



KETACADEMY KETTLEBELL SPORT RANKING TABLE 2017



Page-1 : MEN-Professional & Experienced Category, (40kg, 32kg, 28kg, 24kg bells)

Event Type : JERK, SNATCH, BIATHLON, LONG CYCLE. 10min & 5 min. 2016 Edition.

Page-2 : MEN – Amateur, Veteran & Junior Category. (20kg, 16kg, 12kg bells)

Event Type : JERK, SNATCH, BIATHLON, LONG CYCLE. 10min & 5 min. 2016 Edition.

Page-3 : WOMEN – All Categories→Professional, Experienced, Amateur, Veteran & Junior Category (28kg, 24kg, 20kg, 16kg, 12kg, 8kg bells)

Event Type : JERK, SNATCH, BIATHLON, LONG CYCLE. 10min & 5 min. 2016 Edition.

Page-4 : MEN – Professional Category. (40kg & 32kg)

Event Type : TRIATHLON. 10min & 5 min. 2017 Edition

Page-5 : MEN – Experienced, Amateur, Veteran & Junior Category. (28kg, 24kg, 20kg, 16kg, 12kg bells)

Event Type : TRIATHLON. . 10min & 5 min. 2017 Edition

Page- 6 : WOMEN – Professional Category. (28kg & 24kg)

Event Type : TRIATHLON. 10min & 5 min. 2017 Edition

Page-7 : WOMEN - Experienced, Amateur, Veteran & Junior Category. (20kg, 16kg, 12kg, 8kg bells)

Event Type : TRIATHLON. 10min & 5 min. 2017 Edition

Page-8 : MEN & WOMEN – Men-50kg, 40kg, 32kg, 28kg, 20kg, 16kg bells. Women-32kg,28kg, 20kg, 16kg, 12kg, 10kg bells.

Event Type : MARATHON. 30min & 60min. One or two bells. 2017 Edition.

Page-9 : MEN & WOMEN-Men 32kg, 24kg, 16kg bells. Women-20kg, 16kg, 12kg bells.

Event Type : RELAY (Jerk, Snatch & Long Cycle). 5lifters x3min each or 7 lifters x3min each. 2016 Edition

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JERK, SNATCH, BIATHLON & LONG CYCLE RANKING TABLE 2016 ~

M E N : Professionals and Experienced



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TYPE		Weight category		Поэкт на 2017 - 2021 год Men 10, 5 minutes															Weight Category	Type										
				Professionals										Experienced																
				Профессионалы					Атлеты																					
				40 kg Kettlebell					32 kg Kettlebell					28 kg Kettlebell							24 kg Kettlebell									
Sport ranks		Sport ranks		Sport ranks		Sport ranks		Sport ranks		Sport ranks		Sport ranks		Sport ranks		Sport ranks		Sport ranks												
MSIC		MS		MSIC		MS		CMS		MS		CMS		I		II		III		CMS		I		II		III				
10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min			
J E R K	63kg	50	40	40	35	100	68	68	50	30	24	100	68	60	48	45	35	35	28	20	12	105	86	75	56	50	40	30	25	63kg
	68kg	57	44	44	39	106	70	76	52	35	28	106	70	64	50	48	37	37	29	23	14	115	90	85	60	40	28	40	28	68kg
	73kg	64	48	48	42	112	74	82	54	40	34	112	74	70	53	51	39	40	31	26	16	125	94	95	64	70	44	50	34	73kg
	78kg	68	52	52	44	117	76	88	55	45	38	117	78	78	56	54	41	43	33	29	18	130	100	100	66	80	46	60	36	78kg
	85kg	75	56	55	46	121	80	92	56	50	40	121	82	86	58	57	44	46	35	32	20	135	102	105	70	85	48	65	38	85kg
	95kg	80	58	57	47	126	82	96	57	55	42	126	84	92	60	60	46	49	37	35	22	140	104	110	72	90	50	70	40	95kg
	105kg	82	60	59	49	129	83	98	58	60	44	129	85	96	62	62	48	51	38	37	24	145	105	115	74	95	52	75	42	105kg
105kg +	85	62	61	50	131	84	100	59	65	46	131	86	100	64	64	49	53	39	39	26	150	106	120	76	100	54	80	44	105kg +	
S N A T C H	63kg	90	52	60	44	140	110	114	80	60	45	140	110	114	80	60	45	45	30	30	25	140	110	114	80	60	50	45	30	63kg
	68kg	100	54	66	48	150	114	122	90	66	50	150	114	122	90	66	50	50	35	35	27	150	114	122	90	66	52	50	32	68kg
	73kg	110	56	72	50	160	118	130	96	70	55	160	118	130	96	70	55	55	40	40	29	160	118	130	96	70	54	55	34	73kg
	78kg	120	58	76	52	170	122	134	100	74	58	170	122	134	100	74	58	58	45	45	31	170	122	134	100	74	56	58	36	78kg
	85kg	126	62	80	54	180	126	140	114	80	62	180	126	140	114	80	62	62	48	48	33	180	126	140	114	80	58	62	38	85kg
	95kg	130	64	84	55	186	128	146	116	86	64	186	128	146	116	86	64	64	50	50	35	186	128	146	116	86	60	64	40	95kg
	105kg	134	66	86	56	190	129	152	118	92	66	190	129	152	118	92	66	66	52	52	37	190	129	152	118	92	62	66	42	105kg
105kg +	140	70	90	57	192	130	156	120	96	68	192	130	156	120	96	68	68	54	54	39	192	130	156	120	96	64	68	44	105kg +	
B I A T H L O N	63kg	80	75	58	52	141	114	80	64	50	36	141	114	105	96	75	56	50	45	35	30	141	114	95	76	75	56	60	45	63kg
	68kg	90	78	62	54	155	120	90	68	60	40	155	120	115	104	85	60	60	50	40	35	155	120	105	84	85	60	70	50	68kg
	73kg	100	82	66	56	169	125	100	78	70	44	169	125	125	110	95	64	70	55	50	40	169	125	115	90	95	64	75	55	73kg
	78kg	110	85	70	58	185	129	110	84	80	50	185	129	135	112	100	66	80	58	60	45	185	129	125	92	105	66	85	58	78kg
	85kg	120	88	74	62	192	133	120	90	85	58	192	133	145	116	105	70	85	62	65	48	192	133	135	96	110	70	90	62	85kg
	95kg	125	92	80	64	200	137	130	96	90	62	200	137	150	118	110	72	90	64	70	50	200	137	145	98	120	72	100	64	95kg
	105kg	130	94	84	66	202	140	135	102	95	64	202	140	155	120	115	74	95	66	75	52	202	140	150	100	130	74	105	66	105kg
105kg +	135	96	88	70	210	144	140	106	100	66	210	144	157	122	120	76	100	68	80	54	210	144	155	112	140	76	110	68	105kg +	
L O N G C Y C L E	63kg	30	28	22	20	41	35	31	28	25	20	60	35	41	30	28	20	20	18	15	12	60	35	36	30	28	20	20	18	63kg
	68kg	36	30	26	23	51	40	37	30	31	22	68	40	51	32	33	22	22	20	17	14	68	40	40	32	33	22	22	20	68kg
	73kg	46	32	28	25	60	46	44	32	38	24	74	46	60	34	36	24	24	22	19	16	74	46	46	34	36	24	24	22	73kg
	78kg	48	34	30	26	68	50	48	36	42	28	80	50	68	38	40	28	26	24	21	17	80	50	52	38	40	28	26	24	78kg
	85kg	50	36	32	27	74	54	51	38	45	30	86	54	74	40	43	30	28	26	23	18	86	54	55	40	43	30	28	26	85kg
	95kg	54	37	35	28	80	57	54	42	48	32	92	57	76	42	45	32	32	28	25	20	92	57	57	42	45	32	32	28	95kg
	105kg	56	38	38	29	82	58	57	44	50	34	94	58	79	44	50	34	34	30	26	21	94	58	60	44	50	34	34	30	105kg
105kg +	60	40	40	30	84	59	59	45	52	35	96	59	81	45	54	35	36	32	27	22	96	59	62	45	54	35	36	32	105kg +	

