AKLU & WKSF Rank Table - Men Age 75+

Men's 10 min Long Cycle 2 Arm

Org	AKLU - 20kg			AKLU - 16kg			WKSF/AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	41	26	20	41	26	20	58	47	36	25	58	47	36
68	46	31	24	46	31	24	65	50	40	28	65	50	40
74	50	35	26	50	35	26	68	53	42	31	68	53	42
80	54	38	29	54	38	29	72	56	45	34	72	56	45
87	58	41	31	58	41	31	74	59	47	38	74	59	47
95	62	44	33	62	44	33	76	61	50	41	76	61	50
95+	65	47	35	65	47	35	78	63	53	44	78	63	53

Men's 10 min Long Cycle 1 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	90	70	50	90	70	50	95	75	55	35	95	75	55
68	93	73	53	93	73	53	98	78	58	38	98	78	58
74	95	75	55	95	75	55	100	80	60	40	100	80	60
80	103	82	63	103	82	63	108	87	68	43	108	87	68
87	112	90	70	112	90	70	117	95	75	47	117	95	75
95	123	98	76	123	98	76	128	103	81	51	128	103	81
95+	130	106	82	130	106	82	135	111	87	55	135	111	87

Men's 10 min Snatch

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	135	105	85	135	105	85	164	146	99	49	164	146	99
68	140	110	90	140	110	90	176	152	112	56	176	152	112
74	145	115	95	145	115	95	182	161	120	63	182	161	120
80	150	120	100	150	120	100	190	166	126	70	190	166	126
87	155	125	105	155	125	105	194	171	131	76	194	171	131
95	160	130	110	160	130	110	199	175	136	81	199	175	136
95+	165	135	115	165	135	115	203	178	140	84	203	178	140

Men's 10 min Jerk 2 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	73	56	44	73	56	44	85	73	56	44	85	73	56
68	80	62	48	80	62	48	95	80	62	48	95	80	62
74	94	74	57	94	74	57	101	94	74	57	101	94	74
80	101	80	62	101	80	62	116	101	80	62	116	101	80
87	115	92	71	115	92	71	130	115	92	71	130	115	92
95	121	97	74	121	97	74	135	121	97	74	135	121	97
95+	127	101	77	127	101	77	140	127	101	77	140	127	101

Men's 10 min Jerk 1 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	130	110	90	130	110	90	150	130	110	90	150	130	110
68	135	115	95	135	115	95	156	135	115	95	156	135	115
74	140	120	100	140	120	100	160	140	120	100	160	140	120
80	145	125	105	145	125	105	164	145	125	105	164	145	125
87	149	129	109	149	129	109	166	149	129	109	166	149	129
95	152	132	113	152	132	113	168	152	132	113	168	152	132
95+	154	134	115	154	134	115	170	154	134	115	170	154	134

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

Org	AKLU - 20kg			AKLU - 16kg			WKSF/AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	95	62	43	95	62	43	143	99	74	51	143	99	74
68	108	70	46	108	70	46	157	108	82	58	157	108	82
74	119	78	50	119	78	50	165	116	87	62	165	116	87
80	126	84	52	126	84	52	170	122	90	66	170	122	90
87	133	88	54	133	88	54	174	125	94	72	174	125	94
95	140	97	55	140	97	55	182	128	98	77	182	128	98
95+	145	101	56	145	101	56	185	130	100	80	185	130	100

AKLU & WKSF Rank Table - Men Age 60 - 74

Men's 10 min Long Cycle 2 Arm

Org	AKLU - 24kg			AKLU - 20kg			WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	41	26	20	41	26	20	58	47	36	25	58	47	36	69	58	47
68	46	31	24	46	31	24	65	50	40	28	65	50	40	70	65	50
74	50	35	26	50	35	26	68	53	42	31	68	53	42	72	68	53
80	54	38	29	54	38	29	72	56	45	34	72	56	45	88	72	56
87	58	41	31	58	41	31	74	59	47	38	74	59	47	89	74	59
95	62	44	33	62	44	33	76	61	50	41	76	61	50	91	76	61
95+	65	47	35	65	47	35	78	63	53	44	78	63	53	93	78	63

