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| **Heavy Weights Pentathlon - Men Scoring Table V5.0** **- 17 Dec 2022 Based on WMA's revised 2023 age factors****Copyright:** Bob Banens, ACT Masters Athletics, Australia; banens@ozemail.com.au; 0439 304 161 (+61 439 304 161) |  |  |  |
| **Competition:** |  | **Date:** |  | **Instructions** |  |  |
|   **Competitor Origin Age Grp** |  **Distance Score** |  **Distance Score** |  **Distance Score** |  **Distance Score** |  **Distance Score** | **Total score** | **Position** | **Age Grp** |
| **M30-M49** | **9.08kg (20lb)** | **11.34kg (25lb)** | **15.88kg (35lb)** | **20kg (44lb)** | **25.4kg (56lb)** |  |  |  |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M30-34 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M30 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M35-39 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M35 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |

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|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M40-44 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M40 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
|  |  | M45-49 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M45 |
| **M50-M59** | **7.26kg (16lb)** | **9.08kg (20lb)** | **11.34kg (25lb)** | **15.88kg (35lb)** | **20kg (44lb)** |  |  |  |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |

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|  |  | M50-54 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M50 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
|  |  | M55-59 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M55 |
| **M60-M69** | **5.45kg (12lb)** | **7.26kg (16lb)** | **9.08kg (20lb)** | **11.34kg (25lb)** | **15.88kg (35lb)** |  |  |  |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M60-64 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M60 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |

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|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
|  |  | M65-69 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M65 |
| **M70-M79** | **4kg (8.8lb)** | **5.45kg (12lb)** | **7.26kg (16lb)** | **9.08kg (20lb)** | **11.34kg (25lb)** |  |  |  |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M70-74 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M70 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |

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|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
|  |  | M75-79 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M75 |
| **M80-M100** | **3kg (6.6lb)** | **4kg (8.8lb)** | **5.45kg (12lb)** | **7.26kg (16lb)** | **9.08kg (20lb)** |  |  |  |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-84 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M80-86 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M80 |
|  |  | M85-90 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M85 |
|  |  | M85-90 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M85 |
|  |  | M85-90 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M85 |
|  |  | M85-90 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M85 |
|  |  | M85-90 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M85 |
|  |  | M85-90 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M85 |
|  |  | M85-90 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M85 |
|  |  | M85-90 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M85 |
|  |  | M90-95 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M90 |
|  |  | M90-95 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M90 |
|  |  | M90-95 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M90 |
|  |  | M90-95 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M90 |
|  |  | M95-100 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M95 |
|  |  | M95-100 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M95 |
|  |  | M95-100 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M95 |
|  |  | M95-100 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M95 |
|  |  | M100-105 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M100 |
|  |  | M100-105 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M100 |

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|  |  | M100-105 |  | 0 |  | 0 |  | 0 |  | 0 |  | 0 | **0** |  | M100 |

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