M E N : Amateur, Veterans & Junior Categories



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		<i>Amateur, Veterans, Junior 14 +</i>										<i>Veterans 70 +, Junior 14 -</i>									
		<i>Любители, ветераны, дети</i>										<i>Дети(вет. Ст. 70 лет)</i>									
Type	Weight Category	20 kg Kettlebell						16 kg kettlebell						12 kg kettlebell						Weight Category	Type
		Sport ranks						Sport ranks						Sport ranks							
		I		II		III		I		II		III		I		II		III			
		10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min	10min	5min		
J E R K	63kg	130	86	110	56	80	44	150	90	130	80	110	60	68	46	44	36	32	18	63kg	J E R K
	68kg	136	90	116	60	86	46	156	93	136	82	116	62	72	48	48	38	33	20	68kg	
	73kg	142	94	122	64	92	48	162	98	142	86	122	64	78	50	56	40	34	22	73kg	
	78kg	146	100	126	66	96	52	166	102	146	88	126	68	84	52	60	42	35	24	78kg	
	85kg	150	102	130	70	100	54	170	108	150	89	130	70	86	54	62	44	39	26	85kg	
	95kg	152	104	132	72	102	56	172	112	152	90	132	76	92	56	64	46	41	28	95kg	
	105kg	156	105	136	74	106	58	176	116	156	91	136	80	94	58	66	48	43	30	105kg	
105kg +	160	106	140	76	110	60	180	120	160	92	140	84	96	60	68	50	45	32	105kg +		
S N A T C H	63kg	140	100	114	80	60	56	160	104	140	80	114	60	120	114	70	60	50	40	63kg	S N A T C H
	68kg	150	104	122	86	66	60	170	112	150	86	122	64	135	126	85	68	60	50	68kg	
	73kg	160	106	130	92	70	64	180	120	160	92	130	67	150	128	100	70	70	55	73kg	
	78kg	170	108	134	96	74	66	186	124	170	94	134	70	165	130	120	74	80	59	78kg	
	85kg	180	110	140	100	80	70	190	130	180	98	140	74	180	131	135	78	90	64	85kg	
	95kg	186	112	146	102	86	72	192	134	186	102	146	76	195	132	140	83	100	69	95kg	
	105kg	190	114	152	106	92	74	202	136	190	110	152	78	200	135	150	85	110	72	105kg	
105kg +	192	116	156	110	96	76	212	138	192	112	156	82	205	137	155	87	115	74	105kg +		
B I A T H L O N	63kg	141	114	95	76	75	56	160	130	150	100	130	80	110	66	90	58	62	40	63kg	B I A T H L O N
	68kg	155	120	105	84	85	60	170	136	156	110	136	90	120	70	100	62	64	46	68kg	
	73kg	169	125	115	90	95	64	180	142	162	120	142	100	123	72	103	64	65	50	73kg	
	78kg	185	129	125	92	105	66	186	146	166	125	146	110	125	74	105	66	66	52	78kg	
	85kg	192	133	135	96	110	70	190	150	170	130	150	120	130	76	108	68	70	54	85kg	
	95kg	200	137	145	98	120	72	192	152	172	135	152	123	132	78	110	70	72	56	95kg	
	105kg	202	140	150	100	130	74	202	156	176	138	156	125	134	80	112	72	74	58	105kg	
105kg +	210	144	155	112	140	76	212	160	180	140	160	135	136	82	114	74	76	60	105kg +		
L C Y C L E	63kg	60	40	36	30	28	20	88	54	74	32	54	22	65	28	32	24	21	13	63kg	L C Y C L E
	68kg	68	42	40	32	33	22	90	56	78	36	58	26	68	30	33	26	22	14	68kg	
	73kg	74	44	46	34	36	24	94	58	82	38	62	30	69	32	34	28	23	15	73kg	
	78kg	80	46	52	36	40	26	96	62	86	40	66	36	70	34	35	30	24	16	78kg	
	85kg	86	48	55	38	43	28	100	64	90	42	70	38	72	35	36	32	26	17	85kg	
	95kg	92	50	57	40	45	30	103	66	92	44	72	39	74	36	38	34	27	19	95kg	
	105kg	94	52	60	42	50	32	106	68	94	46	74	40	76	37	40	35	28	21	105kg	
105kg +	96	54	62	44	54	34	108	70	96	48	76	41	78	38	42	36	29	22	105kg +		

