



**2023 WORLD MASTERS
WEIGHTLIFTING CHAMPIONSHIP**
QUALIFYING TOTALS
Wieliczka, Krakow - POLAND
18th - 26th August 2023



Qualification Period from 25th August 2019 to 19th June 2023

MINIMUM WEIGHT ON THE BARBELL 26kg

Men BW Cat's	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85+
55	160	151	140	130	117	106	94	83	70	58	52
61	178	168	156	144	130	118	105	92	78	63	52
67	194	183	170	157	142	128	114	100	85	70	54
73	206	194	180	167	151	136	121	106	90	74	58
81	218	205	191	176	159	144	128	112	96	79	61
89	228	215	200	184	166	150	134	117	100	82	62
96	235	222	206	190	172	155	138	121	103	83	63
102	240	227	211	195	176	159	141	124	103	83	63
109	246	232	215	199	180	162	144	124	104	83	63
109+	252	238	221	204	185	167	145	125	104	83	63

MINIMUM WEIGHT ON THE BARBELL 21kg

Women BW Cat's	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85+
45	90	84	77	68	59	52	46	42	42	42	42
49	99	93	85	75	65	57	51	45	42	42	42
55	110	103	94	83	72	63	57	50	43	42	42
59	117	110	100	88	77	67	60	53	46	42	42
64	123	115	105	93	81	71	63	56	48	42	42
71	130	122	111	99	86	75	67	59	51	42	42
76	135	126	115	102	89	77	69	61	53	43	42
81	139	130	118	105	91	80	71	63	53	43	42
87	143	134	122	108	94	82	74	64	54	43	42
87+	150	141	128	113	99	86	76	65	54	43	42