

MEN'S BIATHLON

Body Weight (kg)	32KG KETTLEBELLS					28KG KETTLEBELLS					24KG KETTLEBELLS					20KG KETTLEBELLS					16KG KETTLEBELLS				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	SMS R1	R2	R3	R4	R1	SCMS R2	R3	R4	R5	R1	R2	R3	R4	R5
	63kg	145	116	93	74	59	145	116	93	74	59	145	116	93	74	59	150	120	96	77	61	155	124	99	79
68kg	148	119	95	76	61	148	119	95	76	61	148	119	95	76	61	154	123	98	79	63	159	127	102	81	65
73kg	151	121	97	78	62	151	121	97	78	62	151	121	97	78	62	157	126	101	80	64	163	131	105	84	67
78kg	155	124	99	79	63	155	124	99	79	63	155	124	99	79	63	161	129	103	82	66	168	134	107	86	69
85kg	159	127	102	81	65	159	127	102	81	65	159	127	102	81	65	166	133	106	85	68	173	139	111	89	71
95kg	166	132	106	85	68	166	132	106	85	68	166	132	106	85	68	173	138	111	89	71	182	145	116	93	74
95+kg	170	136	109	87	70	170	136	109	87	70	170	136	109	87	70	180	144	115	92	74	190	152	122	97	78

SCORING PROTOCOL: BIATHLON 1 POINT PER JERK REP, 0.5 POINT PER SNATCH REP. NUMBERS ABOVE ARE A COMBINED SCORE FOR BOTH LIFTS

MEN'S LONG CYCLE

Body Weight (kg)	32KG KETTLEBELLS					28KG KETTLEBELLS					24KG KETTLEBELLS					20KG KETTLEBELLS					16KG KETTLEBELLS				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	SMS R1	R2	R3	R4	R1	SCMS R2	R3	R4	R5	R1	R2	R3	R4	R5
	63kg	54	43	35	28	22	54	43	35	28	22	54	43	35	28	22	62	50	40	32	25	71	57	46	37
68kg	57	45	36	29	23	57	45	36	29	23	57	45	36	29	23	65	52	42	33	27	75	60	48	38	31
73kg	60	48	38	31	24	60	48	38	31	24	60	48	38	31	24	69	55	44	35	28	79	63	51	40	32
78kg	63	50	40	32	26	63	50	40	32	26	63	50	40	32	26	72	58	46	37	29	83	66	53	42	34
85kg	67	53	43	34	27	67	53	43	34	27	67	53	43	34	27	77	61	49	39	31	88	70	56	45	36
95kg	72	58	46	37	30	72	58	46	37	30	72	58	46	37	30	83	67	53	43	34	96	76	61	49	39
95+kg	78	62	50	40	32	78	62	50	40	32	78	62	50	40	32	90	72	57	46	37	103	83	66	53	42

SCORING PROTOCOL: LONG CYCLE 1 POINT PER REP

MEN'S JERK

Body Weight (kg)	32KG KETTLEBELLS					28KG KETTLEBELLS					24KG KETTLEBELLS					20KG KETTLEBELLS					16KG KETTLEBELLS				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	SMS	R2	R3	R4	R1	SCMS	R3	R4	R5	R1	R2	R3	R4	R5
												R1					R2								
63kg	80	64	51	41	33	80	64	51	41	33	80	64	51	41	33	83	66	53	42	34	85	68	55	44	35
68kg	82	65	52	42	33	82	65	52	42	33	82	65	52	42	33	84	68	54	43	35	88	70	56	45	36
73kg	83	67	53	43	34	83	67	53	43	34	83	67	53	43	34	86	69	55	44	35	90	72	57	46	37
78kg	85	68	54	44	35	85	68	54	44	35	85	68	54	44	35	88	71	57	45	36	92	74	59	47	38
85kg	88	70	56	45	36	88	70	56	45	36	88	70	56	45	36	91	73	58	47	37	95	76	61	49	39
95kg	91	73	58	47	37	91	73	58	47	37	91	73	58	47	37	95	76	61	49	39	100	80	64	51	41
95+kg	94	75	60	48	38	94	75	60	48	38	94	75	60	48	38	99	79	63	51	41	105	84	67	54	43

