

Формула Рейшела

Purpose of the Reshel Table

Ever since primitive times, the argument has gone on: who is the strongest, the heavyweight lifting the big rock or the lightweight lifting the little rock?

When Powerlifting came of age, a set of bodyweight coefficients came into use, where each lifter's bodyweight was assigned a coefficient.

This coefficient, multiplied by the lifter's total, gave a product number which determined who was 'Best Lifter'.

The formula is: **(LT) x (RBC) = (PN)**

LT: Lifter's Total

RBC: Reshel Bodyweight Coefficient

PN: Product Number

Reshel Table Women

40kg		50kg		60kg	
40.00	3.145	50.00	2.188	60.00	1.783
40.25	3.106	50.25	2.174	60.25	1.776
40.50	3.067	50.50	2.160	60.50	1.770
40.75	3.030	50.75	2.146	60.75	1.764
41.25	2.950	51.00	2.132	61.00	1.757
41.50	2.915	51.25	2.119	61.25	1.751
41.75	2.882	51.50	2.105	61.50	1.745
42.00	2.849	51.75	2.092	61.75	1.740
42.25	2.817	52.00	2.079	62.00	1.736
42.50	2.786	52.25	2.066	62.25	1.730
42.75	2.759	52.50	2.053	62.50	1.725
43.00	2.732	52.75	2.041	62.75	1.720
43.25	2.706	53.00	2.028	63.00	1.715
43.50	2.681	53.25	2.016	63.25	1.711
43.75	2.656	53.50	2.004	63.50	1.707
44.00	2.632	53.75	1.992	63.75	1.703
44.25	2.608	54.00	1.984	64.00	1.698
44.50	2.584	54.25	1.974	64.25	1.694
44.75	2.564	54.50	1.963	64.50	1.690
45.00	2.545	54.75	1.953	64.75	1.686
45.25	2.522	55.00	1.942	65.00	1.681
45.50	2.500	55.25	1.932	65.25	1.676
45.75	2.481	55.50	1.923	65.50	1.672
46.00	2.463	55.75	1.914	65.75	1.668
46.25	2.442	56.00	1.905	66.00	1.664
46.50	2.421	56.25	1.896	66.25	1.660
46.75	2.404	56.50	1.887	66.50	1.655
47.00	2.387	56.75	1.878	66.75	1.651
47.25	2.367	57.00	1.869	67.00	1.647
47.50	2.347	57.25	1.860	67.25	1.643
47.75	2.331	57.50	1.852	67.50	1.639
48.00	2.315	57.75	1.845	67.75	1.634
48.25	2.296	58.00	1.838	68.00	1.631
48.50	2.278	58.25	1.830	68.25	1.627
48.75	2.262	58.50	1.821	68.50	1.623
49.00	2.247	58.75	1.815	68.75	1.620
49.25	2.230	59.00	1.808	69.00	1.618
49.50	2.212	59.25	1.802	69.25	1.615
49.75	2.198	59.50	1.795	69.50	1.612
		59.75	1.789	69.75	1.608

70kg		80kg		90kg	
70.00	1.605	80.00	1.497	90.00	1.420
70.25	1.601	80.25	1.494	90.25	1.418
70.50	1.598	80.50	1.492	90.50	1.417
70.75	1.595	80.75	1.490	90.75	1.415
71.00	1.592	81.00	1.488	91.00	1.414
71.25	1.589	81.25	1.485	91.25	1.412
71.50	1.586	81.50	1.483	91.50	1.411
71.75	1.583	81.75	1.481	91.75	1.409
72.00	1.580	82.00	1.479	92.00	1.408
72.25	1.577	82.25	1.477	92.25	1.407
72.50	1.574	82.50	1.475	92.50	1.405
72.75	1.571	82.75	1.473	92.75	1.404
73.00	1.567	83.00	1.471	93.00	1.403
73.25	1.564	83.25	1.469	93.25	1.401
73.50	1.561	83.50	1.466	93.50	1.400
73.75	1.558	83.75	1.464	93.75	1.398
74.00	1.555	84.00	1.462	94.00	1.397
74.25	1.552	84.25	1.460	94.25	1.395
74.50	1.549	84.50	1.457	94.50	1.394
74.75	1.546	84.75	1.455	94.75	1.392
75.00	1.543	85.00	1.453	95.00	1.391
75.25	1.541	85.25	1.451	95.25	1.389
75.50	1.539	85.50	1.449	95.50	1.388
75.75	1.536	85.75	1.447	95.75	1.386
76.00	1.534	86.00	1.445	96.00	1.385
76.25	1.531	86.25	1.443	96.25	1.383
76.50	1.529	86.50	1.442	96.50	1.382
76.75	1.526	86.75	1.440	96.75	1.380
77.00	1.524	87.00	1.439	97.00	1.379
77.25	1.521	87.25	1.437	97.25	1.377
77.50	1.519	87.50	1.436	97.50	1.376
77.75	1.517	87.75	1.434	97.75	1.375
78.00	1.515	88.00	1.433	98.00	1.374
78.25	1.512	88.25	1.431	98.25	1.373
78.50	1.510	88.50	1.429	98.50	1.371
78.75	1.508	88.75	1.428	98.75	1.370
79.00	1.506	89.00	1.427	99.00	1.368
79.25	1.503	89.25	1.425	99.25	1.366
79.50	1.501	89.50	1.424	99.50	1.365
79.75	1.499	89.75	1.422	99.75	1.364

