

# 男子 シングレア係数 (2021-2024)

$$\text{シングレア・トータル} = \text{挙上重量} \times \text{シングレア係数}$$

体重	係数	体重	係数	体重	係数	体重	係数
32.0	2.765241	37.0	2.362398	42.0	2.081385	47.0	1.875917
32.1	2.755516	37.1	2.355788	42.1	2.076646	47.1	1.872380
32.2	2.745873	37.2	2.349225	42.2	2.071935	47.2	1.868862
32.3	2.736309	37.3	2.342709	42.3	2.067254	47.3	1.865363
32.4	2.726825	37.4	2.336238	42.4	2.062602	47.4	1.861883
32.5	2.717418	37.5	2.329813	42.5	2.057978	47.5	1.858423
32.6	2.708089	37.6	2.323433	42.6	2.053383	47.6	1.854981
32.7	2.698837	37.7	2.317098	42.7	2.048815	47.7	1.851558
32.8	2.689659	37.8	2.310807	42.8	2.044276	47.8	1.848153
32.9	2.680557	37.9	2.304560	42.9	2.039764	47.9	1.844767
33.0	2.671528	38.0	2.298355	43.0	2.035279	48.0	1.841399
33.1	2.662572	38.1	2.292194	43.1	2.030822	48.1	1.838049
33.2	2.653688	38.2	2.286076	43.2	2.026392	48.2	1.834718
33.3	2.644876	38.3	2.279999	43.3	2.021988	48.3	1.831404
33.4	2.636134	38.4	2.273964	43.4	2.017610	48.4	1.828108
33.5	2.627462	38.5	2.267970	43.5	2.013259	48.5	1.824829
33.6	2.618858	38.6	2.262018	43.6	2.008934	48.6	1.821568
33.7	2.610323	38.7	2.256105	43.7	2.004635	48.7	1.818325
33.8	2.601855	38.8	2.250233	43.8	2.000361	48.8	1.815098
33.9	2.593453	38.9	2.244400	43.9	1.996112	48.9	1.811889
34.0	2.585117	39.0	2.238607	44.0	1.991889	49.0	1.808696
34.1	2.576847	39.1	2.232852	44.1	1.987691	49.1	1.805521
34.2	2.568641	39.2	2.227137	44.2	1.983517	49.2	1.802362
34.3	2.560499	39.3	2.221459	44.3	1.979368	49.3	1.799220
34.4	2.552419	39.4	2.215819	44.4	1.975243	49.4	1.796094
34.5	2.544402	39.5	2.210217	44.5	1.971142	49.5	1.792984
34.6	2.536447	39.6	2.204652	44.6	1.967065	49.6	1.789891
34.7	2.528552	39.7	2.199123	44.7	1.963012	49.7	1.786814
34.8	2.520718	39.8	2.193632	44.8	1.958983	49.8	1.783753
34.9	2.512944	39.9	2.188176	44.9	1.954976	49.9	1.780707
35.0	2.505228	40.0	2.182756	45.0	1.950993	50.0	1.777678
35.1	2.497571	40.1	2.177371	45.1	1.947033	50.1	1.774664
35.2	2.489972	40.2	2.172022	45.2	1.943096	50.2	1.771665
35.3	2.482430	40.3	2.166707	45.3	1.939181	50.3	1.768682
35.4	2.474944	40.4	2.161427	45.4	1.935289	50.4	1.765715
35.5	2.467514	40.5	2.156181	45.5	1.931419	50.5	1.762762
35.6	2.460140	40.6	2.150968	45.6	1.927571	50.6	1.759825
35.7	2.452820	40.7	2.145790	45.7	1.923744	50.7	1.756903
35.8	2.445555	40.8	2.140644	45.8	1.919940	50.8	1.753995
35.9	2.438343	40.9	2.135532	45.9	1.916157	50.9	1.751102
36.0	2.431184	41.0	2.130452	46.0	1.912395	51.0	1.748224
36.1	2.424078	41.1	2.125404	46.1	1.908655	51.1	1.745361
36.2	2.417024	41.2	2.120389	46.2	1.904935	51.2	1.742512
36.3	2.410021	41.3	2.115405	46.3	1.901237	51.3	1.739677
36.4	2.403069	41.4	2.110453	46.4	1.897559	51.4	1.736857
36.5	2.396168	41.5	2.105532	46.5	1.893902	51.5	1.734050
36.6	2.389316	41.6	2.100642	46.6	1.890265	51.6	1.731258
36.7	2.382514	41.7	2.095782	46.7	1.886648	51.7	1.728480
36.8	2.375760	41.8	2.090953	46.8	1.883051	51.8	1.725716
36.9	2.369055	41.9	2.086154	46.9	1.879474	51.9	1.722965

