



# **McCULLOCH COEFFICIENTS FOR MASTERS**

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## Chart of absolute coefficients

The coefficient calculated by «McCulloch» formula is used to compare the results of Masters 40+. McCulloch coefficient represents the ratio between athlete's age and lifted weight.

To determine the **absolute** result is necessary to multiply the lift weight by athlete on a coefficient corresponding to the age of the athlete.

**For example:** The athlete whose age is 50 years, lifted in total in full power 300 kg. We need to determine the absolute coefficient (marked in blue) and multiply on total in full power.

Absolute result =  $1,130 * 300 = 339$ .

### McCulloch coefficients for Masters

Age	Coefficient
40	1.000
41	1.010
42	1.020
43	1.031
44	1.043
45	1.055
46	1.068
47	1.082
48	1.097
49	1.113
50	1.130
51	1.147
52	1.165
53	1.184
54	1.204
55	1.225
56	1.246
57	1.268
58	1.291
58	1.113
59	1.315
60	1.340
61	1.366
62	1.393

63	1.421
64	1.450
65	1.480
66	1.511
67	1.543
68	1.576
69	1.610
70	1.645
71	1.681
72	1.718
73	1.756
74	1.795
75	1.835
76	1.876
77	1.918
78	1.961
79	2.005
80	2.050
81	2.096
82	2.143
83	2.190
84	2.238
85	2.287
86	2.337
87	2.388
88	2.440

89	2.494
90	2.549