

# 女子 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
28.0	2.695177	33.0	2.246559	38.0	1.949934	43.0	1.741775
28.1	2.684025	33.1	2.239427	38.1	1.945048	43.1	1.738258
28.2	2.672982	33.2	2.232352	38.2	1.940197	43.2	1.734762
28.3	2.662046	33.3	2.225335	38.3	1.935379	43.3	1.731288
28.4	2.651215	33.4	2.218375	38.4	1.930594	43.4	1.727835
28.5	2.640489	33.5	2.211471	38.5	1.925843	43.5	1.724403
28.6	2.629865	33.6	2.204622	38.6	1.921124	43.6	1.720992
28.7	2.619343	33.7	2.197828	38.7	1.916438	43.7	1.717602
28.8	2.608922	33.8	2.191088	38.8	1.911784	43.8	1.714232
28.9	2.598598	33.9	2.184402	38.9	1.907162	43.9	1.710882
29.0	2.588373	34.0	2.177768	39.0	1.902572	44.0	1.707553
29.1	2.578243	34.1	2.171187	39.1	1.898013	44.1	1.704244
29.2	2.568209	34.2	2.164658	39.2	1.893485	44.2	1.700955
29.3	2.558268	34.3	2.158180	39.3	1.888987	44.3	1.697685
29.4	2.548419	34.4	2.151752	39.4	1.884520	44.4	1.694435
29.5	2.538662	34.5	2.145375	39.5	1.880083	44.5	1.691204
29.6	2.528994	34.6	2.139047	39.6	1.875676	44.6	1.687992
29.7	2.519416	34.7	2.132768	39.7	1.871299	44.7	1.684800
29.8	2.509925	34.8	2.126538	39.8	1.866950	44.8	1.681626
29.9	2.500521	34.9	2.120355	39.9	1.862631	44.9	1.678472
30.0	2.491202	35.0	2.114220	40.0	1.858341	45.0	1.675335
30.1	2.481968	35.1	2.108132	40.1	1.854079	45.1	1.672217
30.2	2.472817	35.2	2.102091	40.2	1.849845	45.2	1.669118
30.3	2.463748	35.3	2.096095	40.3	1.845639	45.3	1.666037
30.4	2.454760	35.4	2.090145	40.4	1.841461	45.4	1.662973
30.5	2.445853	35.5	2.084239	40.5	1.837310	45.5	1.659928
30.6	2.437025	35.6	2.078379	40.6	1.833186	45.6	1.656900
30.7	2.428275	35.7	2.072562	40.7	1.829090	45.7	1.653890
30.8	2.419602	35.8	2.066788	40.8	1.825020	45.8	1.650897
30.9	2.411006	35.9	2.061058	40.9	1.820976	45.9	1.647921
31.0	2.402485	36.0	2.055371	41.0	1.816959	46.0	1.644963
31.1	2.394038	36.1	2.049725	41.1	1.812968	46.1	1.642021
31.2	2.385665	36.2	2.044122	41.2	1.809002	46.2	1.639097
31.3	2.377364	36.3	2.038560	41.3	1.805062	46.3	1.636189
31.4	2.369135	36.4	2.033038	41.4	1.801148	46.4	1.633298
31.5	2.360977	36.5	2.027558	41.5	1.797258	46.5	1.630423
31.6	2.352889	36.6	2.022117	41.6	1.793393	46.6	1.627565
31.7	2.344871	36.7	2.016716	41.7	1.789553	46.7	1.624723
31.8	2.336920	36.8	2.011354	41.8	1.785737	46.8	1.621897
31.9	2.329037	36.9	2.006031	41.9	1.781945	46.9	1.619087
32.0	2.321221	37.0	2.000747	42.0	1.778178	47.0	1.616293
32.1	2.313470	37.1	1.995500	42.1	1.774434	47.1	1.613515
32.2	2.305785	37.2	1.990291	42.2	1.770714	47.2	1.610752
32.3	2.298164	37.3	1.985120	42.3	1.767017	47.3	1.608005
32.4	2.290607	37.4	1.979986	42.4	1.763343	47.4	1.605273
32.5	2.283113	37.5	1.974888	42.5	1.759692	47.5	1.602556