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$$\text{シングレア・トータル} = \text{挙上重量} \times \text{シングレア係数}$$

体重	係数	体重	係数	体重	係数	体重	係数
52.0	1.720228	57.0	1.598931	62.0	1.502317	67.0	1.423976
52.1	1.717505	57.1	1.596783	62.1	1.500588	67.1	1.422563
52.2	1.714795	57.2	1.594644	62.2	1.498867	67.2	1.421156
52.3	1.712098	57.3	1.592515	62.3	1.497153	67.3	1.419753
52.4	1.709415	57.4	1.590395	62.4	1.495446	67.4	1.418357
52.5	1.706745	57.5	1.588285	62.5	1.493746	67.5	1.416965
52.6	1.704088	57.6	1.586185	62.6	1.492053	67.6	1.415579
52.7	1.701444	57.7	1.584093	62.7	1.490367	67.7	1.414199
52.8	1.698813	57.8	1.582012	62.8	1.488688	67.8	1.412824
52.9	1.696195	57.9	1.579939	62.9	1.487016	67.9	1.411454
53.0	1.693590	58.0	1.577876	63.0	1.485350	68.0	1.410089
53.1	1.690997	58.1	1.575822	63.1	1.483692	68.1	1.408729
53.2	1.688417	58.2	1.573777	63.2	1.482041	68.2	1.407375
53.3	1.685850	58.3	1.571741	63.3	1.480396	68.3	1.406026
53.4	1.683295	58.4	1.569714	63.4	1.478758	68.4	1.404682
53.5	1.680752	58.5	1.567696	63.5	1.477127	68.5	1.403343
53.6	1.678222	58.6	1.565687	63.6	1.475502	68.6	1.402009
53.7	1.675703	58.7	1.563687	63.7	1.473884	68.7	1.400681
53.8	1.673197	58.8	1.561696	63.8	1.472272	68.8	1.399357
53.9	1.670703	58.9	1.559713	63.9	1.470667	68.9	1.398038
54.0	1.668220	59.0	1.557739	64.0	1.469069	69.0	1.396725
54.1	1.665750	59.1	1.555774	64.1	1.467477	69.1	1.395416
54.2	1.663291	59.2	1.553817	64.2	1.465892	69.2	1.394112
54.3	1.660844	59.3	1.551869	64.3	1.464313	69.3	1.392814
54.4	1.658409	59.4	1.549929	64.4	1.462740	69.4	1.391520
54.5	1.655985	59.5	1.547998	64.5	1.461173	69.5	1.390231
54.6	1.653573	59.6	1.546075	64.6	1.459613	69.6	1.388947
54.7	1.651172	59.7	1.544160	64.7	1.458060	69.7	1.387667
54.8	1.648782	59.8	1.542254	64.8	1.456512	69.8	1.386393
54.9	1.646404	59.9	1.540356	64.9	1.454971	69.9	1.385123
55.0	1.644037	60.0	1.538466	65.0	1.453435	70.0	1.383858
55.1	1.641681	60.1	1.536585	65.1	1.451906	70.1	1.382598
55.2	1.639336	60.2	1.534711	65.2	1.450383	70.2	1.381342
55.3	1.637001	60.3	1.532845	65.3	1.448866	70.3	1.380092
55.4	1.634678	60.4	1.530988	65.4	1.447356	70.4	1.378845
55.5	1.632366	60.5	1.529138	65.5	1.445851	70.5	1.377604
55.6	1.630064	60.6	1.527297	65.6	1.444352	70.6	1.376367
55.7	1.627773	60.7	1.525463	65.7	1.442859	70.7	1.375134
55.8	1.625493	60.8	1.523637	65.8	1.441372	70.8	1.373907
55.9	1.623223	60.9	1.521818	65.9	1.439891	70.9	1.372683
56.0	1.620963	61.0	1.520008	66.0	1.438415	71.0	1.371465
56.1	1.618714	61.1	1.518205	66.1	1.436946	71.1	1.370250
56.2	1.616476	61.2	1.516410	66.2	1.435482	71.2	1.369041
56.3	1.614247	61.3	1.514622	66.3	1.434024	71.3	1.367835
56.4	1.612029	61.4	1.512842	66.4	1.432572	71.4	1.366634
56.5	1.609821	61.5	1.511069	66.5	1.431125	71.5	1.365438
56.6	1.607623	61.6	1.509304	66.6	1.429684	71.6	1.364246
56.7	1.605435	61.7	1.507546	66.7	1.428249	71.7	1.363058
56.8	1.603257	61.8	1.505796	66.8	1.426819	71.8	1.361875
56.9	1.601089	61.9	1.504053	66.9	1.425395	71.9	1.360696