Men's 10 min Long Cycle 1 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg				AKLU - 12kg			AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	90	70	50	90	70	50	95	75	55	35	95	75	55	105	95	75
68	93	73	53	93	73	53	98	78	58	38	98	78	58	108	98	78
74	95	75	55	95	75	55	100	80	60	40	100	80	60	110	100	80
80	103	82	63	103	82	63	108	87	68	43	108	87	68	118	108	87
87	112	90	70	112	90	70	117	95	75	47	117	95	75	127	117	95
95	123	98	76	123	98	76	128	103	81	51	128	103	81	138	128	103
95+	130	106	82	130	106	82	135	111	87	55	135	111	87	140	135	111

Men's 10 min Snatch

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg				AKLU - 12kg			AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	135	105	85	135	105	85	164	146	99	49	164	146	99	174	164	146
68	140	110	90	140	110	90	176	152	112	56	176	152	112	186	176	152
74	145	115	95	145	115	95	182	161	120	63	182	161	120	192	182	161
80	150	120	100	150	120	100	190	166	126	70	190	166	126	200	190	166
87	155	125	105	155	125	105	194	171	131	76	194	171	131	204	194	171
95	160	130	110	160	130	110	199	175	136	81	199	175	136	209	199	175
95+	165	135	115	165	135	115	203	178	140	84	203	178	140	213	203	178

Men's 10 min Jerk 2 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg				AKLU - 12kg			AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	73	56	44	73	56	44	85	73	56	44	85	73	56	100	85	73
68	80	62	48	80	62	48	95	80	62	48	95	80	62	110	95	80
74	94	74	57	94	74	57	101	94	74	57	101	94	74	116	101	94
80	101	80	62	101	80	62	116	101	80	62	116	101	80	131	116	101
87	115	92	71	115	92	71	130	115	92	71	130	115	92	145	130	115
95	121	97	74	121	97	74	135	121	97	74	135	121	97	150	135	121
95+	127	101	77	127	101	77	140	127	101	77	140	127	101	155	140	127

Men's 10 min Jerk 1 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg				AKLU - 12kg			AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	130	110	90	130	110	90	150	130	110	90	150	130	110	155	150	130
68	135	115	95	135	115	95	156	135	115	95	156	135	115	161	156	135
74	140	120	100	140	120	100	160	140	120	100	160	140	120	165	160	140
80	145	125	105	145	125	105	164	145	125	105	164	145	125	169	164	145
87	149	129	109	149	129	109	166	149	129	109	166	149	129	171	166	149
95	152	132	113	152	132	113	168	152	132	113	168	152	132	173	168	152
95+	154	134	115	154	134	115	170	154	134	115	170	154	134	175	170	154

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

Org	AKLU - 24kg			AKLU - 20kg			WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg		
Weight	MS	CMS	Rank 1	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	95	62	43	95	62	43	143	99	74	51	143	99	74	183	143	99
68	108	70	46	108	70	46	157	108	82	58	157	108	82	197	157	108
74	119	78	50	119	78	50	165	116	87	62	165	116	87	205	165	116
80	126	84	52	126	84	52	170	122	90	66	170	122	90	210	170	122
87	133	88	54	133	88	54	174	125	94	72	174	125	94	214	174	125
95	140	97	55	140	97	55	182	128	98	77	182	128	98	222	182	128
95+	145	101	56	145	101	56	185	130	100	80	185	130	100	225	185	130

AKLU & WKSF Rank Table - Women Age 55-64

Women's 10 min Long Cycle 2 Arm

Org	AKLU - 20kg				AKLU - 16kg					WKSF/AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52		45	30	23	65	46	30	23	20	50	34	29	21	50	34	29
58		50	33	26	71	52	33	26	23	56	38	33	28	56	38	33
65		55	37	31	78	58	37	31	26	62	43	37	31	62	43	37
75		60	42	34	85	65	42	34	28	69	48	40	34	69	48	40
75+		65	45	36	91	71	45	36	30	75	51	42	36	75	51	42

Women's 10 min Long Cycle 1 Arm

Org	AKLU - 20kg				AKLU - 16kg					WKSF/AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52		75	55	35			75	55	35	100	75	50	40	100	75	50
58		82	63	38			82	63	38	105	80	55	45	105	80	55
65		90	70	42			90	70	42	110	85	60	50	110	85	60
75		98	76	46			98	76	46	115	90	65	55	115	90	65
75+		106	82	50			106	82	50	120	95	70	60	120	95	70