W O M E N : All Categories

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* Double bell event rankings only for women's Jerk & Long Cycle



Table Women

Поэкт на 2017 - 2021 год Women 10, 5 minutes

TYPE	Weight category	Professionals															Experienced												Amateur, Veterans, Junior 14 +						Veterans 70+, Junior 14 -						Weight category	
		28kg kettlebell						24kg kettlebell									20kg kettlebell						16kg kettlebell						12kg kettlebell						8 kg kettlebell							
		Sport ranks						Sport ranks									Sport ranks						Sport ranks						Sport ranks													
		MSIC		MS		CMS		MSIC		MS		CMS		MS		CMS		I		II		III		CMS		I		II		III		I		II		III		I		II		III
10 min	5 min	10 min	5 min	10 min	5 min	10 min	5 min	10 min	5 min	10 min	5 min	10 min	5 min	10 min	5 min	10 min.	5 min	10 min.	5 min	10 min.	5 min	10 min.	5 min	10 min.	5 min	10 min.	5 min	10 min.	5 min	10 min.	5 min	10 min.	5 min	10 min.	5 min							
J E R K	48kg	20	15	15	10	50	30	30	18	20	12	60	40	48	28	32	20	15	19	12	9	70	46	40	20	15	23	12	9	50	35	20	35	20	12	80	60	40	60	40	23	48kg
	53kg	25	17	18	11	55	35	40	24	30	16	72	45	52	32	33	21	16	21	14	11	80	50	50	25	17	27	14	10	60	38	25	40	21	14	90	70	50	66	46	27	53kg
	58kg	30	20	22	12	64	40	46	26	40	22	84	48	58	36	34	22	17	23	16	13	85	56	60	30	19	34	16	11	65	42	30	45	23	16	100	80	60	70	50	34	58kg
	63kg	37	22	26	13	70	46	50	28	42	24	90	50	64	38	35	23	18	25	18	14	90	58	65	32	21	37	18	13	68	44	32	48	25	18	105	85	65	76	56	37	63kg
	68kg	43	24	29	15	76	50	54	30	44	26	98	56	66	40	37	25	20	27	20	15	93	60	68	33	22	39	19	14	72	48	33	49	27	19	110	90	68	78	58	39	68kg
	73kg	44	26	31	17	78	54	55	31	45	27	106	58	68	42	40	30	22	29	22	16	95	62	69	34	23	41	20	15	78	56	34	51	29	20	113	93	69	80	60	41	73kg
73kg+	45	28	33	19	80	56	56	32	46	28	108	60	70	44	43	35	25	31	24	17	100	65	70	35	24	42	21	16	84	60	35	52	32	21	115	95	70	82	62	42	73kg+	
S N A T C H	48kg	58	42	40	30	84	52	60	40	36	30	100	70	80	58	56	38	20	40	28	15	120	112	70	50	20	56	40	20	120	70	50	114	60	40	140	120	70	132	112	56	48kg
	53kg	72	50	47	40	100	68	72	50	45	40	110	80	90	68	62	42	25	50	34	20	135	126	85	60	30	68	50	25	135	85	60	126	68	50	155	135	85	146	126	68	53kg
	58kg	80	56	50	45	110	70	80	55	50	44	120	84	100	70	66	46	30	55	38	25	150	128	100	70	40	70	55	28	150	100	70	128	70	55	170	150	100	148	128	70	58kg
	63kg	86	60	54	49	120	74	86	59	54	48	130	89	110	74	74	50	35	59	44	30	165	130	120	80	50	74	59	34	165	120	80	130	74	59	185	165	120	150	130	74	63kg
	68kg	92	65	58	54	130	78	92	64	58	50	140	95	120	78	80	55	40	66	48	35	180	131	135	90	60	78	64	39	180	135	90	131	78	64	200	180	135	151	131	78	68kg
	73kg	98	70	62	59	140	83	98	69	62	52	150	101	130	83	88	58	45	69	50	40	195	132	140	100	70	83	69	45	195	140	100	132	83	69	215	195	140	152	132	83	73kg
73kg+	100	74	66	60	150	85	100	72	64	54	160	105	140	85	90	60	48	70	52	42	198	133	144	110	80	86	72	48	200	150	110	135	85	72	218	198	144	153	133	86	73kg+	
B I A T H L O N	48kg	46	34	36	28	90	56	64	40	46	22	92	60	64	38	48	40	25	30	24	15	108	80	80	60	50	60	40	30	80	60	50	55	40	30	128	108	80	100	80	60	48kg
	53kg	56	38	48	32	108	62	76	44	52	28	118	66	76	44	52	44	30	32	26	17	130	90	90	70	55	65	46	34	90	70	55	58	48	34	150	130	90	110	90	65	53kg
	58kg	64	42	56	36	118	68	82	50	58	32	124	72	82	48	54	46	34	34	28	19	150	100	100	80	58	70	50	36	100	80	58	62	54	36	170	150	100	120	100	70	58kg
	63kg	76	46	64	40	124	74	88	54	66	36	136	76	86	52	58	48	36	36	30	21	155	110	110	90	62	74	54	38	110	90	62	68	58	38	175	155	110	130	110	74	63kg
	68kg	80	50	66	44	136	78	94	58	72	40	140	82	88	56	60	50	38	38	32	23	162	120	120	100	64	78	58	40	120	100	64	72	62	40	182	162	120	140	120	78	68kg
	73kg	82	54	67	46	138	82	100	60	74	42	142	90	89	60	61	51	39	40	34	25	166	130	123	103	65	82	62	42	123	103	65	78	66	42	186	166	123	150	130	82	73kg
73kg+	84	56	68	48	140	86	106	62	76	44	144	98	90	64	62	52	40	42	36	27	170	134	125	105	66	84	64	44	125	105	66	84	68	43	190	170	125	154	134	84	73kg+	
L O N G C Y C L E	48kg	16	12	12	10	34	25	25	16	15	9	50	28	30	17	20	15	10	12	9	7	50	30	30	22	15	18	14	9	40	20	15	28	12	9	70	50	30	50	30	18	48kg
	53kg	20	16	16	12	40	28	32	18	26	14	60	34	36	20	25	17	12	14	11	8	64	38	40	26	17	22	16	11	50	25	17	30	14	11	80	60	40	55	35	22	53kg
	58kg	24	18	20	14	48	30	38	20	28	16	70	38	42	24	30	19	14	16	13	9	70	40	46	29	18	26	18	12	60	30	19	34	16	12	84	64	46	58	38	26	58kg
	63kg	28	20	24	15	52	32	44	22	30	17	80	42	44	26	32	21	15	18	15	10	76	42	58	32	20	30	20	13	65	32	21	36	18	13	90	70	58	60	40	30	63kg
	68kg	30	22	25	16	58	35	45	24	31	18	85	46	46	28	33	22	16	19	16	11	78	44	64	33	21	36	21	14	68	33	22	39	19	14	96	76	64	62	42	36	68kg
	73kg	32	24	26	17	60	38	46	25	32	19	88	48	50	30	34	23	17	20	17	12	80	46	66	34	22	38	22	15	69	34	23	40	20	15	98	78	66	64	44	38	73kg
73kg+	34	25	27	18	62	40	47	26	33	20	90	50	52	32	35	24	18	21	18	13	86	50	68	35	23	40	23	16	70	35	24	42	21	16	100	80	68	66	46	40	73kg+	

