

# AAP - ALIANZA ARGENTINA POWERLIFTING

[www.aap-powerlifting.com.ar](http://www.aap-powerlifting.com.ar) - [info@aap-powerlifting.com.ar](mailto:info@aap-powerlifting.com.ar)



## Coefficientes Reshel CABALLEROS en kg

Peso Corporal	0,000	+0,250	+0,500	+0,750
50	1,955	1,937	1,92	1,902
51	1,885	1,867	1,851	1,835
52	1,818	1,803	1,788	1,773
53	1,758	1,743	1,727	1,712
54	1,696	1,682	1,667	1,655
55	1,642	1,63	1,617	1,605
56	1,593	1,58	1,568	1,555
57	1,543	1,531	1,518	1,506
58	1,46	1,451	1,478	1,469
59	1,46	1,451	1,442	1,432
60	1,423	1,414	1,405	1,398
61	1,391	1,384	1,377	1,371
62	1,364	1,357	1,35	1,343
63	1,336	1,329	1,322	1,317
64	1,311	1,306	1,3	1,295
65	1,29	1,284	1,279	1,273
66	1,268	1,263	1,257	1,252
67	1,246	1,242	1,237	1,233
68	1,228	1,224	1,219	1,215
69	1,21	1,206	1,202	1,198
70	1,194	1,19	1,186	1,182
71	1,178	1,174	1,17	1,166
72	1,162	1,158	1,155	1,151
73	1,147	1,143	1,139	1,136
74	1,132	1,128	1,124	1,12
75	1,117	1,114	1,11	1,107
76	1,103	1,1	1,096	1,093
77	1,09	1,087	1,084	1,081
78	1,078	1,075	1,072	0,1069
79	1,066	1,063	1,06	1,057
80	1,054	1,051	1,048	1,046
81	1,044	1,041	1,039	1,036
82	1,034	1,031	1,029	1,026
83	1,024	1,022	1,019	1,017
84	1,015	1,013	1,011	1,008

## Coefficientes Reshel DAMAS en kg

Peso Corporal	0,000	+0,250	+0,500	+0,750
40	3,145	3,105	3,065	3,025
41	2,985	2,950	2,915	2,882
42	2,849	2,817	2,786	2,759
43	2,732	2,706	2,681	2,656
44	2,632	2,610	2,589	2,567
45	2,545	2,523	2,503	2,483
46	2,463	2,443	2,424	2,405
47	2,387	2,369	2,351	2,331
48	2,315	2,297	2,280	2,263
49	2,247	2,231	2,216	2,202
50	2,188	2,174	2,160	2,146
51	2,132	2,119	2,105	2,092
52	2,079	2,066	2,053	2,041
53	2,028	2,016	2,004	1,994
54	1,984	1,974	1,963	1,953
55	1,942	1,932	1,923	1,914
56	1,905	1,896	1,887	1,878
57	1,869	1,860	1,852	1,845
58	1,838	1,830	1,822	1,815
59	1,808	1,802	1,795	1,789
60	1,783	1,776	1,770	1,764
61	1,757	1,751	1,745	1,740
62	1,735	1,730	1,725	1,720
63	1,715	1,711	1,707	1,703
64	1,698	1,694	1,690	1,686
65	1,681	1,676	1,672	1,668
66	1,664	1,660	1,655	1,651
67	1,647	1,643	1,639	1,634
68	1,631	1,627	1,623	1,620
69	1,618	1,615	1,612	1,608
70	1,605	1,601	1,598	1,695
71	1,592	1,589	1,586	1,583
72	1,580	1,577	1,574	1,571
73	1,567	1,564	1,561	1,558
74	1,555	1,552	1,549	1,546

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Peso Corporal	0,000	+0,250	+0,500	+0,750
85	1,006	1,004	1,002	1
86	0,998	0,996	0,994	0,992
87	0,99	0,988	0,987	0,985
88	0,983	0,981	0,979	0,978
89	0,976	0,974	0,972	0,97
90	0,969	0,967	0,965	0,963
91	0,961	0,96	0,958	0,956
92	0,954	0,952	0,951	950
93	0,948	0,947	0,945	0,944
94	0,942	0,941	0,939	0,938
95	0,937	0,935	0,934	0,933
96	0,932	0,931	0,929	0,928
97	0,927	0,926	0,925	0,924
98	0,923	0,922	0,921	0,92
99	0,919	0,918	0,917	0,916
100	0,915	0,914	0,913	0,912
101	0,911	0,91	0,909	0,909
102	0,908	0,907	0,906	0,905
103	0,904	0,904	0,903	0,902
104	0,901	0,9	0,899	0,899
105	0,898	0,898	0,897	0,896
106	0,895	0,894	0,894	0,893
107	0,892	0,892	0,891	0,89
108	0,89	0,889	0,889	0,888
109	0,887	0,887	0,886	0,885
110	0,885	0,884	0,883	0,883
111	0,882	0,881	0,881	0,88
112	0,879	0,879	0,878	878
113	0,877	0,876	0,876	0,875
114	0,875	0,874	0,873	0,873
115	0,873	0,872	0,872	0,871
116	0,871	0,87	0,87	0,869
117	0,869	0,868	0,868	0,868
118	0,867	0,867	0,866	0,866
119	0,866	0,865	0,865	0,864
120	0,864	0,864	0,863	0,863
121	0,862	0,862	0,862	0,861
122	0,861	0,861	0,861	0,86