Women's 10 min Snatch

Org	AKLU - 20kg				AKLU - 16kg					WKSF/AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52		83	60	40			83	60	40	130	100	78	55	130	100	78
58		93	67	47			93	67	47	143	114	88	63	143	114	88
65		103	73	55			103	73	55	160	130	101	70	160	130	101
75		111	80	61			111	80	61	182	141	112	78	182	141	112
75+		118	86	63			118	86	63	186	145	115	82	186	145	115

Women's 10 min Jerk 2 Arm

Org	AKLU - 20kg				AKLU - 16kg					AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52		73	56	44			73	56	44	85	73	56	44	85	73	56
58		80	62	48			80	62	48	95	80	62	48	95	80	62
65		94	74	57			94	74	57	101	94	74	57	101	94	74
75		101	80	62			101	80	62	116	101	80	62	116	101	80
75+		115	92	71			115	92	71	130	115	92	71	130	115	92

Women's 10 min Jerk 1 Arm

Org	AKLU - 20kg				AKLU - 16kg					AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52		130	110	90			130	110	90	150	130	110	90	150	130	110
58		135	115	95			135	115	95	156	135	115	95	156	135	115
65		140	120	100			140	120	100	160	140	120	100	160	140	120
75		145	125	105			145	125	105	164	145	125	105	164	145	125
75+		149	129	109			149	129	109	166	149	129	109	166	149	129

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

Org	AKLU - 20kg				AKLU - 16kg					WKSF/AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52		87	61	51	137	113	87	61	51	131	97	61	50	131	97	61
58		100	68	56	159	130	100	68	56	146	110	72	57	146	110	72
65		110	77	62	174	139	110	77	62	158	120	81	64	158	120	81
75		119	82	67	196	149	119	82	67	169	126	90	72	169	126	90
75+		130	88	72	203	154	130	88	72	178	133	94	76	178	133	94

AKLU & WKSF Rank Table - Women Age 65+

Women's 10 min Long Cycle 2 Arm

Org	AKLU - 16kg				AKLU - 12kg					WKSF/AKLU - 8kg			
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
52		45	30	23	65	46	30	23	20	50	34	29	21
58		50	33	26	71	52	33	26	23	56	38	33	28
65		55	37	31	78	58	37	31	26	62	43	37	31
75		60	42	34	85	65	42	34	28	69	48	40	34
75+		65	45	36	91	71	45	36	30	75	51	42	36

Women's 10 min Long Cycle 1 Arm

Org	AKLU - 16kg				AKLU - 12kg					WKSF/AKLU - 8kg			
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
52		75	55	35			75	55	35	100	75	50	40
58		82	63	38			82	63	38	105	80	55	45
65		90	70	42			90	70	42	110	85	60	50
75		98	76	46			98	76	46	115	90	65	55
75+		106	82	50			106	82	50	120	95	70	60

Women's 10 min Snatch

Org	AKLU - 16kg				AKLU - 12kg					WKSF/AKLU - 8kg			
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
52		83	60	40			83	60	40	130	100	78	55
58		93	67	47			93	67	47	143	114	88	63
65		103	73	55			103	73	55	160	130	101	70
75		111	80	61			111	80	61	182	141	112	78
75+		118	86	63			118	86	63	186	145	115	82

Women's 10 min Jerk 2 Arm

Org	AKLU - 16kg				AKLU - 12kg					AKLU - 8kg			
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
52		73	56	44			73	56	44	85	73	56	44
58		80	62	48			80	62	48	95	80	62	48
65		94	74	57			94	74	57	101	94	74	57
75		101	80	62			101	80	62	116	101	80	62
75+		115	92	71			115	92	71	130	115	92	71

Women's 10 min Jerk 1 Arm

Org	AKLU - 16kg				AKLU - 12kg					AKLU - 8kg			
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
52		130	110	90			130	110	90	150	130	110	90
58		135	115	95			135	115	95	156	135	115	95
65		140	120	100			140	120	100	160	140	120	100
75		145	125	105			145	125	105	164	145	125	105
75+		149	129	109			149	129	109	166	149	129	109

