

Österreichischer Gewichtheberverband

32,0 - 99,9 kg

SINCLAIR - Tabelle für MÄNNER

(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
32	2,6565	2,6469	2,6375	2,6281	2,6188	2,6096	2,6004	2,5914	2,5824	2,5735
33	2,5646	2,5559	2,5472	2,5385	2,5300	2,5215	2,5131	2,5047	2,4964	2,4882
34	2,4801	2,4720	2,4640	2,4560	2,4481	2,4403	2,4325	2,4248	2,4172	2,4096
35	2,4020	2,3946	2,3872	2,3798	2,3725	2,3652	2,3581	2,3509	2,3438	2,3368
36	2,3298	2,3229	2,3160	2,3092	2,3024	2,2957	2,2891	2,2824	2,2759	2,2693
37	2,2629	2,2564	2,2501	2,2437	2,2374	2,2312	2,2250	2,2188	2,2127	2,2066
38	2,2006	2,1946	2,1887	2,1828	2,1769	2,1711	2,1653	2,1596	2,1539	2,1482
39	2,1426	2,1370	2,1315	2,1260	2,1205	2,1151	2,1097	2,1043	2,0990	2,0937
40	2,0885	2,0833	2,0781	2,0730	2,0678	2,0628	2,0577	2,0527	2,0477	2,0428
41	2,0379	2,0330	2,0281	2,0233	2,0185	2,0138	2,0091	2,0044	1,9997	1,9951
42	1,9905	1,9859	1,9813	1,9768	1,9723	1,9679	1,9634	1,9590	1,9546	1,9503
43	1,9460	1,9417	1,9374	1,9332	1,9289	1,9247	1,9206	1,9164	1,9123	1,9082
44	1,9042	1,9001	1,8961	1,8921	1,8881	1,8842	1,8803	1,8764	1,8725	1,8686
45	1,8648	1,8610	1,8572	1,8534	1,8497	1,8460	1,8423	1,8386	1,8349	1,8313
46	1,8277	1,8241	1,8205	1,8170	1,8135	1,8099	1,8065	1,8030	1,7995	1,7961
47	1,7927	1,7893	1,7859	1,7826	1,7792	1,7759	1,7726	1,7693	1,7661	1,7628
48	1,7596	1,7564	1,7532	1,7500	1,7469	1,7437	1,7406	1,7375	1,7344	1,7313
49	1,7283	1,7253	1,7222	1,7192	1,7162	1,7133	1,7103	1,7074	1,7044	1,7015
50	1,6986	1,6958	1,6929	1,6900	1,6872	1,6844	1,6816	1,6788	1,6760	1,6733
51	1,6705	1,6678	1,6651	1,6624	1,6597	1,6570	1,6543	1,6517	1,6490	1,6464
52	1,6438	1,6412	1,6386	1,6361	1,6335	1,6310	1,6284	1,6259	1,6234	1,6209
53	1,6184	1,6160	1,6135	1,6111	1,6086	1,6062	1,6038	1,6014	1,5990	1,5967
54	1,5943	1,5920	1,5896	1,5873	1,5850	1,5827	1,5804	1,5781	1,5758	1,5736
55	1,5713	1,5691	1,5669	1,5646	1,5624	1,5602	1,5581	1,5559	1,5537	1,5516
56	1,5494	1,5473	1,5452	1,5431	1,5410	1,5389	1,5368	1,5347	1,5326	1,5306
57	1,5285	1,5265	1,5245	1,5225	1,5205	1,5185	1,5165	1,5145	1,5125	1,5106
58	1,5086	1,5067	1,5047	1,5028	1,5009	1,4990	1,4971	1,4952	1,4933	1,4914
59	1,4896	1,4877	1,4859	1,4840	1,4822	1,4804	1,4786	1,4768	1,4750	1,4732
60	1,4714	1,4696	1,4678	1,4661	1,4643	1,4626	1,4608	1,4591	1,4574	1,4557
61	1,4540	1,4523	1,4506	1,4489	1,4472	1,4456	1,4439	1,4422	1,4406	1,4389
62	1,4373	1,4357	1,4341	1,4325	1,4308	1,4292	1,4277	1,4261	1,4245	1,4229
63	1,4214	1,4198	1,4182	1,4167	1,4152	1,4136	1,4121	1,4106	1,4091	1,4076
64	1,4061	1,4046	1,4031	1,4016	1,4001	1,3986	1,3972	1,3957	1,3943	1,3928
