

## FORMULA CALCOLO COEFFICIENTE SINCLAIR 2017 | 2020

### Formula Maschile

$$=SE(PESO CORPOREO < 175,508; 10^{(0,75 \cdot 194503 \cdot ((\text{LOG } 10(PESO \text{ ATLETA} / 175,508))^2))}; 1)$$

### Formula Femminile

$$=SE(PESO CORPOREO < 153,655; 10^{(0,783497476 \cdot ((\text{LOG } 10(PESO \text{ ATLETA} / 153,655))^2))}; 1)$$

## TABELLA SINCLAIR MASTER 2019 (MELTZER | FABER)

	ANNO	ETÀ	COEFF
MASTER 45	1978	41	1,149
	1977	42	1,162
	1976	43	1,176
	1975	44	1,189
	1974	45	1,203
	ANNO	ETÀ	COEFF
MASTER 55	1973	46	1,218
	1972	47	1,233
	1971	48	1,248
	1970	49	1,263
	1969	50	1,279
	1968	51	1,297
	1967	52	1,316
	1966	53	1,338
	1965	54	1,361
	1964	55	1,385
	ANNO	ETÀ	COEFF
MASTER 65	1963	56	1,411
	1962	57	1,437
	1961	58	1,462
	1960	59	1,488
	1959	60	1,514
	1958	61	1,541
	1957	62	1,568
	1956	63	1,598
	1955	64	1,629
	1954	65	1,663

	ANNO	ETÀ	COEFF
MASTER +65	1953	66	1,699
	1952	67	1,738
	1951	68	1,779
	1950	69	1,823
	1949	70	1,867
	1948	71	1,910
	1947	72	1,953
	1946	73	2,004
	1945	74	2,060
	1944	75	2,117
	1943	76	2,181
	1942	77	2,255
	1941	78	2,336
	1940	79	2,419
	1939	80	2,504
	1938	81	2,597
	1937	82	2,702
	1936	83	2,831
	1935	84	2,981
	1934	85	3,153
1933	86	3,352	
1932	87	3,580	
1931	88	3,843	
1930	89	4,145	
1929	90	4,493	
1953	66	1,699	
1952	67	1,738	