

TABELLA CLASSI d'ETÀ BENCH PRESS E POWERLIFTING 2026

Controlla la data di nascita per stabilire la classe di appartenenza:

2013	SUB JU	1996	OPEN	1979	MA I	1962	MA III
2012	SUB JU	1995	OPEN	1978	MA I	1961	MA III
2011	SUB JU	1994	OPEN	1977	MA I	1960	MA III
2010	SUB JU	1993	OPEN	1976	MA II	1959	MA III
2009	SUB JU	1992	OPEN	1975	MA II	1958	MA III
2008	SUB JU	1991	OPEN	1974	MA II	1957	MA III
2007	JU	1990	OPEN	1973	MA II	1956	MA IV
2006	JU	1989	OPEN	1972	MA II	1955	MA IV
2005	JU	1988	OPEN	1971	MA II	1954	MA IV
2004	JU	1987	OPEN	1970	MA II	1953	MA IV
2003	OPEN	1986	MA I	1969	MA II	1952	MA IV
2002	OPEN	1985	MA I	1968	MA II	1951	MA IV
2001	OPEN	1984	MA I	1967	MA II	1950	MA IV
2000	OPEN	1983	MA I	1966	MA III	1949	MA IV
1999	OPEN	1982	MA I	1965	MA III	1948	MA IV
1998	OPEN	1981	MA I	1964	MA III	1947	MA IV
1997	OPEN	1980	MA I	1963	MA III	1946	MA IV

Legenda:

- SUB JU: Sub Junior
- JU: Juniores
- OPEN: Open
- MAI: Master I
- MAII: Master II
- MAIII: Master III
- MAIV: Master IV