Peso Corporal	0,000	+0,250	+0,500	+0,750
75	1,543	1,541	1,539	1,536
76	1,534	1,531	1,529	1,526
77	1,524	1,521	1,519	1,517
78	1,515	1,512	1,510	1,508
79	1,506	1,503	1,501	1,499
80	1,497	1,494	1,492	1,490
81	1,488	1,485	1,483	1,481
82	1,479	1,477	1,475	1,473
83	1,471	1,469	1,466	1,464
84	1,462	1,460	1,457	1,455
85	1,453	1,451	1,449	1,447
86	1,445	1,443	1,442	1,440
87	1,439	1,437	1,436	1,434
88	1,433	1,431	1,429	1,428
89	1,427	1,425	1,424	1,422
90	1,420	1,418	1,417	1,415
91	1,414	1,412	1,411	1,409
92	1,408	1,407	1,405	1,404
93	1,403	1,401	1,400	1,398
94	1,397	1,395	1,394	1,392
95	1,391	1,389	1,388	1,386
96	1,385	1,383	1,382	1,380
97	1,379	1,377	1,376	1,375
98	1,373	1,373	1,371	1,370
99	1,368	1,366	1,365	1,364
100	1,362	1,361	1,360	1,359
101	1,359	1,358	1,357	1,356
102	1,355	1,354	1,353	1,352
103	1,351	1,350	1,349	1,348
104	1,348	1,347	1,346	1,345
105	1,344	1,343	1,342	1,341
106	1,340	1,339	1,338	1,338
107	1,337	1,336	1,335	1,334
108	1,333	1,332	1,331	1,331
109	1,330	1,329	1,328	1,327
110	1,326	1,325	1,324	1,323
111	1,323	1,322	1,321	1,320
112	1,319	1,319	1,318	1,318

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Peso Corporal	0,000	+0,250	+0,500	+0,750
123	0,86	0,86	0,86	0,859
124	0,859	0,859	0,858	0,858
125	0,858	0,857	0,857	0,857
126	0,857	0,856	0,856	0,856
127	0,855	0,855	0,854	0,854
128	0,854	0,854	0,853	0,853
129	0,853	0,852	0,852	0,852
130	0,851	0,851	0,851	0,851
131	0,85	0,85	0,85	0,849
132	0,849	0,849	0,848	0,848
133	0,848	0,848	0,847	0,847
134	0,847	0,847	0,847	0,846
135	0,846	0,846	0,845	0,845
136	0,845	0,845	0,844	0,844
137	0,844	0,843	0,843	0,843
138	0,842	0,842	0,842	0,842
139	0,841	0,841	0,841	0,84
140	0,84	0,84	0,84	0,84
141	0,839	0,839	0,839	0,839
142	0,838	0,838	0,838	0,838
143	0,837	0,837	0,837	0,837
144	0,836	0,836	0,836	0,836
145	0,835	0,835	0,835	0,835
146	0,834	0,834	0,834	0,834
147	0,833	0,833	0,833	0,833
148	0,832	0,832	0,832	0,832
149	0,831	0,831	0,831	0,831
150	0,831	0,83	0,83	0,83
151	0,83	0,83	0,829	0,829
152	0,829	0,829	0,829	0,928
153	0,828	0,828	0,828	0,828
154	0,828	0,827	0,827	0,827
155	0,827	0,827	0,827	0,826
156	0,826	0,826	0,826	0,826
157	0,826	0,825	0,825	0,825
158	0,825	0,825	0,825	0,825
159	0,824	0,824	0,824	0,824
160	0,824	0,824	0,824	0,823

Peso Corporal	0,000	+0,250	+0,500	+0,750
113	1,318	1,318	1,317	1,317
114	1,316	1,316	1,315	1,315
115	1,314	1,314	1,313	1,313
116	1,312	1,312	1,311	1,311
117	1,310	1,310	1,309	1,309
118	1,309	1,308	1,308	1,307
119	1,307	1,307	1,306	1,306

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Peso Corporal	0,000	+0,250	+0,500	+0,750
161	0,823	0,823	0,823	0,823
162	0,823	0,823	0,822	0,822
163	0,822	0,822	0,822	0,822
164	0,822	0,821	0,821	0,821
165	0,821	0,821	0,821	0,821
166	0,82	0,82	0,82	0,82
167	0,82	0,82	0,82	0,819
168	0,819	0,819	0,819	0,819
169	0,819	0,819	0,818	0,818
170	0,818	0,818	0,818	0,818
171	0,818	0,818	0,817	0,817
172	0,817	0,817	0,817	0,817
173	0,817	0,817	0,816	0,816
174	0,816	0,816	0,816	0,816
175	0,816	0,816	0,816	0,185