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

Org	AKLU - 16kg				AKLU - 12kg					WKSF/AKLU - 8kg			
Weight		MS	CMS	Rank 1			CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
52		87	61	51	137	113	87	61	51	131	97	61	50
58		100	68	56	159	130	100	68	56	146	110	72	57
65		110	77	62	174	139	110	77	62	158	120	81	64
75		119	82	67	196	149	119	82	67	169	126	90	72
75+		130	88	72	203	154	130	88	72	178	133	94	76

AKLU & WKSF Rank Table - Men Age 60-74

Men's 5 min Long Cycle 2 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	27	17	13	27	17	13	35	27	17	35	27	17	35	27	17
68	30	20	16	30	20	16	38	30	20	38	30	20	38	30	20
74	33	23	17	33	23	17	42	33	23	42	33	23	42	33	23
80	35	25	19	35	25	19	47	35	25	47	35	25	47	35	25
87	38	27	20	38	27	20	48	38	27	48	38	27	48	38	27
95	40	29	21	40	29	21	49	40	29	49	40	29	49	40	29
95+	42	31	23	42	31	23	50	42	31	50	42	31	50	42	31

Men's 5 min Long Cycle 1 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	58	50	40	58	50	40	60	58	50	60	58	50	60	58	50
68	60	52	42	60	52	42	62	60	52	62	60	52	62	60	52
74	61	54	44	61	54	44	64	61	54	64	61	54	64	61	54
80	62	56	46	62	56	46	66	62	56	66	62	56	66	62	56
87	63	58	48	63	58	48	68	63	58	68	63	58	68	63	58
95	64	59	49	64	59	49	69	64	59	69	64	59	69	64	59
95+	65	60	50	65	60	50	70	65	60	70	65	60	70	65	60

Men's 5 min Snatch

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	80	66	55	80	66	55	90	80	66	90	80	66	90	80	66
68	82	68	57	82	68	57	91	82	68	91	82	68	91	82	68
74	84	70	59	84	70	59	92	84	70	92	84	70	92	84	70
80	86	72	61	86	72	61	94	86	72	94	86	72	94	86	72
87	88	74	63	88	74	63	96	88	74	96	88	74	96	88	74
95	89	75	64	89	75	64	98	89	75	98	89	75	98	89	75
95+	90	76	65	90	76	65	100	90	76	100	90	76	100	90	76

Men's 5 min Jerk 2 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	58	50	40	58	50	40	66	58	50	66	58	50	66	58	50
68	60	52	42	60	52	42	68	60	52	68	60	52	68	60	52
74	61	54	44	61	54	44	70	61	54	70	61	54	70	61	54
80	62	56	46	62	56	46	71	62	56	71	62	56	71	62	56
87	63	58	48	63	58	48	72	63	58	72	63	58	72	63	58
95	64	59	49	64	59	49	74	64	59	74	64	59	74	64	59
95+	65	60	50	65	60	50	75	65	60	75	65	60	75	65	60

Men's 5 min Jerk 1 Arm

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	68	58	50	68	58	50	84	68	58	84	68	58	84	68	58
68	70	60	52	70	60	52	85	70	60	85	70	60	85	70	60
74	71	61	54	71	61	54	86	71	61	86	71	61	86	71	61
80	72	62	56	72	62	56	87	72	62	87	72	62	87	72	62
87	73	63	58	73	63	58	88	73	63	88	73	63	88	73	63
95	74	64	59	74	64	59	89	74	64	89	74	64	89	74	64
95+	75	65	60	75	65	60	90	75	65	90	75	65	90	75	65

Men's 5 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	AKLU - 24kg			AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	62	56	49	62	56	49	91	62	56	91	62	56	91	62	56
68	70	64	57	70	64	57	99	70	64	99	70	64	99	70	64
74	78	72	65	78	72	65	107	78	72	107	78	72	107	78	72
80	84	78	71	84	78	71	113	84	78	113	84	78	113	84	78
87	88	82	75	88	82	75	117	88	82	117	88	82	117	88	82
95	97	87	80	97	87	80	122	97	87	122	97	87	122	97	87
95+	101	90	83	101	90	83	125	101	90	125	101	90	125	101	90