32.6	2.275681	37.6	1.969826	42.6	1.756064	47.6	1.599855
32.7	2.268310	37.7	1.964800	42.7	1.752458	47.7	1.597168
32.8	2.261000	37.8	1.959810	42.8	1.748875	47.8	1.594497
32.9	2.253750	37.9	1.954855	42.9	1.745314	47.9	1.591840

# 女子 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
48.0	1.589198	53.0	1.473629	58.0	1.383850	63.0	1.312714
48.1	1.586570	53.1	1.471610	58.1	1.382263	63.1	1.311446
48.2	1.583957	53.2	1.469600	58.2	1.380684	63.2	1.310183
48.3	1.581358	53.3	1.467601	58.3	1.379112	63.3	1.308926
48.4	1.578774	53.4	1.465612	58.4	1.377548	63.4	1.307674
48.5	1.576204	53.5	1.463633	58.5	1.375991	63.5	1.306428
48.6	1.573647	53.6	1.461664	58.6	1.374440	63.6	1.305187
48.7	1.571105	53.7	1.459704	58.7	1.372897	63.7	1.303951
48.8	1.568577	53.8	1.457754	58.8	1.371361	63.8	1.302721
48.9	1.566062	53.9	1.455814	58.9	1.369832	63.9	1.301496
49.0	1.563561	54.0	1.453883	59.0	1.368310	64.0	1.300276
49.1	1.561073	54.1	1.451962	59.1	1.366795	64.1	1.299061
49.2	1.558599	54.2	1.450051	59.2	1.365287	64.2	1.297852
49.3	1.556138	54.3	1.448148	59.3	1.363786	64.3	1.296647
49.4	1.553690	54.4	1.446256	59.4	1.362291	64.4	1.295448
49.5	1.551256	54.5	1.444372	59.5	1.360804	64.5	1.294254
49.6	1.548834	54.6	1.442498	59.6	1.359323	64.6	1.293065
49.7	1.546425	54.7	1.440632	59.7	1.357849	64.7	1.291881
49.8	1.544030	54.8	1.438776	59.8	1.356381	64.8	1.290702
49.9	1.541647	54.9	1.436929	59.9	1.354920	64.9	1.289528
50.0	1.539276	55.0	1.435091	60.0	1.353466	65.0	1.288359
50.1	1.536919	55.1	1.433262	60.1	1.352018	65.1	1.287195
50.2	1.534573	55.2	1.431441	60.2	1.350577	65.2	1.286036
50.3	1.532240	55.3	1.429630	60.3	1.349142	65.3	1.284881
50.4	1.529920	55.4	1.427827	60.4	1.347713	65.4	1.283732
50.5	1.527611	55.5	1.426033	60.5	1.346291	65.5	1.282587
50.6	1.525315	55.6	1.424247	60.6	1.344876	65.6	1.281447
50.7	1.523031	55.7	1.422471	60.7	1.343466	65.7	1.280312
50.8	1.520759	55.8	1.420702	60.8	1.342063	65.8	1.279182
50.9	1.518498	55.9	1.418942	60.9	1.340667	65.9	1.278056
51.0	1.516250	56.0	1.417191	61.0	1.339276	66.0	1.276936
51.1	1.514013	56.1	1.415448	61.1	1.337892	66.1	1.275819
51.2	1.511787	56.2	1.413713	61.2	1.336513	66.2	1.274708
51.3	1.509574	56.3	1.411986	61.3	1.335141	66.3	1.273601
51.4	1.507371	56.4	1.410268	61.4	1.333775	66.4	1.272499
51.5	1.505180	56.5	1.408558	61.5	1.332415	66.5	1.271401
51.6	1.503001	56.6	1.406856	61.6	1.331061	66.6	1.270308
51.7	1.500832	56.7	1.405162	61.7	1.329713	66.7	1.269219
51.8	1.498675	56.8	1.403476	61.8	1.328370	66.8	1.268135
51.9	1.496529	56.9	1.401798	61.9	1.327034	66.9	1.267055
52.0	1.494394	57.0	1.400128	62.0	1.325704	67.0	1.265980
