

RANKING Geared M1

Geared	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	300,0	117,5	75,0	110,0	345,0	135,0	85,0	125,0	402,5	157,5	100,0	145,0	465,0	182,5	115,0	167,5	525,0	205,0	130,0	190,0	582,5	227,5	145,0	210,0	647,5	252,5	162,5	232,5
66	335,0	130,0	85,0	120,0	382,5	150,0	95,0	137,5	447,5	175,0	112,5	160,0	517,5	202,5	130,0	185,0	582,5	227,5	145,0	210,0	647,5	252,5	162,5	232,5	720,0	280,0	180,0	260,0
74	365,0	140,0	95,0	132,5	415,0	157,5	107,5	150,0	487,5	185,0	127,5	175,0	565,0	215,0	147,5	202,5	635,0	242,5	165,0	227,5	707,5	270,0	182,5	255,0	785,0	297,5	205,0	282,5
83	405,0	155,0	105,0	145,0	465,0	177,5	120,0	167,5	545,0	207,5	142,5	195,0	632,5	240,0	165,0	227,5	710,0	270,0	185,0	255,0	790,0	300,0	205,0	285,0	877,5	332,5	227,5	317,5
93	420,0	160,0	112,5	147,5	482,5	182,5	130,0	170,0	565,0	215,0	152,5	197,5	655,0	247,5	177,5	230,0	737,5	280,0	200,0	257,5	820,0	312,5	220,0	287,5	910,0	345,0	245,0	320,0
105	480,0	182,5	130,0	167,5	555,0	210,0	150,0	195,0	650,0	247,5	175,0	227,5	755,0	287,5	202,5	265,0	847,5	322,5	227,5	297,5	942,5	357,5	255,0	330,0	1047,5	397,5	282,5	367,5
120	472,5	180,0	132,5	160,0	545,0	207,5	152,5	185,0	635,0	242,5	177,5	215,0	737,5	280,0	207,5	250,0	830,0	315,0	232,5	282,5	922,5	350,0	257,5	315,0	1025,0	390,0	287,5	347,5
+120	485,0	185,0	140,0	160,0	557,5	212,5	162,5	185,0	650,0	247,5	187,5	215,0	755,0	285,0	220,0	250,0	850,0	322,5	247,5	280,0	945,0	360,0	272,5	312,5	1050,0	400,0	302,5	347,5

LEGENDA
W= Categoria Di Peso
T=Totale Alzate
S=Squat
B=Bench Press
D=Deadlift

RECORD
RECORD REALI
WORLD STANDARD