AKLU & WKSF Rank Table - Men Age 75+

Men's 5 min Long Cycle 2 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	27	17	13	27	17	13	35	27	17	35	27	17
68	30	20	16	30	20	16	38	30	20	38	30	20
74	33	23	17	33	23	17	42	33	23	42	33	23
80	35	25	19	35	25	19	47	35	25	47	35	25
87	38	27	20	38	27	20	48	38	27	48	38	27
95	40	29	21	40	29	21	49	40	29	49	40	29
95+	42	31	23	42	31	23	50	42	31	50	42	31

Men's 5 min Long Cycle 1 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	58	50	40	58	50	40	60	58	50	60	58	50
68	60	52	42	60	52	42	62	60	52	62	60	52
74	61	54	44	61	54	44	64	61	54	64	61	54
80	62	56	46	62	56	46	66	62	56	66	62	56
87	63	58	48	63	58	48	68	63	58	68	63	58
95	64	59	49	64	59	49	69	64	59	69	64	59
95+	65	60	50	65	60	50	70	65	60	70	65	60

Men's 5 min Snatch

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	80	66	55	80	66	55	90	80	66	90	80	66
68	82	68	57	82	68	57	91	82	68	91	82	68
74	84	70	59	84	70	59	92	84	70	92	84	70
80	86	72	61	86	72	61	94	86	72	94	86	72
87	88	74	63	88	74	63	96	88	74	96	88	74
95	89	75	64	89	75	64	98	89	75	98	89	75
95+	90	76	65	90	76	65	100	90	76	100	90	76

Men's 5 min Jerk 2 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	58	50	40	58	50	40	66	58	50	66	58	50
68	60	52	42	60	52	42	68	60	52	68	60	52
74	61	54	44	61	54	44	70	61	54	70	61	54
80	62	56	46	62	56	46	71	62	56	71	62	56
87	63	58	48	63	58	48	72	63	58	72	63	58
95	64	59	49	64	59	49	74	64	59	74	64	59
95+	65	60	50	65	60	50	75	65	60	75	65	60

Men's 5 min Jerk 1 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	68	58	50	68	58	50	84	68	58	84	68	58
68	70	60	52	70	60	52	85	70	60	85	70	60
74	71	61	54	71	61	54	86	71	61	86	71	61
80	72	62	56	72	62	56	87	72	62	87	72	62
87	73	63	58	73	63	58	88	73	63	88	73	63
95	74	64	59	74	64	59	89	74	64	89	74	64
95+	75	65	60	75	65	60	90	75	65	90	75	65

Men's 5 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
63	62	56	49	62	56	49	91	62	56	91	62	56
68	70	64	57	70	64	57	99	70	64	99	70	64
74	78	72	65	78	72	65	107	78	72	107	78	72
80	84	78	71	84	78	71	113	84	78	113	84	78
87	88	82	75	88	82	75	117	88	82	117	88	82
95	97	87	80	97	87	80	122	97	87	122	97	87
95+	101	90	83	101	90	83	125	101	90	125	101	90

AKLU & WKSF Rank Table - Women
Age 55-64

Women's 5 min Long Cycle 2 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	27	17	13	27	17	13	35	27	17	35	27	17
58	30	20	16	30	20	16	38	30	20	38	30	20
65	33	23	17	33	23	17	42	33	23	42	33	23
75	35	25	19	35	25	19	47	35	25	47	35	25
75+	38	27	20	38	27	20	48	38	27	48	38	27

Women's 5 min Long Cycle 1 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	58	50	40	58	50	40	60	58	50	60	58	50
58	60	52	42	60	52	42	62	60	52	62	60	52
65	61	54	44	61	54	44	64	61	54	64	61	54
75	62	56	46	62	56	46	66	62	56	66	62	56
75+	63	58	48	63	58	48	68	63	58	68	63	58

Women's 5 min Snatch

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	80	66	55	80	66	55	90	80	66	90	80	66
58	82	68	57	82	68	57	91	82	68	91	82	68
65	84	70	59	84	70	59	92	84	70	92	84	70
75	86	72	61	86	72	61	94	86	72	94	86	72
75+	88	74	63	88	74	63	96	88	74	96	88	74

Women's 5 min Jerk 2 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	58	50	40	58	50	40	66	58	50	66	58	50
58	60	52	42	60	52	42	68	60	52	68	60	52
65	61	54	44	61	54	44	70	61	54	70	61	54
75	62	56	46	62	56	46	71	62	56	71	62	56
75+	63	58	48	63	58	48	72	63	58	72	63	58