SCORING PROTOCOL: JERK 1 POINT PER REP

MEN'S SNATCH

Body Weight (kg)	32KG KETTLEBELL					28KG KETTLEBELL					24KG KETTLEBELL					20KG KETTLEBELL					16KG KETTLEBELL				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	SMS	R2	R3	R4	R1	SCMS	R3	R4	R5	R1	R2	R3	R4	R5
												R1					R2								
63kg	131	104	84	67	53	131	104	84	67	53	131	104	84	67	53	135	108	86	69	55	140	112	89	71	57
68kg	133	107	85	68	55	133	107	85	68	55	133	107	85	68	55	138	111	88	71	57	143	115	92	73	59
73kg	136	109	87	70	56	136	109	87	70	56	136	109	87	70	56	141	113	91	72	58	147	118	94	75	60
78kg	139	111	89	71	57	139	111	89	71	57	139	111	89	71	57	145	116	93	74	59	151	121	96	77	62
85kg	143	115	92	73	59	143	115	92	73	59	143	115	92	73	59	149	119	95	76	61	156	125	100	80	64
95kg	149	119	95	76	61	149	119	95	76	61	149	119	95	76	61	156	124	100	80	64	164	131	105	84	67
95+kg	153	122	98	78	63	153	122	98	78	63	153	122	98	78	63	162	130	104	83	66	171	137	109	88	70

SCORING PROTOCOL: SNATCH 1 POINT PER REP

WOMEN'S TWO ARM LONG CYCLE

Body Weight (kg)	24KG KETTLEBELLS					20KG KETTLEBELLS					16KG KETTLEBELLS					12KG KETTLEBELLS					8KG KETTLEBELLS				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	R1	R2	R3	R4	SMS R1	SCMS R2	R3	R4	R5	R1	R2	R3	R4	R5
	53kg	42	33	27	21	17	59	47	38	30	24	77	61	49	39	31	81	65	52	41	33	85	68	54	43
58kg	48	38	31	25	20	65	52	41	33	26	81	65	52	41	33	85	68	54	44	35	89	71	57	46	37
63kg	54	43	35	28	22	70	56	45	36	29	85	68	55	44	35	89	72	57	46	37	94	75	60	48	38
68kg	61	48	39	31	25	75	60	48	38	31	89	71	57	46	37	94	75	60	48	38	98	79	63	50	40
68+kg	63	50	40	32	26	77	62	49	39	32	91	73	58	47	37	96	76	61	49	39	100	80	64	51	41

SCORING PROTOCOL: LONG CYCLE 1 POINT PER REP.

WOMEN'S DOUBLE BIATHLON

Body Weight (kg)	24KG KETTLEBELLS					20KG KETTLEBELLS					16KG KETTLEBELLS					12KG KETTLEBELLS					8KG KETTLEBELLS				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	R1	R2	R3	R4	SMS R1	SCMS R2	R3	R4	R5	R1	R2	R3	R4	R5
	53kg	100	80	64	51	41	132	106	85	68	54	164	131	105	84	67	172	138	110	88	71	181	145	116	93
58kg	116	92	74	59	47	148	118	95	76	61	180	144	115	92	74	189	151	121	97	77	198	159	127	102	81
63kg	131	105	84	67	54	164	131	105	84	67	196	157	125	100	80	206	164	132	105	84	216	173	138	110	88
68kg	147	118	94	75	60	179	143	115	92	73	211	169	135	108	87	222	178	142	114	91	233	187	149	119	96
68+kg	153	123	98	79	63	186	148	119	95	76	218	174	139	112	89	229	183	146	117	94	240	192	154	123	98

SCORING PROTOCOL: BIATHLON 1 POINT PER JERK REP, 0.5 POINT PER SNATCH REP. NUMBERS ABOVE ARE A COMBINED SCORE FOR BOTH LIFTS.

