,5562	1,5532	1,5503	1,5474	1,5444	1,5415	1,5386	1,5358	1,5329	1,5301
48	1,5273	1,5245	1,5217	1,5189	1,5162	1,5135	1,5108	1,5081	1,5054	1,5027
49	1,5001	1,4974	1,4948	1,4922	1,4896	1,4871	1,4845	1,4820	1,4794	1,4769
50	1,4744	1,4719	1,4695	1,4670	1,4646	1,4622	1,4597	1,4573	1,4550	1,4526
51	1,4502	1,4479	1,4456	1,4433	1,4409	1,4387	1,4364	1,4341	1,4319	1,4296
52	1,4274	1,4252	1,4230	1,4208	1,4186	1,4165	1,4143	1,4122	1,4101	1,4079
53	1,4058	1,4037	1,4017	1,3996	1,3975	1,3955	1,3935	1,3914	1,3894	1,3874
54	1,3854	1,3835	1,3815	1,3795	1,3776	1,3756	1,3737	1,3718	1,3699	1,3680
55	1,3661	1,3642	1,3624	1,3605	1,3587	1,3568	1,3550	1,3532	1,3514	1,3496
56	1,3478	1,3460	1,3443	1,3425	1,3408	1,3390	1,3373	1,3356	1,3339	1,3322
57	1,3305	1,3288	1,3271	1,3254	1,3238	1,3221	1,3205	1,3188	1,3172	1,3156
58	1,3140	1,3124	1,3108	1,3092	1,3076	1,3061	1,3045	1,3030	1,3014	1,2999
59	1,2984	1,2968	1,2953	1,2938	1,2923	1,2908	1,2894	1,2879	1,2864	1,2850
60	1,2835	1,2821	1,2806	1,2792	1,2778	1,2764	1,2750	1,2736	1,2722	1,2708
61	1,2694	1,2680	1,2666	1,2653	1,2639	1,2626	1,2612	1,2599	1,2586	1,2573
62	1,2560	1,2546	1,2533	1,2521	1,2508	1,2495	1,2482	1,2469	1,2457	1,2444
63	1,2432	1,2419	1,2407	1,2395	1,2382	1,2370	1,2358	1,2346	1,2334	1,2322
64	1,2310	1,2298	1,2286	1,2275	1,2263	1,2251	1,2240	1,2228	1,2217	1,2205
65	1,2194	1,2183	1,2171	1,2160	1,2149	1,2138	1,2127	1,2116	1,2105	1,2094
66	1,2083	1,2073	1,2062	1,2051	1,2041	1,2030	1,2020	1,2009	1,1999	1,1988
67	1,1978	1,1968	1,1958	1,1947	1,1937	1,1927	1,1917	1,1907	1,1897	1,1887
68	1,1878	1,1868	1,1858	1,1848	1,1839	1,1829	1,1819	1,1810	1,1800	1,1791
69	1,1782	1,1772	1,1763	1,1754	1,1745	1,1735	1,1726	1,1717	1,1708	1,1699
70	1,1690	1,1681	1,1672	1,1664	1,1655	1,1646	1,1637	1,1629	1,1620	1,1611
71	1,1603	1,1594	1,1586	1,1577	1,1569	1,1561	1,1552	1,1544	1,1536	1,1528
72	1,1519	1,1511	1,1503	1,1495	1,1487	1,1479	1,1471	1,1463	1,1455	1,1447
73	1,1440	1,1432	1,1424	1,1416	1,1409	1,1401	1,1394	1,1386	1,1378	1,1371
74	1,1364	1,1356	1,1349	1,1341	1,1334	1,1327	1,1320	1,1312	1,1305	1,1298
75	1,1291	1,1284	1,1277	1,1270	1,1263	1,1256	1,1249	1,1242	1,1235	1,1228
76	1,1221	1,1215	1,1208	1,1201	1,1194	1,1188	1,1181	1,1175	1,1168	1,1161
77	1,1155	1,1149	1,1142	1,1136	1,1129	1,1123	1,1117	1,1110	1,1104	1,1098
78	1,1092	1,1085	1,1079	1,1073	1,1067	1,1061	1,1055	1,1049	1,1043	1,1037

Österreichischer Gewichtheberverband

79,0 - 125,9 kg

S I N C L A I R - Tabelle für FRAUEN

(gültig von 1.1.2009 - 31.12.2012)