KETACADEMY

TRIATHLON, MARATHON & RELAY RANKING TABLE 2017

- * Triathlon ranking calculation : Snatch 1 rep= 1 point. Jerk 1 rep = 2 points. Long Cycle 1rep = 3 points.
- * "Min reps per event" = Requirement of minimum reps per event. You must lift equal or higher "Min reps per event" number in all 3 events.
- * Jerk and Long Cycle Ranking : Double bell for both Men and Women except some of Marathon events.

TRIATHLON EVENTS : MEN

MEN			Professionals																			
			40 kg kettlebell						32 kg kettlebell													
			MSIC			MS			MSIC				MS			CMS						
			10 min.		5 min		10 min.		5 min		10 min.		5 min		10 min.		5 min					
Type	Weight category	Events	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event				
T R I A T H L O N	63kg	Jerk		40		35		32		28		68		50		30		24		25		20
		Snatch	238	60	190	44	175	40	153	38	394	114	315	80	291	60	237	45	175	50	137	40
		Long Cycle		22		20		18		16		31		28		25		20		21		15
	68kg	Jerk		44		39		36		29		76		52		35		28		30		24
		Snatch	273	66	204	48	197	45	171	39	438	122	336	90	327	66	255	50	206	56	154	45
		Long Cycle		26		23		20		18		37		30		31		22		27		17
	73kg	Jerk		48		42		38		30		82		54		40		34		35		29
		Snatch	319	72	218	50	214	52	183	40	479	130	363	96	362	70	270	55	237	60	175	48
		Long Cycle		28		25		22		20		44		32		38		24		33		19
	78kg	Jerk		52		44		42		32		88		55		45		38		40		33
		Snatch	340	76	232	52	229	57	191	42	516	134	381	100	385	74	286	58	261	64	196	54
		Long Cycle		30		26		24		22		48		36		42		28		36		22
	85kg	Jerk		55		46		44		34		92		56		50		40		45		35
		Snatch	362	80	248	54	245	62	199	45	547	140	403	114	405	80	306	62	283	70	208	58
		Long Cycle		32		27		26		23		51		38		45		30		39		25
	95kg	Jerk		57		47		46		36		96		57		55		42		50		36
		Snatch	384	84	256	55	257	68	205	48	576	146	416	116	425	86	320	64	306	76	219	60
		Long Cycle		35		28		27		24		54		42		48		32		43		26
	105kg	Jerk		59		49		48		37		98		58		60		44		55		37
		Snatch	396	86	264	56	270	72	212	50	589	152	422	118	441	92	329	66	325	82	230	61
		Long Cycle		38		29		28		25		57		44		50		34		48		27
	"+105kg	Jerk		61		50		49		38		100		59		65		46		60		38
		Snatch	416	90	276	57	282	74	217	52	600	156	427	120	453	96	335	68	343	86	238	62
		Long Cycle		40		30		29		26		59		45		52		35		50		29



