



## Svenska Tyngdlyftningsförbundet Ålderskoefficient (2021-2024)

Ålder	Koefficient	Ålder	Koefficient	Ålder	Koefficient
30	1,000	51	1,297	71	1,910
31	1,016	52	1,316	72	1,953
32	1,031	53	1,338	73	2,004
33	1,046	54	1,361	74	2,060
34	1,059	55	1,385	75	2,117
35	1,072	56	1,411	76	2,181
36	1,083	57	1,437	77	2,255
37	1,096	58	1,462	78	2,336
38	1,109	59	1,488	79	2,419
39	1,122	60	1,514	80	2,504
40	1,135	61	1,541	81	2,597
41	1,149	62	1,568	82	2,702
42	1,162	63	1,598	83	2,831
43	1,176	64	1,629	84	2,981
44	1,189	65	1,663	85	3,153
45	1,203	66	1,699	86	3,352
46	1,218	67	1,738	87	3,580
47	1,233	68	1,779	88	3,843
48	1,248	69	1,823	89	4,145
49	1,263	70	1,867	90	4,493
50	1,279				