

AKLU & WKSF Rank Table



Long Cycle 30' Women

Org	WKSF/AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSIC	MS	CMS	Rank 1	Rank 2	Rank 3	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
58	360	310	240	200	180	150	340	320	290	230	340	320	290	340
65	380	330	260	220	190	160	360	340	310	250	360	340	310	360
65+	400	350	280	240	200	170	380	360	330	270	380	360	330	380

Jerk 30' Women

Org	WKSF/AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSIC	MS	CMS	Rank 1	Rank 2	Rank 3	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
58	530	480	440	390	360	330	550	510	390	310	550	510	390	550
65	560	500	460	410	370	340	570	530	410	330	570	530	410	570
65+	590	520	480	430	380	350	590	550	430	350	590	550	430	590

Snatch 30' Women

Org	WKSF/AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSIC	MS	CMS	Rank 1	Rank 2	Rank 3	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
58	440	390	330	280	240	190	480	420	360	300	480	420	360	480
65	470	410	350	300	250	200	500	440	380	320	500	440	380	500
65+	500	430	370	320	260	210	520	460	400	350	520	460	400	520

Half Snatch 30' Women

Org	AKLU - 20kg						AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSNC	MS	CMS	Rank 1	Rank 2	Rank 3	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3
58	350	300	225	175	150	125	350	280	250	220	350	280	250	280
65	380	325	250	200	175	150	360	290	260	230	360	290	260	290
65+	410	350	275	225	200	175	370	300	270	240	370	300	270	300

Long Cycle 60' Women															
Org	WKSF/AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
Weight	MSIC	MS	CMS	Rank 1	Rank 2	Rank 3	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3	Rank 3
58	580	510	460	400	360	280	540	520	490	460	350	280	250	280	280
65	630	560	500	420	380	300	560	540	510	480	360	290	260	290	290
65+	690	600	540	440	400	320	580	560	530	500	370	300	270	300	300
Jerk 60' Women															
Org	WKSF/AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
Weight	MSIC	MS	CMS	Rank 1	Rank 2	Rank 3	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 3	Rank 3
58	820	730	630	540	480	410	720	690	610	560	350	280	250	280	280
65	880	780	670	580	510	430	750	710	630	580	360	290	260	290	290
65+	940	830	730	620	540	450	780	730	650	600	370	300	270	300	300