52.1	1.492269	57.1	1.398465	62.1	1.324379	67.1	1.264909
52.2	1.490156	57.2	1.396811	62.2	1.323060	67.2	1.263843
52.3	1.488053	57.3	1.395164	62.3	1.321747	67.3	1.262781
52.4	1.485961	57.4	1.393525	62.4	1.320440	67.4	1.261724
52.5	1.483879	57.5	1.391894	62.5	1.319138	67.5	1.260670
52.6	1.481809	57.6	1.390270	62.6	1.317842	67.6	1.259622
52.7	1.479748	57.7	1.388654	62.7	1.316552	67.7	1.258577
52.8	1.477698	57.8	1.387045	62.8	1.315267	67.8	1.257537
52.9	1.475658	57.9	1.385444	62.9	1.313988	67.9	1.256501

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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
68.0	1.255469	73.0	1.208837	78.0	1.170492	83.0	1.138737
68.1	1.254441	73.1	1.207996	78.1	1.169797	83.1	1.138159
68.2	1.253418	73.2	1.207158	78.2	1.169105	83.2	1.137584
68.3	1.252399	73.3	1.206323	78.3	1.168415	83.3	1.137011
68.4	1.251384	73.4	1.205491	78.4	1.167728	83.4	1.136441
68.5	1.250373	73.5	1.204662	78.5	1.167044	83.5	1.135872
68.6	1.249366	73.6	1.203837	78.6	1.166362	83.6	1.135305
68.7	1.248363	73.7	1.203015	78.7	1.165683	83.7	1.134740
68.8	1.247364	73.8	1.202196	78.8	1.165006	83.8	1.134178
68.9	1.246370	73.9	1.201380	78.9	1.164331	83.9	1.133617
69.0	1.245379	74.0	1.200567	79.0	1.163660	84.0	1.133059
69.1	1.244393	74.1	1.199758	79.1	1.162990	84.1	1.132503
69.2	1.243410	74.2	1.198952	79.2	1.162324	84.2	1.131948
69.3	1.242431	74.3	1.198148	79.3	1.161659	84.3	1.131396
69.4	1.241457	74.4	1.197348	79.4	1.160997	84.4	1.130845
69.5	1.240486	74.5	1.196551	79.5	1.160338	84.5	1.130297
69.6	1.239519	74.6	1.195757	79.6	1.159681	84.6	1.129751
69.7	1.238556	74.7	1.194966	79.7	1.159027	84.7	1.129206
69.8	1.237597	74.8	1.194178	79.8	1.158375	84.8	1.128664
69.9	1.236642	74.9	1.193393	79.9	1.157725	84.9	1.128123
70.0	1.235690	75.0	1.192612	80.0	1.157078	85.0	1.127585
70.1	1.234742	75.1	1.191833	80.1	1.156433	85.1	1.127048
70.2	1.233799	75.2	1.191057	80.2	1.155791	85.2	1.126514
70.3	1.232859	75.3	1.190284	80.3	1.155151	85.3	1.125981
70.4	1.231922	75.4	1.189514	80.4	1.154513	85.4	1.125450
70.5	1.230990	75.5	1.188747	80.5	1.153878	85.5	1.124922
70.6	1.230061	75.6	1.187983	80.6	1.153245	85.6	1.124395
70.7	1.229136	75.7	1.187222	80.7	1.152615	85.7	1.123870
70.8	1.228214	75.8	1.186464	80.8	1.151986	85.8	1.123347
70.9	1.227296	75.9	1.185708	80.9	1.151360	85.9	1.122826
71.0	1.226382	76.0	1.184956	81.0	1.150737	86.0	1.122306
71.1	1.225472	76.1	1.184206	81.1	1.150116	86.1	1.121789
71.2	1.224565	76.2	1.183460	81.2	1.149497	86.2	1.121274
71.3	1.223661	76.3	1.182716	81.3	1.148880	86.3	1.120760
71.4	1.222762	76.4	1.181975	81.4	1.148266	86.4	1.120248
71.5	1.221865	76.5	1.181236	81.5	1.147653	86.5	1.119738