100kg		110kg	
100.00	1.362	110.00	1.326
100.25	1.361	110.25	1.325
100.50	1.360	110.50	1.324
100.75	1.359	110.75	1.323
101.00	1.359	111.00	1.323
101.25	1.358	111.25	1.322
101.50	1.357	111.50	1.321
101.75	1.356	111.75	1.320
102.00	1.355	112.00	1.319
102.25	1.354	112.25	1.319
102.50	1.353	112.50	1.318
102.75	1.352	112.75	1.318
103.00	1.351	113.00	1.318
103.25	1.350	113.25	1.318
103.50	1.349	113.50	1.317
103.75	1.348	113.75	1.317
104.00	1.348	114.00	1.316
104.25	1.347	114.25	1.316
104.50	1.346	114.50	1.315
104.75	1.345	114.75	1.315
105.00	1.344	115.00	1.314
105.25	1.343	115.25	1.314
105.50	1.342	115.50	1.313
105.75	1.341	115.75	1.313
106.00	1.340	116.00	1.312
106.25	1.339	116.25	1.312
106.50	1.338	116.50	1.311
106.75	1.338	116.75	1.311
107.00	1.337	117.00	1.310
107.25	1.336	117.25	1.310
107.50	1.335	117.50	1.309
107.75	1.334	117.75	1.309
108.00	1.333	118.00	1.309
108.25	1.332	118.25	1.308
108.50	1.331	118.50	1.308
108.75	1.331	118.75	1.307
109.00	1.330	119.00	1.307
109.25	1.329	119.25	1.307
109.50	1.328	119.50	1.306
109.75	1.327	119.75	1.306

Reshel Table Men

50kg		60kg		70kg	
50.00	1.955	60.00	1.423	70.00	1.194
50.25	1.937	60.25	1.414	70.25	1.190
50.50	1.920	60.50	1.405	70.50	1.186
50.75	1.902	60.75	1.398	70.75	1.182
51.00	1.885	61.00	1.391	71.00	1.178
51.25	1.867	61.25	1.384	71.25	1.174
51.50	1.851	61.50	1.377	71.50	1.170
51.75	1.835	61.75	1.371	71.75	1.166
52.00	1.818	62.00	1.364	72.00	1.162
52.25	1.803	62.25	1.357	72.25	1.158
52.50	1.788	62.50	1.350	72.50	1.155
52.75	1.773	62.75	1.343	72.75	1.151
53.00	1.758	63.00	1.336	73.00	1.147
53.25	1.743	63.25	1.329	73.25	1.143
53.50	1.727	63.50	1.322	73.50	1.139
53.75	1.712	63.75	1.317	73.75	1.136
54.00	1.697	64.00	1.311	74.00	1.132
54.25	1.682	64.25	1.306	74.25	1.128
54.50	1.667	64.50	1.300	74.50	1.124
54.75	1.655	64.75	1.295	74.75	1.120
55.00	1.642	65.00	1.290	75.00	1.117
55.25	1.630	65.25	1.284	75.25	1.114
55.50	1.617	65.50	1.279	75.50	1.110
55.75	1.605	65.75	1.273	75.75	1.107
56.00	1.593	66.00	1.268	76.00	1.103
56.25	1.580	66.25	1.263	76.25	1.100
56.50	1.568	66.50	1.257	76.50	1.096
56.75	1.555	66.75	1.252	76.75	1.093
57.00	1.543	67.00	1.246	77.00	1.090
57.25	1.531	67.25	1.242	77.25	1.087
57.50	1.518	67.50	1.237	77.50	1.084
57.75	1.506	67.75	1.233	77.75	1.081
58.00	1.497	68.00	1.228	78.00	1.078
58.25	1.488	68.25	1.224	78.25	1.075
58.50	1.478	68.50	1.219	78.50	1.072
58.75	1.469	68.75	1.215	78.75	1.069
59.00	1.460	69.00	1.210	79.00	1.066
59.25	1.451	69.25	1.206	79.25	1.063
59.50	1.442	69.50	1.202	79.50	1.060
59.75	1.432	69.75	1.198	79.75	1.057

80kg		90kg		100kg	
80.00	1.054	90.00	0.969	100.00	0.915
80.25	1.051	90.25	0.967	100.25	0.914
80.50	1.048	90.50	0.965	100.50	0.913
80.75	1.046	90.75	0.963	100.75	0.912
81.00	1.044	91.00	0.961	101.00	0.911
81.25	1.041	91.25	0.960	101.25	0.910
81.50	1.039	91.50	0.958	101.50	0.909
81.75	1.036	91.75	0.956	101.75	0.909
82.00	1.034	92.00	0.954	102.00	0.908
82.25	1.031	92.25	0.952	102.25	0.908
82.50	1.029	92.50	0.951	102.50	0.906
82.75	1.026	92.75	0.950	102.75	0.905
83.00	1.024	93.00	0.948	103.00	0.904
83.25	1.022	93.25	0.947	103.25	0.904
83.50	1.019	93.50	0.945	103.50	0.903
83.75	1.017	93.75	0.944	103.75	0.902
84.00	1.015	94.00	0.942	104.00	0.901
84.25	1.013	94.25	0.941	104.25	0.900
84.50	1.011	94.50	0.939	104.50	0.899
84.75	1.008	94.75	0.938	104.75	0.899
85.00	1.006	95.00	0.937	105.00	0.898
85.25	1.004	95.25	0.935	105.25	0.898
85.50	1.002	95.50	0.934	105.50	0.897
85.75	1.000	95.75	0.933	105.75	0.896
86.00	0.998	96.00	0.932	106.00	0.895
86.25	0.996	96.25	0.931	106.25	