

## Федерация WPC. Нормативы по становой тяге в экипировке

### Мужчины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК  | МС    | КМС   | I     | II    | III   | I ЮН. | II ЮН. |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| 52                | 265   | 235   | 202.5 | 177.5 | 160   | 142.5 | 122.5 | 102.5 | 82.5   |
| 56                | 282.5 | 250   | 217.5 | 190   | 170   | 152.5 | 130   | 110   | 87.5   |
| 60                | 300   | 265   | 230   | 200   | 180   | 160   | 137.5 | 115   | 92.5   |
| 67.5              | 325   | 287.5 | 250   | 217.5 | 195   | 175   | 150   | 125   | 100    |
| 75                | 345   | 305   | 265   | 232.5 | 207.5 | 187.5 | 160   | 132.5 | 107.5  |
| 82.5              | 362.5 | 320   | 280   | 242.5 | 217.5 | 195   | 167.5 | 140   | 112.5  |
| 90                | 377.5 | 332.5 | 290   | 252.5 | 225   | 202.5 | 175   | 145   | 115    |
| 100               | 390   | 345   | 300   | 262.5 | 235   | 210   | 180   | 150   | 120    |
| 110               | 402.5 | 355   | 310   | 270   | 242.5 | 217.5 | 185   | 155   | 125    |
| 125               | 415   | 367.5 | 320   | 277.5 | 250   | 225   | 192.5 | 160   | 127.5  |
| 140               | 425   | 377.5 | 327.5 | 285   | 255   | 230   | 197.5 | 162.5 | 130    |
| 140+              | 432.5 | 382.5 | 332.5 | 290   | 260   | 232.5 | 200   | 167.5 | 132.5  |

### Женщины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК  | МС    | КМС   | I     | II    | III   | I ЮН. | II ЮН. |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| 44                | 167.5 | 147.5 | 127.5 | 112.5 | 100   | 90    | 77.5  | 65    | 52.5   |
| 48                | 180   | 160   | 140   | 120   | 107.5 | 97.5  | 82.5  | 70    | 55     |
| 52                | 192.5 | 170   | 150   | 130   | 115   | 105   | 90    | 75    | 60     |
| 56                | 205   | 180   | 157.5 | 137.5 | 122.5 | 110   | 95    | 77.5  | 62.5   |
| 60                | 215   | 190   | 165   | 142.5 | 127.5 | 115   | 100   | 82.5  | 65     |
| 67.5              | 230   | 202.5 | 177.5 | 152.5 | 137.5 | 122.5 | 105   | 87.5  | 70     |
| 75                | 242.5 | 212.5 | 185   | 162.5 | 145   | 130   | 112.5 | 92.5  | 75     |
| 82.5              | 250   | 222.5 | 192.5 | 167.5 | 150   | 135   | 115   | 97.5  | 77.5   |
| 90                | 257.5 | 227.5 | 197.5 | 172.5 | 155   | 140   | 120   | 100   | 80     |
| 90+               | 262.5 | 232.5 | 202.5 | 175   | 157.5 | 142.5 | 122.5 | 102.5 | 82.5   |

## Федерация WPC. Нормативы по становой тяге без экипировки

### Мужчины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК  | МС    | КМС   | I     | II    | III   | I ЮН. | II ЮН. |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| 52                | 235   | 207.5 | 180   | 157.5 | 140   | 127.5 | 107.5 | 90    | 72.5   |
| 56                | 252.5 | 222.5 | 195   | 167.5 | 150   | 135   | 117.5 | 97.5  | 77.5   |
| 60                | 267.5 | 237.5 | 205   | 180   | 160   | 145   | 122.5 | 102.5 | 82.5   |
| 67.5              | 292.5 | 260   | 225   | 197.5 | 175   | 157.5 | 135   | 112.5 | 90     |
| 75                | 315   | 277.5 | 242.5 | 210   | 187.5 | 170   | 145   | 120   | 97.5   |
| 82.5              | 330   | 292.5 | 255   | 222.5 | 197.5 | 177.5 | 152.5 | 127.5 | 102.5  |
| 90                | 345   | 305   | 265   | 230   | 207.5 | 185   | 160   | 132.5 | 105    |
| 100               | 360   | 317.5 | 277.5 | 240   | 215   | 192.5 | 165   | 137.5 | 110    |
| 110               | 370   | 327.5 | 285   | 247.5 | 222.5 | 200   | 172.5 | 142.5 | 115    |
| 125               | 385   | 340   | 295   | 257.5 | 230   | 207.5 | 177.5 | 147.5 | 117.5  |
| 140               | 395   | 350   | 302.5 | 265   | 237.5 | 212.5 | 182.5 | 152.5 | 122.5  |
| 140+              | 402.5 | 355   | 310   | 270   | 242.5 | 217.5 | 185   | 155   | 125    |