	0	0,1	0,2	0,3	0,4	0,5	0,6	0,7	0,8	0,9
79	1,1031	1,1025	1,1019	1,1013	1,1007	1,1002	1,0996	1,0990	1,0984	1,0979
80	1,0973	1,0967	1,0962	1,0956	1,0951	1,0945	1,0939	1,0934	1,0928	1,0923
81	1,0918	1,0912	1,0907	1,0901	1,0896	1,0891	1,0886	1,0880	1,0875	1,0870
82	1,0865	1,0860	1,0854	1,0849	1,0844	1,0839	1,0834	1,0829	1,0824	1,0819
83	1,0814	1,0809	1,0804	1,0799	1,0795	1,0790	1,0785	1,0780	1,0775	1,0771
84	1,0766	1,0761	1,0757	1,0752	1,0747	1,0743	1,0738	1,0733	1,0729	1,0724
85	1,0720	1,0715	1,0711	1,0706	1,0702	1,0698	1,0693	1,0689	1,0684	1,0680
86	1,0676	1,0672	1,0667	1,0663	1,0659	1,0655	1,0650	1,0646	1,0642	1,0638
87	1,0634	1,0630	1,0626	1,0622	1,0618	1,0613	1,0609	1,0605	1,0602	1,0598
88	1,0594	1,0590	1,0586	1,0582	1,0578	1,0574	1,0570	1,0567	1,0563	1,0559
89	1,0555	1,0552	1,0548	1,0544	1,0541	1,0537	1,0533	1,0530	1,0526	1,0522
90	1,0519	1,0515	1,0512	1,0508	1,0505	1,0501	1,0498	1,0494	1,0491	1,0488
91	1,0484	1,0481	1,0477	1,0474	1,0471	1,0467	1,0464	1,0461	1,0458	1,0454
92	1,0451	1,0448	1,0445	1,0441	1,0438	1,0435	1,0432	1,0429	1,0426	1,0423
93	1,0419	1,0416	1,0413	1,0410	1,0407	1,0404	1,0401	1,0398	1,0395	1,0392
94	1,0389	1,0387	1,0384	1,0381	1,0378	1,0375	1,0372	1,0369	1,0367	1,0364
95	1,0361	1,0358	1,0355	1,0353	1,0350	1,0347	1,0344	1,0342	1,0339	1,0336
96	1,0334	1,0331	1,0329	1,0326	1,0323	1,0321	1,0318	1,0316	1,0313	1,0311
97	1,0308	1,0306	1,0303	1,0301	1,0298	1,0296	1,0293	1,0291	1,0288	1,0286
98	1,0284	1,0281	1,0279	1,0277	1,0274	1,0272	1,0270	1,0267	1,0265	1,0263
99	1,0260	1,0258	1,0256	1,0254	1,0252	1,0249	1,0247	1,0245	1,0243	1,0241
100	1,0239	1,0236	1,0234	1,0232	1,0230	1,0228	1,0226	1,0224	1,0222	1,0220
101	1,0218	1,0216	1,0214	1,0212	1,0210	1,0208	1,0206	1,0204	1,0202	1,0200
102	1,0198	1,0196	1,0195	1,0193	1,0191	1,0189	1,0187	1,0185	1,0183	1,0182
103	1,0180	1,0178	1,0176	1,0175	1,0173	1,0171	1,0169	1,0168	1,0166	1,0164
104	1,0163	1,0161	1,0159	1,0158	1,0156	1,0154	1,0153	1,0151	1,0149	1,0148
105	1,0146	1,0145	1,0143	1,0142	1,0140	1,0138	1,0137	1,0135	1,0134	1,0132
106	1,0131	1,0130	1,0128	1,0127	1,0125	1,0124	1,0122	1,0121	1,0119	1,0118
107	1,0117	1,0115	1,0114	1,0113	1,0111	1,0110	1,0109	1,0107	1,0106	1,0105
108	1,0103	1,0102	1,0101	1,0100	1,0098	1,0097	1,0096	1,0095	1,0093	1,0092
109	1,0091	1,0090	1,0089	1,0087	1,0086	1,0085	1,0084	1,0083	1,0082	1,0081
110	1,0079	1,0078	1,0077	1,0076	1,0075	1,0074	1,0073	1,0072	1,0071	1,0070
111	1,0069	1,0068	1,0067	1,0066	1,0065	1,0064	1,0063	1,0062	1,0061	1,0060
112	1,0059	1,0058	1,0057	1,0056	1,0055	1,0055	1,0054	1,0053	1,0052	1,0051
113	1,0050	1,0049	1,0049	1,0048	1,0047	1,0046	1,0045	1,0044	1,0044	1,0043
114	1,0042	1,0041	1,0041	1,0040	1,0039	1,0038	1,0038	1,0037	1,0036	1,0035
115	1,0035	1,0034	1,0033	1,0033	1,0032	1,0031	1,0031	1,0030	1,0029	1,0029
116	1,0028	1,0028	1,0027	1,0026	1,0026	1,0025	1,0025	1,0024	1,0023	1,0023
117	1,0022	1,0022	1,0021	1,0021	1,0020	1,0020	1,0019	1,0019	1,0018	1,0018
118	1,0017	1,0017	1,0016	1,0016	1,0015	1,0015	1,0014	1,0014	1,0014	1,0013
119	1,0013	1,0012	1,0012	1,0012	1,0011	1,0011	1,0010	1,0010	1,0010	1,0009
120	1,0009	1,0009	1,0008	1,0008	1,0008	1,0007	1,0007	1,0007	1,0007	1,0006
121	1,0006	1,0006	1,0005	1,0005	1,0005	1,0005	1,0004	1,0004	1,0004	1,0004
122	1,0004	1,0003	1,0003	1,0003	1,0003	1,0003	1,0002	1,0002	1,0002	1,0002
123	1,0002	1,0002	1,0001	1,0001	1,0001	1,0001	1,0001	1,0001	1,0001	1,0001
124	1,0001	1,0001	1,0000	1,0000	1,0000	1,0000	1,0000	1,0000	1,0000	1,0000
125	1,0000	1,0000	1,0000	1,0000	1,0000	1,0000	1,0000	1,0000	1,0000	1,0000