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$$\text{シングレア・トータル} = \text{挙上重量} \times \text{シングレア係数}$$

体重	係数	体重	係数	体重	係数	体重	係数
72.0	1.359521	77.0	1.305851	82.0	1.260717	87.0	1.222450
72.1	1.358351	77.1	1.304871	82.1	1.259889	87.1	1.221745
72.2	1.357185	77.2	1.303894	82.2	1.259064	87.2	1.221043
72.3	1.356023	77.3	1.302921	82.3	1.258241	87.3	1.220343
72.4	1.354865	77.4	1.301951	82.4	1.257421	87.4	1.219645
72.5	1.353711	77.5	1.300985	82.5	1.256604	87.5	1.218949
72.6	1.352562	77.6	1.300021	82.6	1.255790	87.6	1.218256
72.7	1.351417	77.7	1.299062	82.7	1.254978	87.7	1.217565
72.8	1.350276	77.8	1.298105	82.8	1.254169	87.8	1.216875
72.9	1.349139	77.9	1.297152	82.9	1.253363	87.9	1.216188
73.0	1.348006	78.0	1.296201	83.0	1.252559	88.0	1.215504
73.1	1.346878	78.1	1.295255	83.1	1.251758	88.1	1.214821
73.2	1.345753	78.2	1.294311	83.2	1.250960	88.2	1.214140
73.3	1.344633	78.3	1.293371	83.3	1.250164	88.3	1.213462
73.4	1.343516	78.4	1.292434	83.4	1.249370	88.4	1.212786
73.5	1.342403	78.5	1.291500	83.5	1.248580	88.5	1.212112
73.6	1.341295	78.6	1.290569	83.6	1.247791	88.6	1.211440
73.7	1.340190	78.7	1.289641	83.7	1.247006	88.7	1.210770
73.8	1.339090	78.8	1.288717	83.8	1.246223	88.8	1.210102
73.9	1.337993	78.9	1.287795	83.9	1.245442	88.9	1.209436
74.0	1.336900	79.0	1.286877	84.0	1.244664	89.0	1.208772
74.1	1.335811	79.1	1.285962	84.1	1.243889	89.1	1.208111
74.2	1.334726	79.2	1.285050	84.2	1.243116	89.2	1.207451
74.3	1.333645	79.3	1.284141	84.3	1.242345	89.3	1.206794
74.4	1.332568	79.4	1.283235	84.4	1.241577	89.4	1.206138
74.5	1.331495	79.5	1.282332	84.5	1.240812	89.5	1.205485
74.6	1.330425	79.6	1.281432	84.6	1.240049	89.6	1.204833
74.7	1.329359	79.7	1.280536	84.7	1.239288	89.7	1.204184
74.8	1.328297	79.8	1.279642	84.8	1.238530	89.8	1.203536
74.9	1.327239	79.9	1.278751	84.9	1.237774	89.9	1.202891
75.0	1.326184	80.0	1.277863	85.0	1.237021	90.0	1.202248
75.1	1.325133	80.1	1.276979	85.1	1.236270	90.1	1.201606
75.2	1.324086	80.2	1.276097	85.2	1.235521	90.2	1.200967
75.3	1.323042	80.3	1.275218	85.3	1.234775	90.3	1.200329
75.4	1.322003	80.4	1.274342	85.4	1.234032	90.4	1.199694
75.5	1.320966	80.5	1.273469	85.5	1.233290	90.5	1.199060
75.6	1.319934	80.6	1.272599	85.6	1.232551	90.6	1.198429
75.7	1.318905	80.7	1.271732	85.7	1.231815	90.7	1.197799
75.8	1.317880	80.8	1.270867	85.8	1.231081	90.8	1.197171
75.9	1.316858	80.9	1.270006	85.9	1.230349	90.9	1.196546
76.0	1.315840	81.0	1.269147	86.0	1.229619	91.0	1.195922
76.1	1.314825	81.1	1.268292	86.1	1.228892	91.1	1.195300
76.2	1.313814	81.2	1.267439	86.2	1.228167	91.2	1.194680
76.3	1.312806	81.3	1.266589	86.3	1.227444	91.3	1.194062
76.4	1.311802	81.4	1.265741	86.4	1.226724	91.4	1.193445
76.5	1.310802	81.5	1.264897	86.5	1.226006	91.5	1.192831
76.6	1.309805	81.6	1.264055	86.6	1.225290	91.6	1.192219
76.7	1.308811	81.7	1.263217	86.7	1.224577	91.7	1.191608
76.8	1.307821	81.8	1.262380	86.8	1.223866	91.8	1.190999
76.9	1.306834	81.9	1.261547	86.9	1.223157	91.9	1.190393