TRIATHLON EVENTS : MEN

MEN			Experienced																																			
			28kg kettlebell												24kg kettlebell																							
			MS				CMS				I				II				III				CMS				I				II				III			
			10 min.		5 min		10 min.		5 min		10 min.		5 min		10 min.		5 min		10 min.		5 min		10 min.		5 min		10 min.		5 min		10 min.		5 min					
Type	Weight category	Events	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event								
T R I A T H L O N	63kg	Jerk	60	48	303	45	35	210	35	28	161	20	12	108	12	10	450	75	56	327	50	40	219	30	25	151	25	20										
		Snatch	114	80	303	60	234	45	30	157	30	104	25	12	108	25	20	450	114	80	327	60	50	219	45	30	151	30	25									
		Long Cycle	41	30	28	28	20	20	20	18	15	12	12	10	108	12	10	450	36	30	327	28	20	219	20	18	151	18	16									
	68kg	Jerk	64	50	342	48	37	234	37	29	174	23	14	124	14	12	496	85	60	362	60	42	256	40	28	180	28	22										
		Snatch	122	90	342	66	251	50	35	171	35	140	27	124	27	22	496	122	90	362	66	52	256	50	32	180	32	27										
		Long Cycle	51	32	33	33	22	22	20	20	17	14	14	11	124	14	11	496	40	32	362	33	22	256	22	20	180	20	18									
	73kg	Jerk	70	53	382	51	39	252	40	31	190	26	16	140	16	13	537	95	64	403	70	44	286	50	34	208	34	24										
		Snatch	130	355	382	70	267	55	252	55	184	40	29	140	29	24	537	130	390	403	70	293	286	55	196	34	168	29										
		Long Cycle	60	34	36	36	24	24	24	22	19	16	16	12	140	16	12	537	46	34	403	36	24	286	24	22	208	22	20									
	78kg	Jerk	78	56	419	54	41	271	43	33	204	29	18	156	18	15	569	100	66	431	80	46	318	60	36	235	36	26										
		Snatch	134	376	419	74	286	58	271	58	201	45	26	156	31	118	569	134	415	431	74	311	318	58	213	36	180	32										
		Long Cycle	68	100	40	40	28	26	26	24	21	17	17	13	156	17	13	569	52	38	431	40	28	318	26	24	235	24	22									
85kg	Jerk	86	58	453	57	44	290	46	35	218	32	20	170	20	17	601	105	70	453	85	48	341	65	38	253	38	28											
	Snatch	140	397	453	80	308	62	290	62	216	48	33	170	33	28	601	140	436	453	80	336	341	62	224	38	192	34											
	Long Cycle	74	40	43	43	30	28	28	26	23	18	18	14	170	18	14	601	55	40	453	43	30	341	28	26	253	26	24										
95kg	Jerk	92	60	474	60	46	306	49	37	231	35	22	183	22	19	630	110	72	472	90	50	360	70	40	276	40	30											
	Snatch	146	410	474	86	318	64	306	64	226	50	35	183	35	29	630	146	446	472	86	347	360	64	235	40	204	35											
	Long Cycle	76	42	45	45	32	32	28	28	25	20	20	15	183	20	15	630	57	42	472	45	32	360	32	28	276	28	26										
105kg	Jerk	96	62	493	62	48	329	51	38	248	37	24	191	24	20	647	115	74	494	95	52	388	75	42	292	42	32											
	Snatch	152	416	493	92	329	66	329	66	237	52	37	191	37	30	647	152	451	494	92	358	388	66	246	42	216	36											
	Long Cycle	79	44	50	50	34	34	30	30	26	21	21	16	191	21	16	647	60	44	494	50	34	388	34	30	292	30	28										
105kg+	Jerk	100	64	509	64	49	347	53	39	259	39	26	200	26	21	663	120	76	512	100	54	412	80	44	309	44	34											
	Snatch	156	421	509	96	337	68	347	68	234	54	39	200	39	31	663	156	456	512	96	366	412	68	254	44	228	38											
	Long Cycle	81	45	54	54	35	36	32	32	27	22	22	17	200	22	17	663	62	45	512	54	35	412	36	32	309	32	30										

KETA ACADEMY KETTLEBELL SPORT EXPERTS COMMUNITY			Amateur, Veteran, Fitness, Junior 14 +																	
			20kg kettlebell									16kg kettlebell								
			I			II			III			I			II			III		
			10 min.		5 min	10 min.		5 min	10 min.		5 min	10 min.		5 min	10 min.		5 min	10 min.		5 min
Type	Weight category	Events	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event		
T R I A T H L O N	63kg	Jerk	110	56	406	80	44	285	56	35	667	120	80	554	110	60	476	90	50	
		Snatch	522	114	360	80	406	60	265	56	180	410	80	554	114	315	476	100	236	
		Long Cycle	36	30	28	20	30	18	60	37	70	32	54	22	45	18	476	45	18	
	68kg	Jerk	116	60	426	86	46	316	60	37	676	124	82	577	116	62	506	96	52	
		Snatch	563	122	377	86	426	66	283	60	316	86	209	577	122	336	506	114	255	
		Long Cycle	40	32	33	22	32	19	60	37	72	36	64	26	48	22	506	48	22	
	73kg	Jerk	122	64	460	92	48	340	64	39	707	130	86	609	122	64	537	104	54	
		Snatch	599	130	391	92	460	70	302	64	340	92	222	609	130	355	537	118	273	
		Long Cycle	46	34	36	24	34	20	340	34	20	76	38	30	30	24	537	50	24	
	78kg	Jerk	126	66	487	96	52	362	66	41	725	136	88	641	126	68	560	108	58	
		Snatch	631	134	410	96	487	74	315	66	362	96	238	641	134	366	560	112	301	
		Long Cycle	52	36	40	26	36	22	362	36	22	80	40	66	36	36	560	54	26	
85kg	Jerk	130	70	508	100	54	384	70	42	747	142	89	673	130	70	585	110	60		
	Snatch	664	140	421	100	508	80	332	70	384	100	251	673	140	377	585	118	314		
	Long Cycle	55	38	43	28	38	24	384	38	24	84	42	70	38	38	585	58	28		
95kg	Jerk	132	72	522	102	56	399	72	43	760	148	90	695	132	76	600	112	62		
	Snatch	689	146	432	102	522	86	344	72	399	102	263	695	146	389	600	124	331		
	Long Cycle	57	40	45	30	40	25	399	40	25	86	44	72	39	600	60	30			
105kg	Jerk	136	74	543	106	58	426	74	44	784	152	91	712	136	80	620	114	65		
	Snatch	705	152	441	106	543	92	357	74	426	106	274	712	152	404	620	128	343		
	Long Cycle	60	42	50	32	42	26	426	42	26	88	46	74	40	40	620	62	32		
105kg+	Jerk	140	76	559	110	60	449	76	45	806	156	92	727	140	84	637	118	66		
	Snatch	720	156	450	110	559	96	370	76	449	110	286	727	156	413	637	130	358		
	Long Cycle	62	44	54	34	44	27	449	44	27	90	48	76	41	637	64	34			