65	1,3914	1,3900	1,3885	1,3871	1,3857	1,3843	1,3829	1,3815	1,3801	1,3787
66	1,3773	1,3759	1,3746	1,3732	1,3718	1,3705	1,3691	1,3678	1,3665	1,3651
67	1,3638	1,3625	1,3612	1,3599	1,3586	1,3573	1,3560	1,3547	1,3534	1,3521
68	1,3508	1,3496	1,3483	1,3470	1,3458	1,3445	1,3433	1,3421	1,3408	1,3396
69	1,3384	1,3371	1,3359	1,3347	1,3335	1,3323	1,3311	1,3299	1,3287	1,3275
70	1,3264	1,3252	1,3240	1,3229	1,3217	1,3205	1,3194	1,3183	1,3171	1,3160
71	1,3148	1,3137	1,3126	1,3115	1,3103	1,3092	1,3081	1,3070	1,3059	1,3048
72	1,3037	1,3027	1,3016	1,3005	1,2994	1,2983	1,2973	1,2962	1,2952	1,2941
73	1,2931	1,2920	1,2910	1,2899	1,2889	1,2879	1,2868	1,2858	1,2848	1,2838
74	1,2828	1,2818	1,2807	1,2797	1,2788	1,2778	1,2768	1,2758	1,2748	1,2738
75	1,2728	1,2719	1,2709	1,2699	1,2690	1,2680	1,2671	1,2661	1,2652	1,2642
76	1,2633	1,2624	1,2614	1,2605	1,2596	1,2586	1,2577	1,2568	1,2559	1,2550
77	1,2541	1,2532	1,2523	1,2514	1,2505	1,2496	1,2487	1,2478	1,2469	1,2461
78	1,2452	1,2443	1,2434	1,2426	1,2417	1,2409	1,2400	1,2392	1,2383	1,2375
79	1,2366	1,2358	1,2349	1,2341	1,2333	1,2324	1,2316	1,2308	1,2300	1,2292
80	1,2283	1,2275	1,2267	1,2259	1,2251	1,2243	1,2235	1,2227	1,2219	1,2211
81	1,2203	1,2196	1,2188	1,2180	1,2172	1,2165	1,2157	1,2149	1,2142	1,2134
82	1,2126	1,2119	1,2111	1,2104	1,2096	1,2089	1,2081	1,2074	1,2067	1,2059
83	1,2052	1,2045	1,2037	1,2030	1,2023	1,2016	1,2008	1,2001	1,1994	1,1987
84	1,1980	1,1973	1,1966	1,1959	1,1952	1,1945	1,1938	1,1931	1,1924	1,1917
85	1,1910	1,1903	1,1897	1,1890	1,1883	1,1876	1,1870	1,1863	1,1856	1,1850
86	1,1843	1,1836	1,1830	1,1823	1,1817	1,1810	1,1804	1,1797	1,1791	1,1784
87	1,1778	1,1772	1,1765	1,1759	1,1753	1,1746	1,1740	1,1734	1,1727	1,1721
88	1,1715	1,1709	1,1703	1,1697	1,1691	1,1684	1,1678	1,1672	1,1666	1,1660
89	1,1654	1,1648	1,1642	1,1636	1,1630	1,1625	1,1619	1,1613	1,1607	1,1601
90	1,1595	1,1590	1,1584	1,1578	1,1572	1,1567	1,1561	1,1555	1,1550	1,1544
91	1,1538	1,1533	1,1527	1,1522	1,1516	1,1511	1,1505	1,1500	1,1494	1,1489
92	1,1483	1,1478	1,1473	1,1467	1,1462	1,1456	1,1451	1,1446	1,1441	1,1435
93	1,1430	1,1425	1,1420	1,1414	1,1409	1,1404	1,1399	1,1394	1,1389	1,1384
94	1,1378	1,1373	1,1368	1,1363	1,1358	1,1353	1,1348	1,1343	1,1338	1,1333
95	1,1328	1,1324	1,1319	1,1314	1,1309	1,1304	1,1299	1,1294	1,1290	1,1285
96	1,1280	1,1275	1,1271	1,1266	1,1261	1,1256	1,1252	1,1247	1,1242	1,1238
97	1,1233	1,1229	1,1224	1,1219	1,1215	1,1210	1,1206	1,1201	1,1197	1,1192
98	1,1188	1,1183	1,1179	1,1174	1,1170	1,1166	1,1161	1,1157	1,1153	1,1148
99	1,1144	1,1140	1,1135	1,1131	1,1127	1,1122	1,1118	1,1114	1,1110	1,1105