Women's 5 min Jerk 1 Arm

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	68	58	50	68	58	50	84	68	58	84	68	58
58	70	60	52	70	60	52	85	70	60	85	70	60
65	71	61	54	71	61	54	86	71	61	86	71	61
75	72	62	56	72	62	56	87	72	62	87	72	62
75+	73	63	58	73	63	58	88	73	63	88	73	63

Women's 5 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	AKLU - 20kg			AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	62	56	49	62	56	49	91	62	56	91	62	56
58	70	64	57	70	64	57	99	70	64	99	70	64
65	78	72	65	78	72	65	107	78	72	107	78	72
75	84	78	71	84	78	71	113	84	78	113	84	78
75+	88	82	75	88	82	75	117	88	82	117	88	82

AKLU & WKSF Rank Table - Women
Age 65+

Women's 5 min Long Cycle 2 Arm

Org	AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	27	17	13	27	17	13	35	27	17
58	30	20	16	30	20	16	38	30	20
65	33	23	17	33	23	17	42	33	23
75	35	25	19	35	25	19	47	35	25
75+	38	27	20	38	27	20	48	38	27

Women's 5 min Long Cycle 1 Arm

Org	AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	58	50	40	58	50	40	60	58	50
58	60	52	42	60	52	42	62	60	52
65	61	54	44	61	54	44	64	61	54
75	62	56	46	62	56	46	66	62	56
75+	63	58	48	63	58	48	68	63	58

Women's 5 min Snatch

Org	AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	80	66	55	80	66	55	90	80	66
58	82	68	57	82	68	57	91	82	68
65	84	70	59	84	70	59	92	84	70
75	86	72	61	86	72	61	94	86	72
75+	88	74	63	88	74	63	96	88	74

Women's 5 min Jerk 2 Arm

Org	AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	58	50	40	58	50	40	66	58	50
58	60	52	42	60	52	42	68	60	52
65	61	54	44	61	54	44	70	61	54
75	62	56	46	62	56	46	71	62	56
75+	63	58	48	63	58	48	72	63	58

Women's 5 min Jerk 1 Arm

Org	AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	68	58	50	68	58	50	84	68	58
58	70	60	52	70	60	52	85	70	60
65	71	61	54	71	61	54	86	71	61
75	72	62	56	72	62	56	87	72	62
75+	73	63	58	73	63	58	88	73	63

Women's 5 min Biathlon 2 Arm (Jerk + 0.5 Snatch)

Org	AKLU - 16kg			AKLU - 12kg			AKLU - 8kg		
Weight	CMS	Rank 1	Rank 2	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
52	62	56	49	62	56	49	91	62	56
58	70	64	57	70	64	57	99	70	64
65	78	72	65	78	72	65	107	78	72
75	84	78	71	84	78	71	113	84	78
75+	88	82	75	88	82	75	117	88	82

AKLU & WKSF Rank Table - Men Age 60-74

Long Cycle 30' Men

Org	AKLU - 24kg				AKLU - 20kg				WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
Weight		MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 2	Rank 3
74		310	240	200	360	310	240	200	340	320	290	230	340	320	290	340	320
87		330	260	220	380	330	260	220	360	340	310	250	360	340	310	360	340
87+		350	280	240	400	350	280	240	380	360	320	270	380	360	320	380	360

Jerk 30' Men

Org	AKLU - 24kg				AKLU - 20kg				WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
Weight		MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 2	Rank 3
74		510	440	390	560	510	440	390	550	510	390	310	550	510	390	550	510
87		530	460	410	590	530	460	410	570	530	410	330	570	530	410	570	530
87+		550	480	430	620	550	480	430	590	550	430	350	590	550	430	590	550

Snatch 30' Men

Org	AKLU - 24kg				AKLU - 20kg				WKSF/AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
Weight		MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 2	Rank 3
74		400	350	300	450	400	350	300	480	410	360	300	480	410	360	480	410
87		420	370	320	480	420	370	320	500	440	380	320	500	440	380	500	440
87+		440	390	340	510	440	390	340	520	460	400	350	520	460	400	520	460