### Женщины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК  | МС    | КМС   | I     | II    | III | I ЮН. | II ЮН. |
|-------------------|-------|-------|-------|-------|-------|-------|-----|-------|--------|
| 44                | 150   | 132.5 | 115   | 100   | 90    | 82.5  | 70  | 57.5  | 47.5   |
| 48                | 162.5 | 145   | 125   | 110   | 97.5  | 87.5  | 75  | 62.5  | 50     |
| 52                | 175   | 155   | 135   | 117.5 | 105   | 95    | 80  | 67.5  | 55     |
| 56                | 185   | 165   | 142.5 | 125   | 110   | 100   | 85  | 70    | 57.5   |
| 60                | 195   | 172.5 | 150   | 130   | 117.5 | 105   | 90  | 75    | 60     |
| 67.5              | 207.5 | 182.5 | 160   | 140   | 125   | 112.5 | 95  | 80    | 65     |
| 75                | 217.5 | 192.5 | 167.5 | 145   | 130   | 117.5 | 100 | 85    | 67.5   |

|             |       |       |       |       |       |       |       |      |      |
|-------------|-------|-------|-------|-------|-------|-------|-------|------|------|
| <b>82.5</b> | 227.5 | 200   | 175   | 152.5 | 135   | 122.5 | 105   | 87.5 | 70   |
| <b>90</b>   | 232.5 | 207.5 | 180   | 157.5 | 140   | 125   | 107.5 | 90   | 72.5 |
| <b>90+</b>  | 237.5 | 210   | 182.5 | 160   | 142.5 | 127.5 | 110   | 92.5 | 75   |

## Федерация AWPC. Нормативы по становой тяге в экипировке

### Мужчины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК  | МС    | КМС   | I     | II    | III   | I ЮН. | II ЮН. |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| <b>52</b>         | 222.5 | 197.5 | 172.5 | 150   | 130   | 120   | 102.5 | 85    | 67.5   |
| <b>56</b>         | 237.5 | 210   | 182.5 | 160   | 140   | 127.5 | 110   | 92.5  | 72.5   |
| <b>60</b>         | 252.5 | 222.5 | 195   | 170   | 147.5 | 135   | 117.5 | 97.5  | 77.5   |
| <b>67.5</b>       | 275   | 242.5 | 210   | 182.5 | 160   | 147.5 | 127.5 | 105   | 85     |
| <b>75</b>         | 292.5 | 257.5 | 225   | 195   | 170   | 157.5 | 135   | 112.5 | 90     |
| <b>82.5</b>       | 305   | 270   | 235   | 205   | 180   | 165   | 142.5 | 117.5 | 95     |
| <b>90</b>         | 317.5 | 280   | 245   | 212.5 | 185   | 170   | 147.5 | 122.5 | 97.5   |
| <b>100</b>        | 330   | 292.5 | 255   | 220   | 192.5 | 177.5 | 152.5 | 127.5 | 102.5  |
| <b>110</b>        | 340   | 300   | 262.5 | 227.5 | 197.5 | 182.5 | 157.5 | 130   | 105    |
| <b>125</b>        | 350   | 310   | 270   | 235   | 205   | 190   | 162.5 | 135   | 107.5  |
| <b>140</b>        | 360   | 317.5 | 275   | 240   | 210   | 192.5 | 165   | 137.5 | 110    |
| <b>140+</b>       | 365   | 322.5 | 280   | 245   | 212.5 | 197.5 | 167.5 | 140   | 112.5  |