Österreichischer Gewichtheberverband

100,0 - 166,9 kg

SINCLAIR - Tabelle für **MÄNNER**

(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
100	1,1101	1,1097	1,1093	1,1089	1,1085	1,1081	1,1076	1,1072	1,1068	1,1064
101	1,1060	1,1056	1,1052	1,1048	1,1044	1,1040	1,1036	1,1032	1,1028	1,1024
102	1,1020	1,1016	1,1012	1,1008	1,1004	1,1001	1,0997	1,0993	1,0989	1,0985
103	1,0981	1,0978	1,0974	1,0970	1,0966	1,0963	1,0959	1,0955	1,0951	1,0948
104	1,0944	1,0940	1,0937	1,0933	1,0929	1,0926	1,0922	1,0918	1,0915	1,0911
105	1,0908	1,0904	1,0900	1,0897	1,0893	1,0890	1,0886	1,0883	1,0879	1,0876
106	1,0872	1,0869	1,0866	1,0862	1,0859	1,0855	1,0852	1,0848	1,0845	1,0842
107	1,0838	1,0835	1,0832	1,0828	1,0825	1,0822	1,0818	1,0815	1,0812	1,0809
108	1,0805	1,0802	1,0799	1,0796	1,0792	1,0789	1,0786	1,0783	1,0780	1,0776
109	1,0773	1,0770	1,0767	1,0764	1,0761	1,0758	1,0755	1,0751	1,0748	1,0745
110	1,0742	1,0739	1,0736	1,0733	1,0730	1,0727	1,0724	1,0721	1,0718	1,0715
111	1,0712	1,0709	1,0706	1,0703	1,0701	1,0698	1,0695	1,0692	1,0689	1,0686
112	1,0683	1,0680	1,0677	1,0675	1,0672	1,0669	1,0666	1,0663	1,0661	1,0658
113	1,0655	1,0652	1,0649	1,0647	1,0644	1,0641	1,0639	1,0636	1,0633	1,0630
114	1,0628	1,0625	1,0622	1,0620	1,0617	1,0614	1,0612	1,0609	1,0606	1,0604
115	1,0601	1,0599	1,0596	1,0593	1,0591	1,0588	1,0586	1,0583	1,0581	1,0578
116	1,0576	1,0573	1,0571	1,0568	1,0566	1,0563	1,0561	1,0558	1,0556	1,0553
117	1,0551	1,0548	1,0546	1,0544	1,0541	1,0539	1,0536	1,0534	1,0532	1,0529
118	1,0527	1,0525	1,0522	1,0520	1,0518	1,0515	1,0513	1,0511	1,0508	1,0506
119	1,0504	1,0501	1,0499	1,0497	1,0495	1,0492	1,0490	1,0488	1,0486	1,0483
120	1,0481	1,0479	1,0477	1,0475	1,0472	1,0470	1,0468	1,0466	1,0464	1,0462
121	1,0459	1,0457	1,0455	1,0453	1,0451	1,0449	1,0447	1,0445	1,0443	1,0440
122	1,0438	1,0436	1,0434	1,0432	1,0430	1,0428	1,0426	1,0424	1,0422	1,0420
123	1,0418	1,0416	1,0414	1,0412	1,0410	1,0408	1,0406	1,0404	1,0402	1,0400
124	1,0398	1,0396	1,0395	1,0393	1,0391	1,0389	1,0387	1,0385	1,0383	1,0381
125	1,0379	1,0377	1,0376	1,0374	1,0372	1,0370	1,0368	1,0366	1,0365	1,0363
126	1,0361	1,0359	1,0357	1,0356	1,0354	1,0352	1,0350	1,0348	1,0347	1,0345
127	1,0343	1,0341	1,0340	1,0338	1,0336	1,0335	1,0333	1,0331	1,0329	1,0328
128	1,0326	1,0324	1,0323	1,0321	1,0319	1,0318	1,0316	1,0314	1,0313	1,0311
129	1,0309	1,0308	1,0306	1,0305	1,0303	1,0301	1,0300	1,0298	1,0297	1,0295
130	1,0293	1,0292	1,0290	1,0289	1,0287	1,0286	1,0284	1,0283	1,0281	1,0280
131	1,0278	1,0276	1,0275	1,0273	1,0272	1,0270	1,0269	1,0267	1,0266	1,0265
132	1,0263	1,0262	1,0260	1,0259	1,0257	1,0256	1,0254	1,0253	1,0252	1,0250
