Nebraska AAU Powerlifting Club

KILO CHART

Kg	Lb	Kg	Lb	Kg	Lb	Kg	Lb	Kg	Lb
25	55	120	264.5	215	473.7	310	683.2	405	892.7
27.5	60.5	122.5	270	217.5	479.5	312.5	688.7	407.5	898.2
30	66	125	275.5	220	485	315	694.2	410	903.7
32.5	71.5	127.5	281	222.5	490.5	317.5	699.7	412.5	909.2
35	77	130	286.5	225	496	320	705.2	415	914.7
37.5	82.5	132.5	292	227.5	501.5	322.5	710.7	417.5	920.2
40	88	135	297.5	230	507	325	716.2	420	925.7
42.5	93.5	137.5	303	232.5	512.5	327.5	722	422.5	931.2
45	99	140	308.5	235	518	330	727.5	425	936.7
47.5	104.5	142.5	314	237.5	523.5	332	733	427.5	942.2
50	110	145	319.5	240	529	335	738.5	430	947.7
52.5	115.5	147.5	325	242.5	534.5	337.5	744	432.5	953.2
55	121.2	150	330.5	245	540	340	749.5	435	959
57.5	126.7	152.5	336	247.5	545.5	342.5	755	437.5	964.5
60	132.2	155	341.5	250	551	345	760.5	440	970
62.5	137.7	157.5	347	252.5	556.5	347.5	766	442.5	975.5
65	143.2	160	352.5	255	562	350	771.5	445	981
67.5	148.7	162.5	358	257.5	567.5	352.5	777	447.5	986.5
70	154.2	165	363.7	260	573	355	782.5	450	992
72.5	159.7	167.5	369.2	262.5	578.5	357.5	788	452.5	997.5
75	165.2	170	374.7	265	584	360	793.5	455	1003
77.5	170.7	172.5	380.2	267.5	589.5	362.5	799	457.5	1008.5
80	176.2	175	385.7	270	595	365	804.5	460	1014
82.5	181.7	177.5	391.2	272.5	600.7	367.5	810	462.5	1019.5
85	187.2	180	396.7	275	606.2	370	815.5	465	1025
87.5	192.7	182.5	402.2	277.5	611.7	372.5	821	467.5	1030.5
90	198.2	185	407.7	280	617.2	375	826.5	470	1036
92.5	203.7	187.5	413.2	282.5	622.7	377.5	832	472.5	1041.5
95	209.2	190	418.7	285	628.2	380	837.5	475	1047
97.5	214.7	192.5	424.2	287.5	633.7	382.5	843.2	477.5	1052.5
100	220.2	195	429.7	290	639.2	385	848.7	480	1058
102.5	225.7	197.5	435.2	292.5	644.7	387.5	854.2	482.5	1063.5
105	231.2	200	440.7	295	650.2	390	859.7	485	1069
107.5	236.7	202.5	446.2	297.5	655.7	392.5	865.2	487.5	1074.5
110	242.5	205	451.7	300	661.2	395	870.7	490	1080.2
112.5	248	207.5	457.2	302.5	666.7	397.5	876.2	492.5	1085.7
115	253.5	210	462.7	305	672.2	400	881.7	495	1091.2
117.5	259	212.5	468.2	307.5	677.7	402 5	887.2	497.5	1096.7
								500	1102.2