Half Snatch 30' Men

Org	AKLU - 24kg				AKLU - 20kg				AKLU - 16kg				AKLU - 12kg			AKLU - 8kg	
Weight	MSIC	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3	Rank 2	Rank 3
74		300	225	175	350	300	225	175	350	280	240	200	350	280	240	350	280
87		325	250	200	375	325	250	200	375	315	265	225	375	315	265	375	315
87+		350	275	225	400	350	275	225	400	340	300	220	400	340	300	400	340

AKLU & WKSF Rank Table - Men Age 75+

Long Cycle 30' Men

Org	AKLU - 20kg			AKLU - 16kg				WKSF/AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
74	310	240	200	360	310	240	200	340	320	290	230	340	320	290
87	330	260	220	380	330	260	220	360	340	310	250	360	340	310
87+	250	280	240	400	250	280	240	380	360	320	270	380	360	320

Jerk 30' Men

Org	AKLU - 20kg			AKLU - 16kg				WKSF/AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
74	510	440	390	560	510	440	390	550	510	290	310	550	510	290
87	530	460	410	590	530	460	410	570	530	410	330	570	530	410
87+	550	480	430	620	550	480	430	590	550	430	350	590	550	430

Snatch 30' Men

Org	AKLU - 20kg			AKLU - 16kg				WKSF/AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
74	400	350	300	450	400	350	300	480	410	360	300	480	410	360
87	420	370	320	480	420	370	320	500	440	380	320	500	440	380
87+	440	390	340	510	440	390	340	520	460	400	350	520	460	400

Half Snatch 30' Men

Org	AKLU - 20kg			AKLU - 16kg				AKLU - 12kg				AKLU - 8kg		
Weight	MS	CMS	Rank 1	MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
74	300	225	175	350	300	225	175	350	280	240	200	350	280	240
87	325	250	200	375	325	250	200	375	315	265	225	375	315	265
87+	350	275	225	400	350	275	225	400	340	300	220	400	340	300

AKLU & WKSF Rank Table - Women Age 55-64

Long Cycle 30' Women

Org	AKLU - 16kg					WKSF/AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
58		310	240	200	180	340	320	290	230	340	320	290
65		330	260	220	190	360	340	310	250	360	340	310
65+		350	280	240	200	380	360	330	270	380	360	330

Jerk 30' Women

Org	AKLU - 16kg					WKSF/AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
58		510	440	390	360	550	510	390	310	550	510	390
65		530	460	410	370	570	530	410	330	570	530	410
65+		550	480	430	380	590	550	430	350	590	550	430

Snatch 30' Women

Org	AKLU - 16kg					WKSF/AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
58		430	350	300	250	480	420	360	300	480	420	360
65		450	370	320	270	500	440	380	320	500	440	380
65+		490	390	340	290	520	460	400	350	520	460	400

Half Snatch 30' Women

Org	AKLU - 16kg					AKLU - 12kg				AKLU - 8kg		
Weight		MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3	Rank 1	Rank 2	Rank 3
58		300	225	175	150	350	280	250	220	350	280	250
65		325	250	200	175	360	290	260	230	360	290	260
65+		350	275	225	200	370	300	270	240	370	300	270

AKLU & WKSF Rank Table - Women Age 65+

Long Cycle 30' Women

Org	AKLU - 12kg					WKSF/AKLU - 8kg			
Weight		MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
58		310	240	200	180	340	320	290	230
65		330	260	220	190	360	340	310	250
65+		350	280	240	200	380	360	330	270

Jerk 30' Women

Org	AKLU - 12kg					WKSF/AKLU - 8kg			
Weight		MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
58		510	440	390	360	550	510	390	310
65		530	460	410	370	570	530	410	330
65+		550	480	430	380	590	550	430	350

Snatch 30' Women

Org	AKLU - 12kg					WKSF/AKLU - 8kg			
Weight		MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
58		430	350	300	250	480	420	360	300
65		450	370	320	270	500	440	380	320
65+		490	390	340	290	520	460	400	350

Half Snatch 30' Women

Org	AKLU - 12kg					AKLU - 8kg			
Weight		MS	CMS	Rank 1	Rank 2	CMS	Rank 1	Rank 2	Rank 3
58		300	225	175	150	350	280	250	220
65		325	250	200	175	360	290	260	230
65+		350	275	225	200	370	300	270	240

Version 2.0 Tables Updated 20 November 20 Approved 12 January 2025