133	1,0249	1,0247	1,0246	1,0245	1,0243	1,0242	1,0240	1,0239	1,0238	1,0236
134	1,0235	1,0234	1,0232	1,0231	1,0229	1,0228	1,0227	1,0225	1,0224	1,0223
135	1,0222	1,0220	1,0219	1,0218	1,0216	1,0215	1,0214	1,0212	1,0211	1,0210
136	1,0209	1,0207	1,0206	1,0205	1,0204	1,0202	1,0201	1,0200	1,0199	1,0198
137	1,0196	1,0195	1,0194	1,0193	1,0192	1,0190	1,0189	1,0188	1,0187	1,0186
138	1,0184	1,0183	1,0182	1,0181	1,0180	1,0179	1,0178	1,0176	1,0175	1,0174
139	1,0173	1,0172	1,0171	1,0170	1,0169	1,0167	1,0166	1,0165	1,0164	1,0163
140	1,0162	1,0161	1,0160	1,0159	1,0158	1,0157	1,0156	1,0155	1,0154	1,0153
141	1,0152	1,0151	1,0149	1,0148	1,0147	1,0146	1,0145	1,0144	1,0143	1,0142
142	1,0141	1,0140	1,0139	1,0139	1,0138	1,0137	1,0136	1,0135	1,0134	1,0133
143	1,0132	1,0131	1,0130	1,0129	1,0128	1,0127	1,0126	1,0125	1,0124	1,0123
144	1,0123	1,0122	1,0121	1,0120	1,0119	1,0118	1,0117	1,0116	1,0115	1,0115
145	1,0114	1,0113	1,0112	1,0111	1,0110	1,0109	1,0109	1,0108	1,0107	1,0106
146	1,0105	1,0104	1,0104	1,0103	1,0102	1,0101	1,0100	1,0100	1,0099	1,0098
147	1,0097	1,0096	1,0096	1,0095	1,0094	1,0093	1,0092	1,0092	1,0091	1,0090
148	1,0089	1,0089	1,0088	1,0087	1,0086	1,0086	1,0085	1,0084	1,0084	1,0083
149	1,0082	1,0081	1,0081	1,0080	1,0079	1,0079	1,0078	1,0077	1,0076	1,0076
150	1,0075	1,0074	1,0074	1,0073	1,0072	1,0072	1,0071	1,0070	1,0070	1,0069
151	1,0069	1,0068	1,0067	1,0067	1,0066	1,0065	1,0065	1,0064	1,0063	1,0063
152	1,0062	1,0062	1,0061	1,0060	1,0060	1,0059	1,0059	1,0058	1,0057	1,0057
153	1,0056	1,0056	1,0055	1,0055	1,0054	1,0054	1,0053	1,0052	1,0052	1,0051
154	1,0051	1,0050	1,0050	1,0049	1,0049	1,0048	1,0048	1,0047	1,0047	1,0046
155	1,0045	1,0045	1,0044	1,0044	1,0043	1,0043	1,0042	1,0042	1,0042	1,0041
156	1,0041	1,0040	1,0040	1,0039	1,0039	1,0038	1,0038	1,0037	1,0037	1,0036
157	1,0036	1,0035	1,0035	1,0035	1,0034	1,0034	1,0033	1,0033	1,0032	1,0032
158	1,0032	1,0031	1,0031	1,0030	1,0030	1,0030	1,0029	1,0029	1,0028	1,0028
159	1,0028	1,0027	1,0027	1,0026	1,0026	1,0026	1,0025	1,0025	1,0025	1,0024
160	1,0024	1,0024	1,0023	1,0023	1,0022	1,0022	1,0022	1,0021	1,0021	1,0021
161	1,0020	1,0020	1,0020	1,0019	1,0019	1,0019	1,0019	1,0018	1,0018	1,0018
162	1,0017	1,0017	1,0017	1,0016	1,0016	1,0016	1,0016	1,0015	1,0015	1,0015
163	1,0014	1,0014	1,0014	1,0014	1,0013	1,0013	1,0013	1,0013	1,0012	1,0012
164	1,0012	1,0012	1,0011	1,0011	1,0011	1,0011	1,0010	1,0010	1,0010	1,0010
165	1,0010	1,0009	1,0009	1,0009	1,0009	1,0008	1,0008	1,0008	1,0008	1,0008
166	1,0007	1,0007	1,0007	1,0007	1,0007	1,0007	1,0006	1,0006	1,0006	1,0006