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$$\text{シングレア・トータル} = \text{挙上重量} \times \text{シングレア係数}$$

体重	係数	体重	係数	体重	係数	体重	係数
92.0	1.189788	97.0	1.161757	102.0	1.137598	107.0	1.116707
92.1	1.189184	97.1	1.161238	102.1	1.137150	107.1	1.116319
92.2	1.188583	97.2	1.160721	102.2	1.136703	107.2	1.115932
92.3	1.187984	97.3	1.160205	102.3	1.136258	107.3	1.115546
92.4	1.187386	97.4	1.159691	102.4	1.135814	107.4	1.115162
92.5	1.186790	97.5	1.159178	102.5	1.135371	107.5	1.114778
92.6	1.186196	97.6	1.158667	102.6	1.134929	107.6	1.114396
92.7	1.185604	97.7	1.158157	102.7	1.134489	107.7	1.114014
92.8	1.185013	97.8	1.157649	102.8	1.134050	107.8	1.113634
92.9	1.184425	97.9	1.157142	102.9	1.133612	107.9	1.113255
93.0	1.183838	98.0	1.156637	103.0	1.133175	108.0	1.112877
93.1	1.183253	98.1	1.156133	103.1	1.132740	108.1	1.112500
93.2	1.182670	98.2	1.155631	103.2	1.132306	108.2	1.112124
93.3	1.182088	98.3	1.155130	103.3	1.131873	108.3	1.111749
93.4	1.181508	98.4	1.154631	103.4	1.131442	108.4	1.111375
93.5	1.180930	98.5	1.154133	103.5	1.131012	108.5	1.111002
93.6	1.180354	98.6	1.153637	103.6	1.130583	108.6	1.110630
93.7	1.179779	98.7	1.153142	103.7	1.130155	108.7	1.110260
93.8	1.179207	98.8	1.152648	103.8	1.129728	108.8	1.109890
93.9	1.178636	98.9	1.152156	103.9	1.129303	108.9	1.109521
94.0	1.178066	99.0	1.151666	104.0	1.128879	109.0	1.109154
94.1	1.177499	99.1	1.151177	104.1	1.128456	109.1	1.108787
94.2	1.176933	99.2	1.150689	104.2	1.128034	109.2	1.108422
94.3	1.176368	99.3	1.150203	104.3	1.127614	109.3	1.108058
94.4	1.175806	99.4	1.149718	104.4	1.127195	109.4	1.107694
94.5	1.175245	99.5	1.149235	104.5	1.126777	109.5	1.107332
94.6	1.174686	99.6	1.148753	104.6	1.126360	109.6	1.106971
94.7	1.174129	99.7	1.148272	104.7	1.125944	109.7	1.106610
94.8	1.173573	99.8	1.147793	104.8	1.125530	109.8	1.106251
94.9	1.173019	99.9	1.147315	104.9	1.125117	109.9	1.105893
95.0	1.172466	100.0	1.146839	105.0	1.124704	110.0	1.105536
95.1	1.171915	100.1	1.146364	105.1	1.124294	110.1	1.105179
95.2	1.171366	100.2	1.145890	105.2	1.123884	110.2	1.104824
95.3	1.170819	100.3	1.145418	105.3	1.123475	110.3	1.104470
95.4	1.170273	100.4	1.144947	105.4	1.123068	110.4	1.104117
95.5	1.169729	100.5	1.144478	105.5	1.122662	110.5	1.103765
95.6	1.169186	100.6	1.144010	105.6	1.122257	110.6	1.103413
95.7	1.168645	100.7	1.143543	105.7	1.121853	110.7	1.103063
95.8	1.168106	100.8	1.143078	105.8	1.121450	110.8	1.102714
95.9	1.167568	100.9	1.142614	105.9	1.121049	110.9	1.102366
96.0	1.167032	101.0	1.142151	106.0	1.120648	111.0	1.102019
96.1	1.166497	101.1	1.141690	106.1	1.120249	111.1	1.101672
96.2	1.165964	101.2	1.141230	106.2	1.119851	111.2	1.101327
96.3	1.165433	101.3	1.140771	106.3	1.119454	111.3	1.100983
96.4	1.164903	101.4	1.140314	106.4	1.119058	111.4	1.100640
96.5	1.164375	101.5	1.139858	106.5	1.118664	111.5	1.100297
96.6	1.163848	101.6	1.139403	106.6	1.118270	111.6	1.099956
96.7	1.163323	101.7	1.138950	106.7	1.117878	111.7	1.099615
96.8	1.162800	101.8	1.138498	106.8	1.117486	111.8	1.099276
96.9	1.162278	101.9	1.138047	106.9	1.117096	111.9	1.098938

