

FORMULA CALCOLO COEFFICIENTE SINCLAIR 2017 | 2020

Formula Maschile

=SE(PESO CORPOREO<175,508;10^(0,75194503\*((LOG10(PESO ATLETA/175,508))^2));1)

Formula Femminile

=SE(PESO CORPOREO<153,655;10^(0,783497476\*((LOG10(PESO ATLETA/153,655))^2));1)

TABELLA SINCLAIR MASTER 2020 (MELTZER | FABER)

|              | ANNO | ETÀ | COEFF |
|--------------|------|-----|-------|
| MASTER<br>45 | 1979 | 41  | 1,149 |
|              | 1978 | 42  | 1,162 |
|              | 1977 | 43  | 1,176 |
|              | 1976 | 44  | 1,189 |
|              | 1975 | 45  | 1,203 |
|              | ANNO | ETÀ | COEFF |
| MASTER<br>55 | 1974 | 46  | 1,218 |
|              | 1973 | 46  | 1,233 |
|              | 1972 | 47  | 1,248 |
|              | 1971 | 48  | 1,263 |
|              | 1970 | 49  | 1,279 |
|              | 1969 | 50  | 1,297 |
|              | 1968 | 51  | 1,316 |
|              | 1967 | 52  | 1,338 |
|              | 1966 | 53  | 1,361 |
|              | 1965 | 54  | 1,385 |
|              | ANNO | ETÀ | COEFF |
| MASTER<br>65 | 1964 | 55  | 1,411 |
|              | 1963 | 56  | 1,437 |
|              | 1962 | 57  | 1,462 |
|              | 1961 | 58  | 1,488 |
|              | 1960 | 59  | 1,514 |
|              | 1959 | 60  | 1,541 |
|              | 1958 | 61  | 1,568 |
|              | 1957 | 62  | 1,598 |
|              | 1956 | 63  | 1,629 |
|              | 1955 | 64  | 1,663 |

|               | ANNO | ETÀ | COEFF |
|---------------|------|-----|-------|
| MASTER<br>+65 | 1954 | 66  | 1,699 |
|               | 1953 | 66  | 1,738 |
|               | 1952 | 67  | 1,779 |
|               | 1951 | 68  | 1,823 |
|               | 1950 | 69  | 1,867 |
|               | 1949 | 70  | 1,910 |
|               | 1948 | 71  | 1,953 |
|               | 1947 | 72  | 2,004 |
|               | 1946 | 73  | 2,060 |
|               | 1945 | 74  | 2,117 |
|               | 1944 | 75  | 2,181 |
|               | 1943 | 76  | 2,255 |
|               | 1942 | 77  | 2,336 |
|               | 1941 | 78  | 2,419 |
|               | 1940 | 79  | 2,504 |
|               | 1939 | 80  | 2,597 |
|               | 1938 | 81  | 2,702 |
|               | 1937 | 82  | 2,831 |
|               | 1936 | 83  | 2,981 |
|               | 1935 | 84  | 3,153 |
|               | 1934 | 85  | 3,352 |
|               | 1933 | 86  | 3,580 |
|               | 1932 | 87  | 3,843 |
|               | 1931 | 88  | 4,145 |
|               | 1930 | 89  | 4,493 |
|               | 1929 | 90  | 1,699 |
|               | 1953 | 66  | 1,738 |