WOMEN'S DOUBLE JERK

Body Weight (kg)	24KG KETTLEBELLS					20KG KETTLEBELLS					16KG KETTLEBELLS					12KG KETTLEBELLS					8KG KETTLEBELLS				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	R1	R2	R3	R4	SMS R1	SCMS R2	R3	R4	R5	R1	R2	R3	R4	R5
	53kg	55	44	35	28	22	73	58	46	37	30	90	72	58	46	37	95	76	61	49	39	100	80	64	51
58kg	64	51	41	33	26	81	65	52	42	33	99	79	63	51	41	104	83	67	53	43	109	87	70	56	45
63kg	72	58	46	37	30	90	72	58	46	37	108	86	69	55	44	113	90	72	58	46	119	95	76	61	49
68kg	81	65	52	41	33	99	79	63	50	40	116	93	74	60	48	122	98	78	63	50	128	103	82	66	53
68+kg	84	67	54	43	35	102	82	65	52	42	120	96	77	61	49	126	101	80	64	52	132	106	85	68	54

SCORING PROTOCOL: JERK 1 POINT PER REP

WOMEN'S SNATCH ONLY

Body Weight (kg)	24KG KETTLEBELL					20KG KETTLEBELL					16KG KETTLEBELL					12KG KETTLEBELL					8KG KETTLEBELL				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	SMS	R2	R3	R4	SCMS	R2	R3	R4	R5	R1	R2	R3	R4	R5
												R1				R1									
53kg	90	72	57	46	37	119	95	76	61	49	148	118	95	76	61	155	124	99	79	64	163	130	104	83	67
58kg	104	83	67	53	43	133	106	85	68	54	162	130	104	83	66	170	136	109	87	70	179	143	114	91	73
63kg	118	95	76	61	48	147	118	94	75	60	176	141	113	90	72	185	148	118	95	76	194	155	124	99	80
68kg	132	106	85	68	54	161	129	103	83	66	190	152	122	97	78	200	160	128	102	82	210	168	134	107	86
68+kg	138	110	88	71	57	167	134	107	86	68	196	157	125	100	80	206	165	132	105	84	216	173	138	111	89

SCORING PROTOCOL: SNATCH 1 POINT PER REP

WOMEN'S ONE ARM BIATHLON

Body Weight (kg)	24KG KETTLEBELL					20KG KETTLEBELL					16KG KETTLEBELL					12KG KETTLEBELL					8KG KETTLEBELL				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	SMS	R2	R3	R4	SCMS	R2	R3	R4	R5	R1	R2	R3	R4	R5
												R1				R1									
53kg	163	131	105	84	67	216	173	138	111	88	269	215	172	138	110	282	226	181	145	116	296	237	190	152	121
58kg	189	151	121	97	77	242	193	155	124	99	295	236	189	151	121	309	247	198	158	127	325	260	208	166	133
63kg	215	172	138	110	88	268	214	171	137	110	320	256	205	164	131	336	269	215	172	138	353	283	226	181	145
68kg	241	192	154	123	99	293	235	188	150	120	346	277	221	177	142	363	291	233	186	149	382	305	244	195	156
68+kg	251	201	161	128	103	304	243	194	155	124	356	285	228	182	146	374	299	239	192	153	393	314	251	201	161

SCORING PROTOCOL: BIATHLON 1 POINT PER JERK REP, 1 POINT PER SNATCH REP. NUMBERS ABOVE ARE A COMBINED SCORE FOR BOTH LIFTS.

WOMEN'S ONE ARM LONG CYCLE

Body Weight (kg)	24KG KETTLEBELL					20KG KETTLEBELL					16KG KETTLEBELL					12KG KETTLEBELL					8KG KETTLEBELL				
	EMS	ECMS	R1	R2	R3	ECMS	R1	R2	R3	R4	AMS	SMS	R2	R3	R4	SCMS	R2	R3	R4	R5	R1	R2	R3	R4	R5
												R1				R1									
53kg	71	56	45	36	29	92	74	59	47	38	114	91	73	58	46	119	95	76	61	49	125	100	80	64	51
58kg	81	65	52	41	33	99	79	63	50	40	116	93	74	59	48	122	97	78	62	50	128	102	82	65	52
63kg	91	73	59	47	37	105	84	67	54	43	119	95	76	61	49	124	100	80	64	51	131	105	84	67	54
68kg	102	81	65	52	42	111	89	71	57	46	121	97	77	62	50	127	102	81	65	52	133	107	85	68	55
68+kg	106	85	68	54	43	114	91	73	58	47	122	98	78	62	50	128	102	82	66	52	135	108	86	69	55

SCORING PROTOCOL: LONG CYCLE 1 POINT PER REP.