# 男子 シングレア係数 (2021-2024)

$$\text{シングレア・トータル} = \text{挙上重量} \times \text{シングレア係数}$$

体重	係数	体重	係数	体重	係数	体重	係数
112.0	1.098600	117.0	1.082884	122.0	1.069238	127.0	1.057394
112.1	1.098263	117.1	1.082592	122.1	1.068984	127.1	1.057174
112.2	1.097928	117.2	1.082301	122.2	1.068731	127.2	1.056954
112.3	1.097593	117.3	1.082010	122.3	1.068479	127.3	1.056736
112.4	1.097259	117.4	1.081720	122.4	1.068227	127.4	1.056517
112.5	1.096927	117.5	1.081431	122.5	1.067976	127.5	1.056300
112.6	1.096595	117.6	1.081143	122.6	1.067726	127.6	1.056083
112.7	1.096264	117.7	1.080856	122.7	1.067477	127.7	1.055867
112.8	1.095934	117.8	1.080569	122.8	1.067228	127.8	1.055651
112.9	1.095605	117.9	1.080284	122.9	1.066980	127.9	1.055436
113.0	1.095277	118.0	1.079999	123.0	1.066732	128.0	1.055221
113.1	1.094950	118.1	1.079715	123.1	1.066486	128.1	1.055007
113.2	1.094623	118.2	1.079431	123.2	1.066240	128.2	1.054794
113.3	1.094298	118.3	1.079149	123.3	1.065995	128.3	1.054582
113.4	1.093974	118.4	1.078867	123.4	1.065750	128.4	1.054370
113.5	1.093650	118.5	1.078586	123.5	1.065506	128.5	1.054158
113.6	1.093327	118.6	1.078306	123.6	1.065263	128.6	1.053947
113.7	1.093006	118.7	1.078027	123.7	1.065021	128.7	1.053737
113.8	1.092685	118.8	1.077748	123.8	1.064779	128.8	1.053528
113.9	1.092365	118.9	1.077470	123.9	1.064538	128.9	1.053319
114.0	1.092046	119.0	1.077193	124.0	1.064297	129.0	1.053110
114.1	1.091728	119.1	1.076917	124.1	1.064057	129.1	1.052902
114.2	1.091411	119.2	1.076642	124.2	1.063818	129.2	1.052695
114.3	1.091095	119.3	1.076367	124.3	1.063580	129.3	1.052489
114.4	1.090779	119.4	1.076093	124.4	1.063342	129.4	1.052283
114.5	1.090465	119.5	1.075820	124.5	1.063105	129.5	1.052077
114.6	1.090151	119.6	1.075548	124.6	1.062869	129.6	1.051872
114.7	1.089839	119.7	1.075276	124.7	1.062633	129.7	1.051668
114.8	1.089527	119.8	1.075006	124.8	1.062398	129.8	1.051465
114.9	1.089216	119.9	1.074735	124.9	1.062164	129.9	1.051261
115.0	1.088906	120.0	1.074466	125.0	1.061930	130.0	1.051059
115.1	1.088596	120.1	1.074198	125.1	1.061697	130.1	1.050857
115.2	1.088288	120.2	1.073930	125.2	1.061465	130.2	1.050656
115.3	1.087981	120.3	1.073663	125.3	1.061233	130.3	1.050455
115.4	1.087674	120.4	1.073397	125.4	1.061002	130.4	1.050255
115.5	1.087368	120.5	1.073131	125.5	1.060772	130.5	1.050055
115.6	1.087063	120.6	1.072867	125.6	1.060542	130.6	1.049856
115.7	1.086759	120.7	1.072603	125.7	1.060313	130.7	1.049658
115.8	1.086456	120.8	1.072339	125.8	1.060085	130.8	1.049460
115.9	1.086154	120.9	1.072077	125.9	1.059857	130.9	1.049263
116.0	1.085852	121.0	1.071815	126.0	1.059630	131.0	1.049066
116.1	1.085552	121.1	1.071554	126.1	1.059403	131.1	1.048870
116.2	1.085252	121.2	1.071294	126.2	1.059177	131.2	1.048675
116.3	1.084953	121.3	1.071034	126.3	1.058952	131.3	1.048480
116.4	1.084655	121.4	1.070775	126.4	1.058728	131.4	1.048285
116.5	1.084358	121.5	1.070517	126.5	1.058504	131.5	1.048091
116.6	1.084062	121.6	1.070260	126.6	1.058281	131.6	1.047898
116.7	1.083766	121.7	1.070003	126.7	1.058058	131.7	1.047706
116.8	1.083471	121.8	1.069747	126.8	1.057836	131.8	1.047513
116.9	1.083177	121.9	1.069492	126.9	1.057615	131.9	1.047322

