

BEST LIFTER FORMULA (Reshel) – MEN

Lifter's Total (LT) x Bodyweight Coefficient (BC) = Product Number (PN) *The lifter with the highest product number wins*

BWT	0	+.25	+.50	+.75	BWT	0	+.25	+.50	+.75	BWT	0	+.25	+.50	+.75
50	1.955	1.937	1.920	1.902	90	0.969	0.967	0.965	0.963	130	0.851	0.851	0.851	0.851
51	1.855	1.867	1.851	1.835	91	0.961	0.960	0.958	0.956	131	0.850	0.850	0.850	0.849
52	1.818	1.803	1.788	1.773	92	0.954	0.952	0.951	0.950	132	0.849	0.849	0.848	0.848
53	1.758	1.743	1.727	1.712	93	0.948	0.947	0.945	0.944	133	0.848	0.848	0.847	0.847
54	1.697	1.682	1.667	1.655	94	0.942	0.941	0.939	0.938	134	0.847	0.847	0.847	0.846
55	1.642	1.630	1.617	1.605	95	0.937	0.935	0.934	0.933	135	0.846	0.846	0.845	0.845
56	1.593	1.580	1.568	1.555	96	0.932	0.931	0.929	0.928	136	0.845	0.845	0.844	0.844
57	1.543	1.531	1.518	1.506	97	0.927	0.926	0.925	0.924	137	0.844	0.843	0.843	0.843
58	1.497	1.488	1.478	1.469	98	0.923	0.922	0.921	0.920	138	0.842	0.842	0.842	0.842
59	1.460	1.451	1.442	1.432	99	0.919	0.918	0.917	0.916	139	0.841	0.841	0.841	0.840
60	1.423	1.414	1.405	1.398	100	0.915	0.914	0.913	0.912	140	0.840	0.840	0.840	0.840
61	1.391	1.384	1.377	1.371	101	0.911	0.910	0.909	0.909	141	0.839	0.839	0.839	0.839
62	1.364	1.357	1.350	1.343	102	0.908	0.907	0.906	0.905	142	0.838	0.838	0.838	0.838
63	1.336	1.329	1.322	1.317	103	0.904	0.904	0.903	0.902	143	0.837	0.837	0.837	0.837
64	1.311	1.306	1.300	1.295	104	0.901	0.900	0.899	0.899	144	0.836	0.836	0.836	0.836
65	1.290	1.284	1.279	1.273	105	0.898	0.898	0.897	0.896	145	0.835	0.835	0.835	0.835
66	1.268	1.263	1.257	1.252	106	0.895	0.894	0.894	0.893	146	0.834	0.834	0.834	0.834
67	1.246	1.242	1.237	1.233	107	0.892	0.892	0.891	0.890	147	0.833	0.833	0.833	0.833
68	1.228	1.224	1.219	1.215	108	0.890	0.889	0.889	0.888	148	0.832	0.832	0.832	0.832
69	1.210	1.206	1.202	1.198	109	0.887	0.887	0.886	0.885	149	0.831	0.831	0.831	0.831
70	1.194	1.190	1.186	1.182	110	0.885	0.884	0.883	0.883	150	0.831	0.830	0.830	0.830
71	1.178	1.174	1.170	1.166	111	0.882	0.881	0.881	0.880	151	0.830	0.830	0.829	0.829
72	1.162	1.158	1.155	1.151	112	0.879	0.879	0.878	0.878	152	0.829	0.829	0.829	0.828
73	1.147	1.143	1.139	1.136	113	0.877	0.876	0.876	0.875	153	0.828	0.828	0.828	0.828
74	1.132	1.128	1.124	1.120	114	0.875	0.874	0.873	0.873	154	0.828	0.827	0.827	0.827
75	1.117	1.114	1.110	1.107	115	0.873	0.872	0.872	0.871	155	0.827	0.827	0.827	0.826
76	1.103	1.100	1.096	1.093	116	0.871	0.870	0.870	0.869	156	0.826	0.826	0.826	0.826
77	1.090	1.087	1.084	1.081	117	0.869	0.868	0.868	0.868	157	0.826	0.825	0.825	0.825
78	1.078	1.075	1.072	1.069	118	0.867	0.867	0.866	0.866	158	0.825	0.825	0.825	0.825
79	1.066	1.063	1.060	1.057	119	0.866	0.865	0.865	0.864	159	0.824	0.824	0.824	0.824
80	1.054	1.051	1.048	1.046	120	0.864	0.864	0.863	0.863	160	0.824	0.824	0.824	0.823
81	1.044	1.041	1.039	1.036	121	0.862	0.862	0.862	0.861	161	0.823	0.823	0.823	0.823
82	1.034	1.031	1.029	1.026	122	0.861	0.861	0.861	0.860	162	0.823	0.823	0.822	0.822
83	1.024	1.022	1.019	1.017	123	0.860	0.860	0.860	0.859	163	0.822	0.822	0.822	0.822
84	1.015	1.013	1.011	1.008	124	0.859	0.859	0.858	0.858	164	0.822	0.821	0.821	0.821
85	1.006	1.004	1.002	1.000	125	0.858	0.857	0.857	0.857	165	0.821	0.821	0.821	0.821
86	0.998	0.996	0.994	0.992	126	0.857	0.856	0.856	0.856	166	0.820	0.820	0.820	0.820
87	0.990	0.988	0.987	0.985	127	0.855	0.855	0.854	0.854	167	0.820	0.820	0.820	0.819
88	0.983	0.981	0.979	0.978	128	0.854	0.854	0.853	0.853	168	0.819	0.819	0.819	0.819
89	0.976	0.974	0.972	0.970	129	0.853	0.852	0.852	0.852	169	0.819	0.819	0.818	0.818

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