71.6	1.220973	76.6	1.180501	81.6	1.147043	86.6	1.119230
71.7	1.220084	76.7	1.179768	81.7	1.146436	86.7	1.118724
71.8	1.219198	76.8	1.179038	81.8	1.145830	86.8	1.118219
71.9	1.218316	76.9	1.178311	81.9	1.145227	86.9	1.117717
72.0	1.217437	77.0	1.177587	82.0	1.144626	87.0	1.117216
72.1	1.216562	77.1	1.176865	82.1	1.144027	87.1	1.116717
72.2	1.215690	77.2	1.176146	82.2	1.143431	87.2	1.116220
72.3	1.214822	77.3	1.175430	82.3	1.142837	87.3	1.115724
72.4	1.213957	77.4	1.174717	82.4	1.142244	87.4	1.115231
72.5	1.213095	77.5	1.174006	82.5	1.141654	87.5	1.114739
72.6	1.212237	77.6	1.173298	82.6	1.141066	87.6	1.114249
72.7	1.211382	77.7	1.172593	82.7	1.140481	87.7	1.113761
72.8	1.210530	77.8	1.171890	82.8	1.139897	87.8	1.113274
72.9	1.209682	77.9	1.171190	82.9	1.139316	87.9	1.112789

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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
88.0	1.112306	93.0	1.090241	98.0	1.071798	103.0	1.056396
88.1	1.111825	93.1	1.089839	98.1	1.071462	103.1	1.056116
88.2	1.111345	93.2	1.089438	98.2	1.071127	103.2	1.055836
88.3	1.110868	93.3	1.089039	98.3	1.070793	103.3	1.055558
88.4	1.110391	93.4	1.088641	98.4	1.070461	103.4	1.055281
88.5	1.109917	93.5	1.088244	98.5	1.070130	103.5	1.055004
88.6	1.109444	93.6	1.087849	98.6	1.069799	103.6	1.054729
88.7	1.108973	93.7	1.087456	98.7	1.069470	103.7	1.054455
88.8	1.108504	93.8	1.087063	98.8	1.069143	103.8	1.054181
88.9	1.108036	93.9	1.086673	98.9	1.068816	103.9	1.053909
89.0	1.107570	94.0	1.086283	99.0	1.068491	104.0	1.053638
89.1	1.107106	94.1	1.085895	99.1	1.068167	104.1	1.053368
89.2	1.106644	94.2	1.085508	99.2	1.067843	104.2	1.053098
89.3	1.106183	94.3	1.085123	99.3	1.067522	104.3	1.052830
89.4	1.105723	94.4	1.084739	99.4	1.067201	104.4	1.052563
89.5	1.105266	94.5	1.084357	99.5	1.066881	104.5	1.052296
89.6	1.104810	94.6	1.083976	99.6	1.066563	104.6	1.052031
89.7	1.104355	94.7	1.083596	99.7	1.066246	104.7	1.051767
89.8	1.103903	94.8	1.083218	99.8	1.065929	104.8	1.051503
89.9	1.103452	94.9	1.082840	99.9	1.065614	104.9	1.051241
90.0	1.103002	95.0	1.082465	100.0	1.065301	105.0	1.050979
90.1	1.102554	95.1	1.082090	100.1	1.064988	105.1	1.050719
90.2	1.102108	95.2	1.081717	100.2	1.064676	105.2	1.050459
90.3	1.101663	95.3	1.081346	100.3	1.064366	105.3	1.050201
90.4	1.101220	95.4	1.080975	100.4	1.064057	105.4	1.049943
90.5	1.100779	95.5	1.080606	100.5	1.063748	105.5	1.049687
90.6	1.100339	95.6	1.080239	100.6	1.063441	105.6	1.049431
90.7	1.099900	95.7	1.079872	100.7	1.063135	105.7	1.049176
90.8	1.099464	95.8	1.079507	100.8	1.062830	105.8	1.048922
90.9	1.099028	95.9	1.079143	100.9	1.062527	105.9	1.048669
91.0	1.098595	96.0	1.078781	101.0	1.062224	106.0	1.048417