# 男子 シングレア係数 (2021-2024)

$$\text{シングレア・トータル} = \text{挙上重量} \times \text{シングレア係数}$$

体重	係数	体重	係数	体重	係数	体重	係数
132.0	1.047131	137.0	1.038261	142.0	1.030627	147.0	1.024094
132.1	1.046940	137.1	1.038097	142.1	1.030486	147.1	1.023974
132.2	1.046750	137.2	1.037933	142.2	1.030346	147.2	1.023854
132.3	1.046561	137.3	1.037770	142.3	1.030206	147.3	1.023735
132.4	1.046372	137.4	1.037607	142.4	1.030066	147.4	1.023616
132.5	1.046184	137.5	1.037445	142.5	1.029927	147.5	1.023497
132.6	1.045996	137.6	1.037283	142.6	1.029788	147.6	1.023379
132.7	1.045809	137.7	1.037121	142.7	1.029649	147.7	1.023261
132.8	1.045622	137.8	1.036961	142.8	1.029511	147.8	1.023143
132.9	1.045436	137.9	1.036800	142.9	1.029374	147.9	1.023026
133.0	1.045251	138.0	1.036640	143.0	1.029237	148.0	1.022909
133.1	1.045066	138.1	1.036481	143.1	1.029100	148.1	1.022793
133.2	1.044881	138.2	1.036322	143.2	1.028964	148.2	1.022677
133.3	1.044697	138.3	1.036163	143.3	1.028828	148.3	1.022561
133.4	1.044514	138.4	1.036005	143.4	1.028692	148.4	1.022446
133.5	1.044331	138.5	1.035848	143.5	1.028557	148.5	1.022331
133.6	1.044149	138.6	1.035691	143.6	1.028423	148.6	1.022217
133.7	1.043967	138.7	1.035534	143.7	1.028289	148.7	1.022103
133.8	1.043786	138.8	1.035378	143.8	1.028155	148.8	1.021989
133.9	1.043605	138.9	1.035223	143.9	1.028022	148.9	1.021876
134.0	1.043425	139.0	1.035067	144.0	1.027889	149.0	1.021763
134.1	1.043245	139.1	1.034913	144.1	1.027756	149.1	1.021650
134.2	1.043066	139.2	1.034759	144.2	1.027624	149.2	1.021538
134.3	1.042888	139.3	1.034605	144.3	1.027493	149.3	1.021426
134.4	1.042710	139.4	1.034452	144.4	1.027362	149.4	1.021315
134.5	1.042532	139.5	1.034299	144.5	1.027231	149.5	1.021204
134.6	1.042355	139.6	1.034146	144.6	1.027100	149.6	1.021093
134.7	1.042179	139.7	1.033995	144.7	1.026970	149.7	1.020983
134.8	1.042003	139.8	1.033843	144.8	1.026841	149.8	1.020873
134.9	1.041827	139.9	1.033692	144.9	1.026712	149.9	1.020763
135.0	1.041652	140.0	1.033542	145.0	1.026583	150.0	1.020654
135.1	1.041478	140.1	1.033392	145.1	1.026455	150.1	1.020545
135.2	1.041304	140.2	1.033242	145.2	1.026327	150.2	1.020437
135.3	1.041131	140.3	1.033093	145.3	1.026200	150.3	1.020329
135.4	1.040958	140.4	1.032944	145.4	1.026072	150.4	1.020221
135.5	1.040786	140.5	1.032796	145.5	1.025946	150.5	1.020114
135.6	1.040614	140.6	1.032648	145.6	1.025820	150.6	1.020007
135.7	1.040442	140.7	1.032501	145.7	1.025694	150.7	1.019900
135.8	1.040272	140.8	1.032354	145.8	1.025568	150.8	1.019794
135.9	1.040101	140.9	1.032208	145.9	1.025443	150.9	1.019688
136.0	1.039932	141.0	1.032062	146.0	1.025319	151.0	1.019582
136.1	1.039762	141.1	1.031917	146.1	1.025194	151.1	1.019477
136.2	1.039594	141.2	1.031771	146.2	1.025071	151.2	1.019372
136.3	1.039425	141.3	1.031627	146.3	1.024947	151.3	1.019268
136.4	1.039257	141.4	1.031483	146.4	1.024824	151.4	1.019164
136.5	1.039090	141.5	1.031339	146.5	1.024701	151.5	1.019060
136.6	1.038923	141.6	1.031196	146.6	1.024579	151.6	1.018957
136.7	1.038757	141.7	1.031053	146.7	1.024457	151.7	1.018854
136.8	1.038591	141.8	1.030911	146.8	1.024336	151.8	1.018751
136.9	1.038426	141.9	1.030671	146.9	1.024215	151.9	1.018649

