

BEST LIFTER FORMULA (Reshel) - WOMEN

Lifter's Total (LT) x Reshel Bodyweight Coefficient (RBC) = Product Number (PN)

The lifter with the highest product number.

BWT	0	+.25	+.50	+.75	BWT	0	+.25	+.50	+.75
40	3.145	3.105	3.065	3.025	80	1.497	1.494	1.492	1.490
41	2.985	2.950	2.915	2.882	81	1.488	1.485	1.483	1.481
42	2.849	2.817	2.786	2.759	82	1.479	1.477	1.475	1.473
43	2.732	2.706	2.681	2.656	83	1.471	1.469	1.466	1.464
44	2.632	2.610	2.589	2.567	84	1.462	1.460	1.457	1.455
45	2.545	2.523	2.503	2.483	85	1.453	1.451	1.449	1.447
46	2.463	2.443	2.424	2.405	86	1.445	1.443	1.442	1.440
47	2.387	2.369	2.351	2.333	87	1.439	1.437	1.436	1.434
48	2.315	2.297	2.280	2.263	88	1.433	1.431	1.429	1.428
49	2.247	2.231	2.216	2.202	89	1.427	1.425	1.424	1.422
50	2.188	2.174	2.160	2.146	90	1.420	1.418	1.417	1.415
51	2.132	2.119	2.105	2.092	91	1.414	1.412	1.411	1.409
52	2.079	2.066	2.053	2.041	92	1.408	1.407	1.405	1.404
53	2.028	2.016	2.004	1.994	93	1.403	1.401	1.400	1.398
54	1.984	1.974	1.963	1.953	94	1.397	1.395	1.394	1.392
55	1.942	1.932	1.923	1.914	95	1.391	1.389	1.388	1.386
56	1.905	1.896	1.887	1.878	96	1.385	1.383	1.382	1.380
57	1.869	1.860	1.852	1.845	97	1.379	1.377	1.376	1.375
58	1.838	1.830	1.822	1.815	98	1.374	1.373	1.371	1.370
59	1.808	1.802	1.795	1.789	99	1.368	1.366	1.365	1.364
60	1.783	1.776	1.770	1.764	100	1.362	1.361	1.360	1.359
61	1.757	1.751	1.745	1.740	101	1.359	1.358	1.357	1.356
62	1.735	1.730	1.725	1.720	102	1.355	1.354	1.353	1.352
63	1.715	1.711	1.707	1.703	103	1.351	1.350	1.349	1.348
64	1.698	1.694	1.690	1.686	104	1.348	1.347	1.346	1.345
65	1.681	1.676	1.672	1.668	105	1.344	1.343	1.342	1.341
66	1.664	1.660	1.655	1.651	106	1.340	1.339	1.338	1.338
67	1.647	1.643	1.639	1.634	107	1.337	1.336	1.335	1.334
68	1.631	1.627	1.623	1.620	108	1.333	1.332	1.331	1.331
69	1.618	1.615	1.612	1.608	109	1.330	1.329	1.328	1.327
70	1.605	1.601	1.598	1.595	110	1.326	1.325	1.324	1.323
71	1.592	1.589	1.586	1.583	111	1.323	1.322	1.321	1.320
72	1.580	1.577	1.574	1.571	112	1.319	1.319	1.318	1.318
73	1.567	1.564	1.561	1.558	113	1.318	1.318	1.317	1.317
74	1.555	1.552	1.549	1.546	114	1.316	1.316	1.315	1.315
75	1.543	1.541	1.539	1.536	115	1.314	1.314	1.313	1.313
76	1.534	1.531	1.529	1.526	116	1.312	1.312	1.311	1.311
77	1.524	1.521	1.519	1.517	117	1.310	1.310	1.309	1.309
78	1.515	1.512	1.510	1.508	118	1.309	1.308	1.308	1.307
79	1.506	1.503	1.501	1.499	119	1.307	1.307	1.306	1.306

This document was created with Win2PDF available at <http://www.daneprairie.com>.
The unregistered version of Win2PDF is for evaluation or non-commercial use only.