Veteran 70 +, Junior 14 -																	
12 kg kettlebell																	
I			II			III											
10 min.		5 min	10 min.		5 min	10 min.		5 min									
Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event										
383	44	36	228	32	22	162	24	16									
70	266	60	50	191	45	45	110	40									
32	24	16	21	16	18	18	11	11									
48	38	24	33	24	26	26	17	17									
410	85	287	68	252	208	47	176	47									
33	26	18	22	18	20	20	12	12									
56	40	26	34	26	28	28	18	18									
436	100	298	70	276	219	50	190	50									
34	28	19	23	19	21	21	13	13									
60	42	28	35	28	30	30	20	20									
461	120	309	74	303	233	55	204	55									
35	30	20	24	20	22	22	14	14									
62	44	29	39	29	32	32	22	22									
482	135	316	78	322	246												

TRIATHLON EVENTS : WOMEN

WOMEN			Professionals																			
			28kg kettlebell								24kg kettlebell											
			MSIC				MS				MSIC				MS				CMS			
			10 min		5 min		10 min		5 min		10 min		5 min		10 min		5 min		10 min		5 min	
Type	Weight category	Events	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event		
TRIATHLON	48kg	Jerk		15		11		10		8		30		18		20		12		16		10
		Snatch	131	40	99	32	97	30	75	28	257	60	172	40	179	36	116	30	113	38	77	28
		Long Cycle		12		10		10		9		25		16		15		9		12		8
	53kg	Jerk		18		12		11		9		40		24		30		16		24		14
		Snatch	163	47	121	41	120	40	92	32	297	72	204	50	228	45	142	40	172	50	109	32
		Long Cycle		16		12		12		10		32		18		26		14		18		10
	58kg	Jerk		22		13		12		10		46		26		40		22		26		18
		Snatch	190	50	138	46	138	45	104	36	343	80	220	55	263	50	156	44	201	55	130	38
		Long Cycle		20		14		14		11		38		20		28		16		20		12
	63kg	Jerk		26		14		13		11		50		28		42		24		28		20
		Snatch	219	54	150	50	160	49	112	40	374	86	241	59	292	54	170	48	214	59	141	46
		Long Cycle		24		15		15		12		44		22		30		17		22		14
	68kg	Jerk		29		16		15		12		54		30		44		26		30		22
		Snatch	241	58	164	55	171	54	124	46	410	92	260	64	308	58	184	50	224	64	149	48
		Long Cycle		25		16		16		14		45		24		31		18		24		16
	73kg	Jerk		31		18		17		14		55		31		45		27		31		24
		Snatch	253	62	178	60	158	59	135	50	428	98	280	69	318	62	193	52	233	69	156	50
		Long Cycle		26		17		17		15		46		25		32		19		25		17
	73kg+	Jerk		33		20		19		16		56		32		46		28		32		26
		Snatch	262	66	188	62	195	60	142	56	446	100	291	72	324	64	201	54	239	72	163	52
		Long Cycle		27		18		18		16		47		26		33		20		26		18