# 男子 シングレア係数 (2021-2024)

$$\text{シングレア・トータル} = \text{挙上重量} \times \text{シングレア係数}$$

体重	係数	体重	係数	体重	係数	体重	係数
152.0	1.018547	157.0	1.013885	162.0	1.010023	167.0	1.006885
152.1	1.018445	157.1	1.013800	162.1	1.009953	167.1	1.006829
152.2	1.018344	157.2	1.013715	162.2	1.009884	167.2	1.006773
152.3	1.018243	157.3	1.013631	162.3	1.009815	167.3	1.006718
152.4	1.018142	157.4	1.013547	162.4	1.009746	167.4	1.006663
152.5	1.018042	157.5	1.013464	162.5	1.009677	167.5	1.006608
152.6	1.017942	157.6	1.013381	162.6	1.009609	167.6	1.006554
152.7	1.017843	157.7	1.013298	162.7	1.009541	167.7	1.006500
152.8	1.017744	157.8	1.013215	162.8	1.009474	167.8	1.006446
152.9	1.017645	157.9	1.013133	162.9	1.009406	167.9	1.006392
153.0	1.017546	158.0	1.013051	163.0	1.009339	168.0	1.006338
153.1	1.017448	158.1	1.012969	163.1	1.009273	168.1	1.006285
153.2	1.017350	158.2	1.012888	163.2	1.009206	168.2	1.006232
153.3	1.017253	158.3	1.012807	163.3	1.009140	168.3	1.006179
153.4	1.017156	158.4	1.012726	163.4	1.009074	168.4	1.006127
153.5	1.017059	158.5	1.012646	163.5	1.009008	168.5	1.006075
153.6	1.016963	158.6	1.012566	163.6	1.008943	168.6	1.006023
153.7	1.016867	158.7	1.012486	163.7	1.008878	168.7	1.005971
153.8	1.016771	158.8	1.012406	163.8	1.008813	168.8	1.005920
153.9	1.016676	158.9	1.012327	163.9	1.008749	168.9	1.005869
154.0	1.016581	159.0	1.012248	164.0	1.008684	169.0	1.005818
154.1	1.016486	159.1	1.012170	164.1	1.008620	169.1	1.005767
154.2	1.016392	159.2	1.012092	164.2	1.008557	169.2	1.005717
154.3	1.016298	159.3	1.012014	164.3	1.008493	169.3	1.005666
154.4	1.016204	159.4	1.011936	164.4	1.008430	169.4	1.005617
154.5	1.016111	159.5	1.011859	164.5	1.008367	169.5	1.005567
154.6	1.016018	159.6	1.011782	164.6	1.008305	169.6	1.005517
154.7	1.015925	159.7	1.011705	164.7	1.008243	169.7	1.005468
154.8	1.015833	159.8	1.011628	164.8	1.008181	169.8	1.005419
154.9	1.015741	159.9	1.011552	164.9	1.008119	169.9	1.005371
155.0	1.015649	160.0	1.011477	165.0	1.008057	170.0	1.005322
155.1	1.015558	160.1	1.011401	165.1	1.007996	170.1	1.005274
155.2	1.015467	160.2	1.011326	165.2	1.007935	170.2	1.005226
155.3	1.015376	160.3	1.011251	165.3	1.007875	170.3	1.005179
155.4	1.015286	160.4	1.011176	165.4	1.007814	170.4	1.005131
155.5	1.015196	160.5	1.011102	165.5	1.007754	170.5	1.005084
155.6	1.015106	160.6	1.011028	165.6	1.007694	170.6	1.005037
155.7	1.015017	160.7	1.010954	165.7	1.007635	170.7	1.004990
155.8	1.014928	160.8	1.010881	165.8	1.007575	170.8	1.004944
155.9	1.014839	160.9	1.010808	165.9	1.007516	170.9	1.004898
156.0	1.014751	161.0	1.010735	166.0	1.007458	171.0	1.004852
156.1	1.014663	161.1	1.010662	166.1	1.007399	171.1	1.004806
156.2	1.014575	161.2	1.010590	166.2	1.007341	171.2	1.004761
156.3	1.014487	161.3	1.010518	166.3	1.007283	171.3	1.004716
156.4	1.014400	161.4	1.010446	166.4	1.007225	171.4	1.004671
156.5	1.014314	161.5	1.010375	166.5	1.007168	171.5	1.004626
156.6	1.014227	161.6	1.010304	166.6	1.007111	171.6	1.004581
156.7	1.014141	161.7	1.010233	166.7	1.007054	171.7	1.004537
156.8	1.014055	161.8	1.010163	166.8	1.006997	171.8	1.004493
156.9	1.013970	161.9	1.010092	166.9	1.006941	171.9	1.004449

