



AKLU & WKSF Rank Table

Women's 10 min Long Cycle 2 Arm

Org	AKLU - 24kg						WKSF/AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSNC	MS	CMS	Rank1	Rank2	Rank3	MSIC	MS	CMS	Rank1	Rank2	Rank3	CMS	Rank1	Rank2	Rank3	Rank1	Rank2	Rank3	Rank3
52	55	45	30	23	18	15	65	46	30	23	20	14	50	34	29	21	50	34	29	50
58	60	50	33	26	21	18	71	52	33	26	23	19	56	38	33	28	56	38	33	56
65	65	55	37	31	25	21	78	58	37	31	26	21	62	43	37	31	62	43	37	62
75	70	60	42	34	28	25	85	65	42	34	28	24	69	48	40	34	69	48	40	69
75+	75	65	45	36	32	28	91	71	45	36	30	26	75	51	42	36	75	51	42	75

Women's 10 min Long Cycle 1 Arm

Org	WKSF/AKLU - 24kg						AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSIC	MS	CMS	Rank1	Rank2	Rank3	MSIC	MS	CMS	Rank1	Rank2	Rank3	CMS	Rank1	Rank2	Rank3	Rank1	Rank2	Rank3	Rank3
52	103	82	63	38	23	16	105	90	75	55	35	28	105	80	55	45	100	75	50	75
58	103	82	63	38	23	16	105	90	82	63	38	28	105	80	55	45	105	80	55	80
65	112	90	70	42	26	19	115	105	90	70	42	32	110	85	60	50	110	85	60	85
75	126	106	82	50	32	26	130	122	98	76	46	36	120	95	70	60	115	90	65	90
75+	126	106	82	50	32	26	130	122	106	82	50	40	120	95	70	60	120	95	70	95

Women's 10 min Snatch

Org	WKSF/AKLU - 24kg						AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSIC	MS	CMS	Rank1	Rank2	Rank3	MSIC	MS	CMS	Rank1	Rank2	Rank3	CMS	Rank1	Rank2	Rank3	Rank1	Rank2	Rank3	Rank3
52	109	93	67	47	36	24	123	103	83	60	40	35	130	100	78	55	130	100	78	100
58	109	93	67	47	36	24	123	103	93	67	47	38	143	114	88	63	143	114	88	114
65	122	103	73	55	41	27	130	123	103	73	55	41	160	130	101	70	160	130	101	130
75	138	118	86	63	48	32	145	133	111	80	61	46	182	141	112	78	182	141	112	141
75+	138	118	86	63	48	32	145	133	118	86	63	54	186	145	115	82	186	145	115	145

Women's 10 min Jerk 2 Arm

Org	AKLU - 24kg						AKLU - 20kg						AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSNC	MS	CMS	Rank1	Rank2	Rank3	MSIC	MS	CMS	Rank1	Rank2	Rank3	CMS	Rank1	Rank2	Rank3	Rank1	Rank2	Rank3	Rank3
52	85	73	56	44	37	32	97	85	73	56	44	38	85	73	56	44	85	73	56	73
58	96	80	62	48	43	35	105	96	80	62	48	44	95	80	62	48	95	80	62	80
65	105	94	74	57	51	39	116	105	94	74	57	48	101	94	74	57	101	94	74	94
75	117	101	80	62	56	45	122	117	101	80	62	57	116	101	80	62	116	101	80	101
75+	124	115	92	71	66	58	130	124	115	92	71	62	130	115	92	71	130	115	92	115

Women's 10 min Jerk 1 Arm

Org	AKLU - 24kg						AKLU - 20kg						AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSNC	MS	CMS	Rank1	Rank2	Rank3	MSNC	MS	CMS	Rank1	Rank2		CMS	Rank1	Rank2	Rank3	Rank1	Rank2	Rank3	Rank3
52	144	130	110	90	80	70	150	144	130	110	90	80	150	130	110	90	150	130	110	130
58	148	135	115	95	85	75	154	148	135	115	95	85	156	135	115	95	156	135	115	135
65	154	140	120	100	90	80	158	154	140	120	100	90	160	140	120	100	160	140	120	140
75	159	145	125	105	95	85	164	159	145	125	105	95	164	145	125	105	164	145	125	145
75+	165	149	129	109	100	90	169	165	149	129	109	100	166	149	129	109	166	149	129	149

Women's 10 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	AKLU - 24kg						WKSF/AKLU - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSNC	MS	CMS	Rank1	Rank2	Rank3	MSIC	MS	CMS	Rank1	Rank2	Rank3	CMS	Rank1	Rank2	Rank3	Rank1	Rank2	Rank3	Rank3
52	113	87	61	51	33	28	137	113	87	61	51	33	131	97	61	50	131	97	61	97
58	130	100	68	56	38	33	159	130	100	68	56	38	146	110	72	57	146	110	72	110
65	139	110	77	62	43	38	174	139	110	77	62	43	158	120	81	64	158	120	81	120
75	149	119	82	67	48	43	196	149	119	82	67	48	169	126	90	72	169	126	90	126
75+	154	130	88	72	50	48	203	154	130	88	72	50	178	133	94	76	178	133	94	133

Women's 12 min Snatch																				
Org	AKLU - 24kg						WKSF - 20kg						WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg
Weight	MSNC	MS	CMS	Rank1	Rank 2	Rank 3	MSIC	MS	CMS	Rank 1	Rank 2	Rank 3	CMS	Rank1	Rank 2	Rank 3	Rank1	Rank 2	Rank 3	Rank 3
58	192	140	100	70	50	40	218	192	140	100	70	50	208	160	130	110	131	97	61	97
65	206	160	120	85	60	50	234	206	160	120	85	60	228	180	140	120	169	126	90	126
65+	220	180	140	100	70	60	248	220	180	140	100	70	234	200	150	130	178	133	94	133