



## MINIMAS INTERNATIONAUX HOMMES DEADLIFT SINGLEPLY

|         | Teenage | Junior | Sénior | Master 1 | Master 2 | Master 3 | Master 4 | Master 5 | Master 6 |
|---------|---------|--------|--------|----------|----------|----------|----------|----------|----------|
| 52 kg   | 115     | 145    | 175    | 155      | 140      | 125      | 115      | 105      | 95       |
| 56 kg   | 130     | 160    | 190    | 170      | 155      | 140      | 130      | 120      | 110      |
| 60 kg   | 145     | 175    | 205    | 185      | 170      | 155      | 145      | 135      | 125      |
| 67.5 kg | 160     | 190    | 220    | 200      | 185      | 170      | 160      | 150      | 140      |
| 75 kg   | 175     | 205    | 235    | 215      | 200      | 185      | 175      | 165      | 155      |
| 82.5 kg | 190     | 220    | 250    | 230      | 215      | 200      | 190      | 180      | 170      |
| 90 kg   | 205     | 235    | 265    | 245      | 230      | 215      | 205      | 195      | 185      |
| 100 kg  | 215     | 245    | 275    | 255      | 240      | 225      | 215      | 205      | 195      |
| 110 kg  | 225     | 255    | 285    | 265      | 250      | 235      | 225      | 215      | 205      |
| 125 kg  | 235     | 265    | 295    | 275      | 260      | 245      | 235      | 225      | 215      |
| 140 kg  | 245     | 275    | 305    | 285      | 270      | 255      | 245      | 235      | 225      |
| SHW     | 255     | 285    | 315    | 295      | 280      | 265      | 255      | 245      | 235      |