### Женщины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК  | МС    | КМС   | I     | II    | III   | I ЮН. | II ЮН. |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| <b>44</b>         | 142.5 | 127.5 | 110   | 95    | 82.5  | 77.5  | 65    | 55    | 45     |
| <b>48</b>         | 155   | 137.5 | 120   | 105   | 90    | 82.5  | 72.5  | 60    | 47.5   |
| <b>52</b>         | 165   | 147.5 | 127.5 | 110   | 97.5  | 90    | 77.5  | 65    | 50     |
| <b>56</b>         | 175   | 155   | 135   | 117.5 | 102.5 | 95    | 80    | 67.5  | 55     |
| <b>60</b>         | 185   | 162.5 | 142.5 | 122.5 | 107.5 | 100   | 85    | 70    | 57.5   |
| <b>67.5</b>       | 197.5 | 175   | 152.5 | 132.5 | 115   | 105   | 90    | 75    | 60     |
| <b>75</b>         | 207.5 | 182.5 | 160   | 137.5 | 120   | 112.5 | 95    | 80    | 62.5   |
| <b>82.5</b>       | 215   | 190   | 165   | 145   | 125   | 115   | 100   | 82.5  | 65     |
| <b>90</b>         | 222.5 | 195   | 170   | 147.5 | 130   | 120   | 102.5 | 85    | 67.5   |
| <b>90+</b>        | 225   | 200   | 172.5 | 150   | 132.5 | 122.5 | 105   | 87.5  | 70     |

## Федерация AWPC. Нормативы по становой тяге без экипировки

### Мужчины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК  | МС    | КМС   | I     | II    | III   | I ЮН. | II ЮН. |
|-------------------|-------|-------|-------|-------|-------|-------|-------|-------|--------|
| <b>52</b>         | 197.5 | 175   | 152.5 | 132.5 | 115   | 105   | 90    | 75    | 60     |
| <b>56</b>         | 212.5 | 187.5 | 162.5 | 142.5 | 125   | 115   | 97.5  | 82.5  | 65     |
| <b>60</b>         | 225   | 200   | 172.5 | 150   | 132.5 | 120   | 105   | 87.5  | 70     |
| <b>67.5</b>       | 247.5 | 217.5 | 190   | 165   | 145   | 132.5 | 112.5 | 95    | 75     |
| <b>75</b>         | 265   | 232.5 | 202.5 | 177.5 | 155   | 142.5 | 122.5 | 102.5 | 80     |
| <b>82.5</b>       | 277.5 | 245   | 215   | 185   | 162.5 | 150   | 127.5 | 107.5 | 85     |
| <b>90</b>         | 290   | 255   | 222.5 | 195   | 170   | 155   | 132.5 | 112.5 | 90     |
| <b>100</b>        | 302.5 | 267.5 | 232.5 | 202.5 | 177.5 | 162.5 | 140   | 115   | 92.5   |
| <b>110</b>        | 312.5 | 275   | 240   | 207.5 | 182.5 | 167.5 | 145   | 120   | 95     |
| <b>125</b>        | 322.5 | 285   | 247.5 | 215   | 190   | 175   | 150   | 125   | 100    |
| <b>140</b>        | 332.5 | 292.5 | 255   | 222.5 | 192.5 | 177.5 | 152.5 | 127.5 | 102.5  |
| <b>140+</b>       | 337.5 | 300   | 260   | 225   | 197.5 | 182.5 | 155   | 130   | 105    |

### Женщины

| ВЕСОВАЯ КАТЕГОРИЯ | ЭЛИТА | МСМК  | МС    | КМС  | I    | II | III | I ЮН. | II ЮН. |
|-------------------|-------|-------|-------|------|------|----|-----|-------|--------|
| <b>44</b>         | 127.5 | 115   | 100   | 85   | 75   | 70 | 60  | 50    | 40     |
| <b>48</b>         | 140   | 122.5 | 107.5 | 92.5 | 82.5 | 75 | 65  | 52.5  | 42.5   |
| <b>52</b>         | 150   | 132.5 | 115   | 100  | 87.5 | 80 | 70  | 57.5  | 45     |

|             |       |       |       |       |       |       |      |      |      |
|-------------|-------|-------|-------|-------|-------|-------|------|------|------|
| <b>56</b>   | 157.5 | 140   | 122.5 | 105   | 92.5  | 85    | 72.5 | 60   | 47.5 |
| <b>60</b>   | 165   | 147.5 | 127.5 | 110   | 97.5  | 90    | 77.5 | 62.5 | 50   |
| <b>67.5</b> | 177.5 | 157.5 | 135   | 117.5 | 102.5 | 95    | 82.5 | 67.5 | 55   |
| <b>75</b>   | 185   | 165   | 142.5 | 125   | 110   | 100   | 85   | 72.5 | 57.5 |
| <b>82.5</b> | 192.5 | 170   | 150   | 130   | 112.5 | 105   | 90   | 75   | 60   |
| <b>90</b>   | 200   | 177.5 | 152.5 | 132.5 | 117.5 | 107.5 | 92.5 | 77.5 | 62.5 |
| <b>90+</b>  | 202.5 | 180   | 155   | 135   | 120   | 110   | 95   | 80   | 65   |