



















































# SILOVÝ TROJBOJ

## Športové pravidlá

Special Olympics



| KILOS | POUNDS   | KILOS | POUNDS   | KILOS | POUNDS   | KILOS | POUNDS   |
|-------|----------|-------|----------|-------|----------|-------|----------|
| 492.5 | 1085-3/4 | 622.5 | 1372-1/4 | 750   | 1653-1/4 | 877.5 | 1934-1/2 |
| 495   | 1091-1/4 | 625   | 1377-3/4 | 752.5 | 1658-3/4 | 880   | 1940     |
| 497.5 | 1096-3/4 | 627.5 | 1383-1/4 | 755   | 1664-1/4 | 882.5 | 1945-1/2 |
| 500   | 1102-1/4 | 630   | 1388-3/4 | 757.5 | 1669-3/4 | 885   | 1951     |
| 502.5 | 1107-3/4 | 632.5 | 1394-1/4 | 760   | 1675-1/4 | 887.5 | 1956-1/2 |
| 505   | 1113-1/4 | 635   | 1399-3/4 | 762.5 | 1681     | 890   | 1962     |
| 510   | 1124-1/4 | 637.5 | 1405-1/4 | 765   | 1686-1/2 | 892.5 | 1967-1/2 |
| 512.5 | 1129-3/4 | 640   | 1410-3/4 | 767.5 | 1692     | 895   | 1973     |
| 515   | 1135-1/4 | 642.5 | 1416-1/4 | 770   | 1697-1/2 | 897.5 | 1978-1/2 |
| 517.5 | 1140-3/4 | 645   | 1421-3/4 | 772.5 | 1703     | 900   | 1984     |
| 520   | 1146-1/4 | 647.5 | 1427-1/4 | 775   | 1708-1/2 | 902.5 | 1989-1/2 |
| 522.5 | 1151-3/4 | 650   | 1432-3/4 | 777.5 | 1714     | 905   | 1995     |
| 525   | 1157-1/4 | 652.5 | 1438-1/2 | 780   | 1719-1/2 | 907.5 | 2000-1/2 |
| 527.5 | 1162-3/4 | 655   | 1444     | 782.5 | 1725     | 910   | 2006     |
| 530   | 1168-1/4 | 657.5 | 1449-1/2 | 785   | 1730-1/2 | 912.5 | 2011-1/2 |
| 532.5 | 1173-3/4 | 660   | 1455     | 787.5 | 1736     | 915   | 2017     |
| 535   | 1179-1/4 | 662.5 | 1460-1/2 | 790   | 1741-42  | 917.5 | 2022-1/2 |
| 537.5 | 1184-3/4 | 665   | 1466     | 792.5 | 1747     | 920   | 2028     |
| 540   | 1190-1/4 | 667.5 | 1471-1/2 | 795   | 1752-1/2 | 922.5 | 2033-1/2 |
| 542.5 | 1195-1/4 | 670   | 1477     | 797.5 | 1758     | 925   | 2039-1/4 |
| 545   | 1201-1/2 | 672.5 | 1482-1/2 | 800   | 1763-1/2 | 927.5 | 2044-3/4 |
| 547.5 | 1207     | 675   | 1488     | 802.5 | 1769     | 930   | 2050-1/4 |
| 550   | 1212-1/2 | 677.5 | 1493-1/2 | 805   | 1774-1/2 | 932.5 | 2055-3/4 |
| 552.5 | 1218     | 680   | 1499     | 807.5 | 1780     | 935   | 2061-1/4 |
| 555   | 1223-1/2 | 682.5 | 1504-1/2 | 810   | 1785-1/2 | 937.5 | 2066-3/4 |
| 557.5 | 1229     | 685   | 1510     | 815   | 1791     | 940   | 2072-1/4 |
| 560   | 1234-1/2 | 687.5 | 1515-1/2 | 815   | 1796-1/2 | 942.5 | 2077-3/4 |
| 562.5 | 1240     | 690   | 1521     | 817.5 | 1802-1/4 | 945   | 2083-1/4 |
| 565   | 1245-1/2 | 692.5 | 1526-1/2 | 820   | 1807-3/4 | 947.5 | 2088-3/4 |
| 570   | 1256-1/2 | 695   | 1532     | 822.5 | 1813-1/4 | 950   | 2094-1/4 |
| 572.5 | 1262     | 697.5 | 1537-1/2 | 825   | 1818-3/4 | 952.5 | 2099-3/4 |
| 575   | 1267-1/2 | 700   | 1543     | 827.5 | 1824-1/4 | 955   | 2105-1/4 |
| 577.5 | 1273     | 702.5 | 1548-1/2 | 830   | 1829-3/4 | 957.5 | 2110-3/4 |
| 580   | 1278-1/2 | 705   | 1554     | 832.5 | 1835-1/4 | 960   | 2116-1/4 |
| 582.5 | 1284     | 710   | 1565-1/4 | 835   | 1840-3/4 | 962.5 | 2121-3/4 |
| 585   | 1289-1/2 | 712.5 | 1570-3/4 | 837.5 | 1846-1/4 | 965   | 2127-1/4 |
| 587.5 | 1295     | 715   | 1576-1/4 | 840   | 1851-3/4 | 967.5 | 2132-3/4 |
| 590   | 1300-1/2 | 717.5 | 1581-3/4 | 842.5 | 1857-1/4 | 970   | 2138-1/4 |
| 592.5 | 1306     | 720   | 1587-1/4 | 845   | 1862-3/4 | 972.5 | 2143-3/4 |
| 595   | 1311-1/2 | 722.5 | 1592-3/4 | 850   | 1873-3/4 | 975   | 2149-1/4 |
| 597.5 | 1317     | 725   | 1598-1/4 | 852.5 | 1879-1/4 | 977.5 | 2154-3/4 |
| 600   | 1322-3/4 | 727.5 | 1603-3/4 | 855   | 1884-3/4 | 980   | 2160-1/2 |
| 602.5 | 1328-1/4 | 730   | 1609-1/4 | 857.5 | 1890-1/4 | 982.5 | 2166     |
| 605   | 1333-3/4 | 732.5 | 1614-3/4 | 860   | 1895-3/4 | 985   | 2171-1/2 |
| 607.5 | 1339-1/4 | 735   | 1620-1/4 | 862.5 | 19.1-1/4 | 990   | 2182-1/2 |
| 610   | 1344-3/4 | 737.5 | 1625-3/4 | 865   | 1906-3/4 | 992.5 | 2188     |
| 612.5 | 1350-1/4 | 740   | 1631-1/4 | 867.5 | 1912-1/4 | 995   | 2193-1/2 |
| 615   | 1355-3/4 | 742.5 | 1636-3/4 | 870   | 1918     | 997.5 | 2199     |
| 617.5 | 1361-1/4 | 745   | 1642-1/4 | 872.5 | 1923-1/2 | 1000  | 2204-1/2 |
| 620   | 1366-3/4 | 747.5 | 1647-3/4 | 875   | 1929     |       |          |