

**Kraftlyftingasamband Íslands**  
**Lágmörk fyrir Íslandsmet í klassískum kraftlyftingum karla**

Flokkur	Grein	Opinn	Öldungar 1	Unglingar	Drengir
<b>59</b>	HB	175 kg	165 kg	150 kg	130 kg
	BP	120 kg	110 kg	105 kg	90 kg
	RS	200 kg	185 kg	175 kg	150 kg
	SL	470 kg	440 kg	410 kg	350 kg
<b>66</b>	HB	185 kg	175 kg	160 kg	140 kg
	BP	130 kg	120 kg	115 kg	90 kg
	RS	215 kg	200 kg	185 kg	160 kg
	SL	520 kg	485 kg	450 kg	390 kg
<b>74</b>	HB	205 kg	195 kg	180 kg	150 kg
	BP	140 kg	135 kg	125 kg	100 kg
	RS	230 kg	215 kg	200 kg	170 kg
	SL	565 kg	530 kg	495 kg	420 kg
<b>83</b>	HB	220 kg	210 kg	195 kg	160 kg
	BP	150 kg	140 kg	130 kg	110 kg
	RS	245 kg	230 kg	215 kg	180 kg
	SL	605 kg	570 kg	530 kg	450 kg
<b>93</b>	HB	235 kg	220 kg	205 kg	170 kg
	BP	160 kg	150 kg	140 kg	120 kg
	RS	260 kg	240 kg	225 kg	190 kg
	SL	645 kg	605 kg	565 kg	480 kg
<b>105</b>	HB	245 kg	230 kg	215 kg	180 kg
	BP	175 kg	165 kg	150 kg	130 kg
	RS	270 kg	255 kg	235 kg	200 kg
	SL	680 kg	635 kg	595 kg	510 kg
<b>120</b>	HB	255 kg	240 kg	220 kg	190 kg
	BP	185 kg	175 kg	160 kg	140 kg
	RS	275 kg	255 kg	240 kg	200 kg
	SL	700 kg	655 kg	610 kg	520 kg
<b>120+</b>	HB	260,0 kg	245,0 kg	230,0 kg	190 kg
	BP	200,0 kg	185,0 kg	175,0 kg	150 kg
	RS	280,0 kg	265,0 kg	245,0 kg	210 kg
	SL	720,0 kg	675,0 kg	630,0 kg	540 kg

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**Lágmörk fyrir íslandsmet í klassískum kraftlyftingum kvenna**

Flokkur	Grein	Opinn	Öldungar 1	Unglingar	Stúlkur
<b>47</b>	HB	85 kg	80 kg	70 kg	60 kg
	BP	55 kg	50 kg	45 kg	40 kg
	RS	100 kg	95 kg	85 kg	70 kg
	SL	240 kg	220 kg	200 kg	160 kg
<b>52</b>	HB	90 kg	85 kg	75 kg	60 kg
	BP	65 kg	60 kg	50 kg	40 kg
	RS	110 kg	105 kg	95 kg	70 kg
	SL	255 kg	235 kg	215 kg	170 kg
<b>57</b>	HB	100 kg	95 kg	85 kg	70 kg
	BP	65 kg	60 kg	55 kg	40 kg
	RS	120 kg	110 kg	100 kg	80 kg
	SL	275 kg	255 kg	235 kg	190 kg
<b>63</b>	HB	110 kg	100 kg	90 kg	70 kg
	BP	70 kg	65 kg	60 kg	50 kg
	RS	130 kg	120 kg	110 kg	90 kg
	SL	295 kg	275 kg	250 kg	200 kg
<b>72</b>	HB	120 kg	110 kg	100 kg	80 kg
	BP	80 kg	75 kg	65 kg	50 kg
	RS	135 kg	125 kg	115 kg	90 kg
	SL	325 kg	300 kg	270 kg	220 kg
<b>84</b>	HB	130 kg	120 kg	105 kg	80 kg
	BP	85 kg	80 kg	70 kg	60 kg
	RS	145 kg	135 kg	120 kg	100 kg
	SL	345 kg	320 kg	290 kg	240 kg
<b>84+</b>	HB	135 kg	125 kg	115 kg	90 kg
	BP	90 kg	85 kg	75 kg	60 kg
	RS	150 kg	140 kg	125 kg	100 kg
	SL	370 kg	340 kg	310 kg	250 kg