**Мужчины**

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| --- | --- | --- |
| **Весовая категория** | **Жим штанги лежа собственного веса** | **1/2 собственного веса** |
| **ЭЛИТА** | **МСМК** | **МС** | **КМС** | **I** | **II** | **III** | **I юн.** | **II юн.** | **III юн.** |
| **52** | 48 | 41 | 36 | 32 | 24 | 21 | 18 | 27 | 23 | 18 |
| **56** | 47 | 40 | 35 | 31 | 23 | 20 | 17 | 26 | 22 | 17 |
| **60** | 46 | 39 | 34 | 30 | 23 | 19 | 16 | 25 | 21 | 16 |
| **67.5** | 45 | 38 | 33 | 29 | 22 | 18 | 15 | 24 | 20 | 15 |
| **75** | 43 | 36 | 32 | 28 | 21 | 18 | 14 | 23 | 19 | 14 |
| **82.5** | 41 | 34 | 30 | 26 | 20 | 17 | 13 | 22 | 18 | 14 |
| **90** | 40 | 33 | 28 | 24 | 19 | 16 | 12 | 22 | 17 | 13 |
| **100** | 39 | 32 | 27 | 23 | 18 | 15 | 12 | 21 | 16 | 12 |
| **110** | 37 | 30 | 25 | 22 | 18 | 14 | 11 | 20 | 15 | 11 |
| **125** | 35 | 28 | 23 | 19 | 16 | 13 | 10 | 19 | 14 | 10 |
| **140** | 33 | 26 | 22 | 18 | 14 | 12 | 8 | 18 | 14 | 9 |
| **140+** | 31 | 23 | 20 | 16 | 13 | 10 | 8 | 17 | 13 | 8 |

**Женщины**

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| **Весоваякатегория** | **Жим штанги лежа собственного веса** | **1/2 собственного веса** |
| **ЭЛИТА** | **МСМК** | **МС** | **КМС** | **I** | **II** | **III** |
| **44** | 24 | 20 | 16 | 42 | 33 | 25 | 17 |
| **48** | 23 | 19 | 15 | 41 | 32 | 24 | 16 |
| **52** | 22 | 18 | 14 | 40 | 31 | 23 | 15 |
| **56** | 20 | 17 | 13 | 40 | 30 | 22 | 14 |
| **60** | 19 | 16 | 13 | 39 | 30 | 22 | 13 |
| **67.5** | 18 | 15 | 12 | 38 | 29 | 21 | 13 |
| **75** | 17 | 14 | 11 | 37 | 28 | 20 | 12 |
| **82.5** | 16 | 13 | 10 | 36 | 27 | 19 | 11 |
| **90** | 15 | 12 | 9 | 34 | 25 | 18 | 10 |
| **90+** | 15 | 11 | 8 | 33 | 24 | 16 | 8 |