TRIATHLON EVENTS : WOMEN

Experienced

WOMEN

Type Weight category Events			20kg kettlebell															16kg kettlebell																			
			MS					CMS					I II III					CMS					I II III														
			10 min		5 min			10 min		5 min			10 min.					5 min					10 min		5 min			10 min.					5 min				
			Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	
T R I A T H L O N	48kg	Jerk	48	28	32	19	20	15	13	12	9	7	40	23	20	15	9	12	9	8	360	70	264	56	216	50	143	20	89	20	143	40	99	20	62	18	
		Snatch	80	58	56	40	38	115	20	76	28	15	52	12	56	216	50	143	20	89	20	143	40	99	20	62	18	30	20	12	14	9	7				
		Long Cycle	30	12	20	12	15	10	8	9	7	6	30	18	22	15	9	22	15	9	14	9	7	30	18	22	15	9	22	15	9	14	9	7			
	53kg	Jerk	52	32	33	21	21	16	14	14	11	9	50	27	25	17	10	25	17	10	428	85	306	68	274	60	172	30	108	25	172	50	118	25	74	20	
		Snatch	90	62	62	50	42	126	25	89	34	20	63	16	60	172	30	108	25	172	50	118	25	74	20	40	22	17	11	16	11	8					
		Long Cycle	36	20	25	14	17	12	10	11	8	7	40	22	26	17	11	26	17	11	16	11	8	40	22	26	17	11	26	17	11	16	11	8			
	58kg	Jerk	58	36	34	23	22	17	15	16	13	11	60	34	30	19	11	30	19	11	466	100	324	70	322	70	199	40	124	28	199	55	132	28	82	22	
		Snatch	100	70	66	55	46	138	30	101	38	104	25	74	18	70	199	40	124	28	199	55	132	28	82	22	46	26	29	18	12	9					
		Long Cycle	42	24	30	16	19	14	11	11	13	9	8	65	37	32	21	13	18	13	504	120	334	74	381	80	220	50	142	34	220	59	145	34	95	25	
	63kg	Jerk	64	38	35	25	23	18	16	18	14	12	50	30	32	20	13	32	20	13	504	120	334	74	381	80	220	50	142	34	220	59	145	34	95	25	
		Snatch	110	283	74	59	50	149	35	111	44	120	30	84	22	80	220	50	142	34	220	59	145	34	95	25	44	26	32	20	13	10					
		Long Cycle	44	26	32	18	21	15	12	12	15	10	9	68	39	33	22	14	14	12	528	135	344	78	416	90	229	60	156	39	229	64	155	39	104	28	
	68kg	Jerk	66	40	37	27	25	20	17	20	15	13	68	39	33	22	14	14	12	12	528	135	344	78	416	90	229	60	156	39	229	64	155	39	104	28	
		Snatch	120	310	88	69	55	160	40	122	48	130	35	94	26	90	229	60	156	39	229	64	155	39	104	28	46	28	33	21	14	11					
		Long Cycle	46	28	33	19	22	16	14	14	16	11	10	69	41	34	23	15	15	13	550	130	324	83	428	100	248	70	171	45	248	69	164	45	115	34	
	73kg	Jerk	68	42	40	29	30	22	18	22	16	14	140	83	34	22	15	15	13	12	550	130	324	83	428	100	248	70	171	45	248	69	164	45	115	34	
		Snatch	130	324	83	69	58	175	45	134	50	139	40	103	30	70	171	45	248	70	171	45	248	69	164	45	115	34	66	38	38	11					
		Long Cycle	50	30	34	20	23	17	15	15	17	12	11	70	42	34	22	15	15	12	577	144	371	86	439	110	262	80	185	48	262	72	172	48	122	38	
	73kg+	Jerk	70	44	43	31	35	25	20	24	17	15	144	86	35	24	16	16	14	14	577	144	371	86	439	110	262	80	185	48	262	72	172	48	122	38	
		Snatch	140	337	85	70	60	189	48	145	52	147	42	110	36	110	262	80	185	48	262	72	172	48	122	38	68	40	35	23	16	13					
		Long Cycle	52	32	35	21	24	18	16	16	18	13	12	68	40	35	23	16	13	13	68	40	35	23	16	13	68	40	35	23	16	13					



Amateur, Veteran, Fitness, Junior 14+

Type Weight category Events			12kg kettlebell											
			I				II				III			
			10 min.						5 min					
			Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event
T R I A T H L O N	48kg	Jerk	35	20	12	20	12	10	251	60	129	40	87	35
		Snatch	70	188	50	129	40	87	35	12	9	7		
		Long Cycle	20	15	9	21	14	12	278	68	155	50	106	40
	53kg	Jerk	38	25	14	21	14	12	278	68	155	50	106	40
		Snatch	85	221	60	154	50	111	9	14	11	9		
		Long Cycle	25	17	11	23	16	14	300	70	162	55	118	45
	58kg	Jerk	42	30	16	23	16	14	300	70	162	55	118	45
		Snatch	100	257	70	179	55	12	10	16	12	10		
		Long Cycle	30	19	12	25	18	16	313	74	169	59	128	50
	63kg	Jerk	44	32	18	25	18	16	313	74	169	59	128	50
		Snatch	120	285	80	198	59	13	11	18	13	11		
		Long Cycle	32	21	13	27	19	17	325	78	179	64	138	55
	68kg	Jerk	48	33	19	27	19	17	325	78	179	64	138	55
		Snatch	135	310	90	213	64	14	12	19	14	12		
		Long Cycle	33	22	14	29	20	18	332	83	190	69	147	60
	73kg	Jerk	56	34	20	29	20	18	332	83	190	69	147	60
		Snatch	140	332	100	227	69	15	13	20	15	13		
		Long Cycle	34	23	15	32	21	19	343	85	201	72	155	65
	73kg+	Jerk	60	35	21	32	21	19	343	85	201	72	155	65
		Snatch	150	352	110	241	72	16	14	21	16	14		
		Long Cycle	35	24	16									

Veteran 70+, Junior 14 -

Type Weight category Events			8 kg kettlebell											
			I				II				III			
			10 min.						5 min					
			Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event	Total Points	Min reps per event
T R I A T H L O N	48kg	Jerk	40	23	40	23	377	40	267	23	149	12		
		Snatch	120	366	70	230	56	18	377	112	267	56	149	40
		Long Cycle	50	30	18	70	27	14	469	120	366	70	230	56
	53kg	Jerk	46	27	46	27	416	46	306	27	180	14		
		Snatch	135	427	85	292	68	11	416	126	306	68	180	50
		Long Cycle	60	40	22	70	27	14	529	135	427	85	292	68
	58kg	Jerk	50	34	50	34	434	50	324	34	207	16		
		Snatch	150	471	100	343	70	12	434	128	324	70	207	55
		Long Cycle	64	46	26	80	34	16	572	150	471	100	343	70
	63kg	Jerk	56	37	56	37	453	56	343	37	228	18		
		Snatch	165	512	120	407	74	13	453	130	343	74	228	59
		Long Cycle	70	58	30	90	39	19	611	165	512	120	407	74
	68kg	Jerk	58	39	58	39	463	58	354	39	253	19		
		Snatch	180	552	135	444	78	14	463	131	354	78	253	64
		Long Cycle	76	64	36	100	39	20	651	180	552	135	444	78
	73kg	Jerk	60	41	60	41	473	60	364	41	267	20		
		Snatch	195	578	140	456	83	15	473	132	364	83	267	69
		Long Cycle	78	66	38	110	42	21	676	195	578	140	456	83
	73kg+	Jerk	62	42	62	42	484	62	375	42	278	21		
		Snatch	198	590	144	468	86	16	484	133	375	86	278	72
		Long Cycle	80	68	40	120	42	21	688	198	590	144	468	86

