



2023 EUROPEAN MASTERS QUALIFYING STANDARDS
QUALIFYING PERIOD:
16 October 2021 - 31 MARCH 2023

Qualifying Standards for Men											
MEN											
Category	M85	M80	M75	M70	M65	M60	M55	M50	M45	M40	M35
55	52	54	64	74	87	101	110	127	136	144	153
61	52	58	70	80	94	109	119	138	147	156	165
67	52	62	74	86	101	116	127	147	157	166	176
73	56	66	79	91	106	123	134	155	165	176	186
81	59	69	83	96	113	130	142	164	175	186	197
89	62	73	87	101	118	136	149	172	184	195	207
96	65	75	90	104	122	141	154	178	190	202	214
102	67	77	92	107	125	144	158	182	195	207	219
109	68	79	95	109	128	148	161	187	199	211	224
+109	69	81	97	112	132	152	166	192	205	218	231

Minimum weight on the bar 26 kg

Qualifying Standards for Women											
WOMEN											
Category	W85	W80	W75	W70	W65	W60	W55	W50	W45	W40	W35
45	42	42	42	42	43	48	56	66	70	74	79
49	42	42	42	42	46	51	61	71	76	80	85
55	42	42	42	45	51	57	66	78	83	88	93
59	42	42	43	48	54	60	70	82	87	93	98
64	42	42	45	51	57	63	74	87	92	98	104
71	42	42	48	54	61	67	79	92	99	105	111
76	42	44	50	56	63	70	82	96	102	109	115
81	42	45	51	58	65	72	85	99	106	112	119
87	42	46	52	60	67	74	87	102	109	116	123
+87	42	47	53	61	69	77	90	105	112	119	126

Minimum weight on the bar 21 kg



SPÓRT ÉIREANN
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EUROPEAN MASTERS
 WEIGHTLIFTING CHAMPIONSHIPS
 WATERFORD, IRELAND - 2023