



## *European Masters Championship 2026 qualifying totals [kg]*

*Qualification Period 2 May 2025 – 15 April 2026*

### **MEN**

|      | M35 | M40 | M45 | M50 | M55 | M60 | M65 | M70 | M75 | M80 | M85 | M90+ |
|------|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| 60   | 165 | 156 | 145 | 138 | 126 | 109 | 99  | 86  | 72  | 57  | 46  | 39   |
| 65   | 178 | 168 | 156 | 144 | 134 | 117 | 105 | 91  | 77  | 62  | 47  | 42   |
| 71   | 189 | 179 | 164 | 153 | 141 | 125 | 110 | 98  | 83  | 65  | 50  | 43   |
| 79   | 200 | 188 | 170 | 160 | 144 | 129 | 113 | 100 | 86  | 70  | 51  | 45   |
| 88   | 211 | 198 | 182 | 168 | 153 | 134 | 118 | 105 | 91  | 73  | 52  | 47   |
| 94   | 217 | 205 | 189 | 174 | 158 | 140 | 123 | 109 | 93  | 75  | 53  | 48   |
| 110  | 228 | 216 | 200 | 185 | 167 | 149 | 130 | 114 | 96  | 79  | 56  | 48   |
| 110+ | 233 | 221 | 205 | 190 | 171 | 153 | 132 | 116 | 96  | 79  | 56  | 48   |

Minimum weight on the bar - 26kg (For M70-M85+ - 15kg)

### **WOMEN**

|     | W35 | W40 | W45 | W50 | W55 | W60 | W65 | W70 | W75 | W80 | W85 | W90+ |
|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|-----|------|
| 48  | 92  | 86  | 77  | 67  | 58  | 51  | 44  | 34  | 30  | 30  | 30  | 30   |
| 53  | 101 | 95  | 84  | 74  | 61  | 53  | 48  | 36  | 30  | 30  | 30  | 30   |
| 58  | 106 | 100 | 89  | 79  | 66  | 57  | 50  | 40  | 32  | 30  | 30  | 30   |
| 63  | 111 | 104 | 92  | 82  | 69  | 59  | 52  | 41  | 32  | 30  | 30  | 30   |
| 69  | 115 | 108 | 95  | 86  | 73  | 61  | 54  | 45  | 33  | 30  | 30  | 30   |
| 77  | 120 | 113 | 100 | 90  | 76  | 66  | 58  | 47  | 34  | 30  | 30  | 30   |
| 86  | 124 | 118 | 104 | 95  | 80  | 68  | 59  | 49  | 35  | 30  | 30  | 30   |
| 86+ | 132 | 127 | 112 | 97  | 85  | 71  | 62  | 50  | 36  | 30  | 30  | 30   |

Minimum weight on the bar - 21kg (For W70-W85+ - 15kg)