# 男子 シングレア係数 (2021-2024)

$$\text{シングレア・トータル} = \text{挙上重量} \times \text{シングレア係数}$$

体重	係数	体重	係数	体重	係数	体重	係数
172.0	1.004406	177.0	1.002528	182.0	1.001201	187.0	1.000379
172.1	1.004363	177.1	1.002496	182.1	1.001180	187.1	1.000367
172.2	1.004320	177.2	1.002465	182.2	1.001159	187.2	1.000356
172.3	1.004277	177.3	1.002434	182.3	1.001138	187.3	1.000345
172.4	1.004234	177.4	1.002402	182.4	1.001117	187.4	1.000334
172.5	1.004192	177.5	1.002372	182.5	1.001097	187.5	1.000323
172.6	1.004150	177.6	1.002341	182.6	1.001076	187.6	1.000312
172.7	1.004108	177.7	1.002310	182.7	1.001056	187.7	1.000302
172.8	1.004067	177.8	1.002280	182.8	1.001036	187.8	1.000291
172.9	1.004025	177.9	1.002250	182.9	1.001017	187.9	1.000281
173.0	1.003984	178.0	1.002220	183.0	1.000997	188.0	1.000271
173.1	1.003943	178.1	1.002191	183.1	1.000978	188.1	1.000262
173.2	1.003903	178.2	1.002161	183.2	1.000959	188.2	1.000252
173.3	1.003862	178.3	1.002132	183.3	1.000940	188.3	1.000243
173.4	1.003822	178.4	1.002103	183.4	1.000922	188.4	1.000234
173.5	1.003782	178.5	1.002074	183.5	1.000903	188.5	1.000225
173.6	1.003742	178.6	1.002046	183.6	1.000885	188.6	1.000216
173.7	1.003703	178.7	1.002018	183.7	1.000867	188.7	1.000207
173.8	1.003664	178.8	1.001989	183.8	1.000849	188.8	1.000199
173.9	1.003625	178.9	1.001962	183.9	1.000831	188.9	1.000190
174.0	1.003586	179.0	1.001934	184.0	1.000814	189.0	1.000182
174.1	1.003547	179.1	1.001906	184.1	1.000796	189.1	1.000174
174.2	1.003509	179.2	1.001879	184.2	1.000779	189.2	1.000167
174.3	1.003471	179.3	1.001852	184.3	1.000762	189.3	1.000159
174.4	1.003433	179.4	1.001825	184.4	1.000746	189.4	1.000152
174.5	1.003395	179.5	1.001799	184.5	1.000729	189.5	1.000144
174.6	1.003358	179.6	1.001772	184.6	1.000713	189.6	1.000137
174.7	1.003321	179.7	1.001746	184.7	1.000697	189.7	1.000131
174.8	1.003284	179.8	1.001720	184.8	1.000681	189.8	1.000124
174.9	1.003247	179.9	1.001694	184.9	1.000665	189.9	1.000117
175.0	1.003211	180.0	1.001669	185.0	1.000650	190.0	1.000111
175.1	1.003174	180.1	1.001643	185.1	1.000634	190.1	1.000105
175.2	1.003138	180.2	1.001618	185.2	1.000619	190.2	1.000099
175.3	1.003103	180.3	1.001593	185.3	1.000604	190.3	1.000093
175.4	1.003067	180.4	1.001569	185.4	1.000589	190.4	1.000088
175.5	1.003032	180.5	1.001544	185.5	1.000575	190.5	1.000082
175.6	1.002996	180.6	1.001520	185.6	1.000560	190.6	1.000077
175.7	1.002962	180.7	1.001496	185.7	1.000546	190.7	1.000072
175.8	1.002927	180.8	1.001472	185.8	1.000532	190.8	1.000067
175.9	1.002892	180.9	1.001448	185.9	1.000518	190.9	1.000062
176.0	1.002858	181.0	1.001425	186.0	1.000505	191.0	1.000058
176.1	1.002824	181.1	1.001401	186.1	1.000491	191.1	1.000053
176.2	1.002790	181.2	1.001378	186.2	1.000478	191.2	1.000049
176.3	1.002757	181.3	1.001355	186.3	1.000465	191.3	1.000045
176.4	1.002724	181.4	1.001333	186.4	1.000452	191.4	1.000041
176.5	1.002690	181.5	1.001310	186.5	1.000439	191.5	1.000038
176.6	1.002658	181.6	1.001288	186.6	1.000427	191.6	1.000034
176.7	1.002625	181.7	1.001266	186.7	1.000415	191.7	1.000031
176.8	1.002593	181.8	1.001244	186.8	1.000402	191.8	1.000028
176.9	1.002560	181.9	1.001222	186.9	1.000390	191.9	1.000025