MARATHON EVENT RANKING 2017 MEN & WOMEN

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MARATHON EVENTS : M E N

Exercise	Time	50kg kettlebell		40kg kettlebell		32kg kettlebell		28kg kettlebell		24kg kettlebell			20kg kettlebell					16kg kettlebell							
		Sport ranks		Sport ranks		Sport ranks		Sport ranks		Sport ranks			Sport ranks					Sport ranks							
		MSIC	MS	MSIC	MS	MSIC	MS	MSIC	MS	MSIC	MS	CMS	MSIC	MS	CMS	I	II	III	MSIC	MS	CMS	I	II	III	
Jerk	one bell	30 min.	300	250	360	300	600	480	720	620	870	800	750		870	800	750	600	450			900	800	600	500
		60 min.	500	370	590	480	1000	900	1250	1000	1500	1250	1000		1500	1250	1000	800	600			1600	1200	1000	700
	two bells	30 min.			150	120	240	180	330	200	380	300	200	500	380	300	200	170	150	630	600	480	300	250	200
		60 min.			180	150	360	280	500	300	600	480	250	780	600	480	250	200	180	1050	950	850	550	320	280
Snatch	one bell	30 min.			360	280	360	250	500	400	600	570	500		700	600	570	500	350			750	600	520	450
		60 min.			480	340	600	450	800	650	1000	850	650		1200	1000	850	650	400			1400	1100	800	680
Long Cycle	one bell	30 min.	180	130	260	240	300	230	420	300	580	500	400		580	500	400	300	250			610	500	400	300
		60 min.	300	190	360	300	500	400	650	500	910	850	750		910	850	750	500	350			1050	900	600	500
	two bells	30 min.			80	65	150	100	190	150	220	175	150	380	200	175	150	125	100	450	400	360	250	180	150
		60 min.			120	85	200	160	300	200	350	300	250	550	320	300	250	200	160	820	720	680	480	300	200

MARATHON EVENTS : W O M E N

Exercise	Time	32kg kettlebell		28kg kettlebell		24kg kettlebell		20kg kettlebell		16kg kettlebell			12kg kettlebell					10kg kettlebell					
		Sport ranks		Sport ranks		Sport ranks		Sport ranks		Sport ranks			Sport ranks					Sport ranks					
		MSIC	MS	MSIC	MS	MSIC	MS	MSIC	MS	MSIC	MS	CMS		MS	CMS	I	II	III	CMS	I	II	III	
Jerk	one bell	30 min.	190	120	260	220	380	260	600	400	800	750	600		870	800	750	600	450	900	870	750	600
		60 min.	300	160	380	320	480	380	900	750	1400	1100	900		1500	1250	1000	800	600	1600	1500	1000	800
	two bells	30 min.			120	90	170	120	200	150	260	200	180		380	300	200	170	150	480	300	250	200
		60 min.			180	110	230	180	320	210	420	360	300		600	480	250	200	180	850	550	320	280
Snatch	one bell	30 min.			180	160	220	180	400	350	600	520	450		700	600	570	500	350	800	700	570	500
		60 min.			300	260	390	230	750	550	1100	800	680		1200	1000	850	650	400	1500	1200	850	650
Long Cycle	one bell	30 min.			240	200	190	150	450	400	500	450	400		580	500	400	300	250	620	580	400	300
		60 min.			320	290	290	200	650	550	800	720	650		910	850	750	500	350	1070	910	750	500
	two bells	30 min.			70	55	130	85	160	110	220	175	150		200	175	150	125	100	360	250	180	150
		60 min.			110	75	180	125	260	180	350	300	250		320	300	250	200	160	680	480	300	200

RELAY EVENT RANKING 2017 MEN & WOMEN

- * One team 5 lifters (each person lifts 3 minutes), or one team 7 lifters. (each person lifts 3 minutes)
- * Both Men & Women use **DOUBLE BELLS ONLY** (Except Snatch event)

RELAY EVENTS : M E N

Exercise	Time	32kg kettlebell			24kg kettlebell					16kg kettlebell		
		Sport ranks			Sport ranks					Sport ranks		
		MSIC	MS	CMS	MS	CMS	I	II	III	I	II	III
Jerk	5*3min.	271	250	190	360	300	250	220	180	360	300	250
	7*3min.	381	350	270	425	370	300	250	230	425	370	300
Snatch	5*3min.	400	350	300	465	400	320	270	240	465	400	320
	7*3min.	560	500	380	645	550	450	360	300	645	550	450
Long cycle	5*3min.	184	165	150	235	200	180	160	140	225	200	180
	7*3min.	255	230	200	315	285	240	200	160	315	285	200

RELAY EVENTS : W O M E N

Exercise	Time	20kg kettlebell			16kg kettlebell					12kg kettlebell		
		Sport ranks			Sport ranks					Sport ranks		
		MSIC	MS	CMS	MS	CMS	I	II	III	I	II	III
Jerk	5*3min.	300	260	230	300	260	230	210	200	300	260	230
	7*3min.	385	350	320	385	350	320	300	280	385	350	320
Snatch	5*3min.	295	275	250	295	275	250	235	205	295	275	250
	7*3min.	410	380	355	410	380	355	300	270	410	380	355
Long cycle	5*3min.	215	200	190	215	200	190	170	150	215	200	190
	7*3min.	290	275	265	290	275	265	250	180	290	275	265

