

# RANKING M4

RAW	Sufficiente				Buono				Molto buono				Ottimo				Eccellente				Elite				Record			
W	T	S	B	D	T	S	B	D	T	S	B	D	T	S	B	D	T	S	B	D	T	S	B	D	T	S	B	D
59	110,0	35,0	27,5	47,5	137,5	45,0	35,0	57,5	167,5	55,0	42,5	70,0	202,5	67,5	50,0	85,0	220,0	72,5	55,0	92,5	242,5	80,0	60,0	102,5	242,5	80,0	60,0	102,5
66	127,5	42,5	32,5	52,5	157,5	52,5	40,0	65,0	190,0	62,5	47,5	80,0	222,5	75,0	55,0	92,5	247,5	82,5	62,5	102,5	272,5	90,0	67,5	115,0	272,5	90,0	67,5	115,0
74	137,5	45,0	35,0	57,5	172,5	57,5	42,5	72,5	207,5	67,5	52,5	87,5	245,0	82,5	60,0	102,5	272,5	90,0	67,5	115,0	300,0	100,0	75,0	125,0	300,0	100,0	75,0	125,0
83	145,0	50,0	35,0	60,0	182,5	60,0	45,0	77,5	222,5	72,5	55,0	95,0	260,0	85,0	65,0	110,0	292,5	97,5	72,5	122,5	320,0	105,0	80,0	135,0	320,0	105,0	80,0	135,0
93	157,5	52,5	40,0	65,0	197,5	65,0	50,0	82,5	240,0	80,0	60,0	100,0	280,0	92,5	70,0	117,5	315,0	102,5	80,0	132,5	342,5	112,5	85,0	145,0	342,5	112,5	85,0	145,0
105	165,0	55,0	40,0	70,0	205,0	67,5	52,5	85,0	252,5	85,0	62,5	105,0	292,5	97,5	72,5	122,5	330,0	110,0	82,5	137,5	360,0	120,0	90,0	150,0	360,0	120,0	90,0	150,0
120	172,5	57,5	42,5	72,5	217,5	70,0	55,0	92,5	265,0	87,5	67,5	110,0	307,5	102,5	77,5	127,5	345,0	112,5	87,5	145,0	377,5	125,0	95,0	157,5	377,5	125,0	95,0	157,5
+120	180,0	60,0	45,0	75,0	222,5	72,5	55,0	95,0	272,5	90,0	67,5	115,0	317,5	105,0	80,0	132,5	355,0	117,5	90,0	147,5	390,0	127,5	97,5	165,0	390,0	127,5	97,5	165,0

**LEGENDA**  
**W=** Categoria Di Peso  
**T=**Totale Alzate  
**S=**Squat  
**B=**Bench Press  
**D=**Deadlift  
**S=** 33% di T  
**B=** 25% di T  
**D=** 42% di T