91.1	1.098163	96.1	1.078420	101.1	1.061922	106.1	1.048166
91.2	1.097732	96.2	1.078060	101.2	1.061622	106.2	1.047916
91.3	1.097303	96.3	1.077701	101.3	1.061322	106.3	1.047667
91.4	1.096876	96.4	1.077344	101.4	1.061024	106.4	1.047419
91.5	1.096450	96.5	1.076988	101.5	1.060727	106.5	1.047172
91.6	1.096025	96.6	1.076633	101.6	1.060431	106.6	1.046925
91.7	1.095603	96.7	1.076280	101.7	1.060136	106.7	1.046680
91.8	1.095181	96.8	1.075927	101.8	1.059842	106.8	1.046435
91.9	1.094761	96.9	1.075576	101.9	1.059549	106.9	1.046192
92.0	1.094343	97.0	1.075227	102.0	1.059257	107.0	1.045949
92.1	1.093926	97.1	1.074878	102.1	1.058966	107.1	1.045707
92.2	1.093511	97.2	1.074531	102.2	1.058676	107.2	1.045466
92.3	1.093097	97.3	1.074185	102.3	1.058388	107.3	1.045226
92.4	1.092684	97.4	1.073840	102.4	1.058100	107.4	1.044987
92.5	1.092274	97.5	1.073497	102.5	1.057813	107.5	1.044749
92.6	1.091864	97.6	1.073155	102.6	1.057528	107.6	1.044512
92.7	1.091456	97.7	1.072814	102.7	1.057243	107.7	1.044275
92.8	1.091050	97.8	1.072474	102.8	1.056960	107.8	1.044040
92.9	1.090644	97.9	1.072135	102.9	1.056677	107.9	1.043805

# 女子 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
108.0	1.043571	113.0	1.032952	118.0	1.024235	123.0	1.017172
108.1	1.043338	113.1	1.032760	118.1	1.024078	123.1	1.017046
108.2	1.043106	113.2	1.032569	118.2	1.023922	123.2	1.016920
108.3	1.042875	113.3	1.032378	118.3	1.023767	123.3	1.016796
108.4	1.042645	113.4	1.032188	118.4	1.023612	123.4	1.016671
108.5	1.042416	113.5	1.031999	118.5	1.023458	123.5	1.016548
108.6	1.042187	113.6	1.031811	118.6	1.023304	123.6	1.016425
108.7	1.041959	113.7	1.031623	118.7	1.023152	123.7	1.016302
108.8	1.041733	113.8	1.031436	118.8	1.023000	123.8	1.016181
108.9	1.041507	113.9	1.031250	118.9	1.022848	123.9	1.016059
109.0	1.041282	114.0	1.031065	119.0	1.022697	124.0	1.015939
109.1	1.041057	114.1	1.030880	119.1	1.022547	124.1	1.015818
109.2	1.040834	114.2	1.030697	119.2	1.022397	124.2	1.015699
109.3	1.040611	114.3	1.030513	119.3	1.022248	124.3	1.015580
109.4	1.040390	114.4	1.030331	119.4	1.022100	124.4	1.015461
109.5	1.040169	114.5	1.030149	119.5	1.021952	124.5	1.015343
109.6	1.039949	114.6	1.029968	119.6	1.021805	124.6	1.015226
109.7	1.039730	114.7	1.029788	119.7	1.021659	124.7	1.015109
109.8	1.039511	114.8	1.029609	119.8	1.021513	124.8	1.014993
109.9	1.039294	114.9	1.029430	119.9	1.021368	124.9	1.014877
110.0	1.039077	115.0	1.029252	120.0	1.021224	125.0	1.014762
110.1	1.038861	115.1	1.029075	120.1	1.021080	125.1	1.014647
110.2	1.038646	115.2	1.028898	120.2	1.020936	125.2	1.014533
110.3	1.038432	115.3	1.028722	120.3	1.020794	125.3	1.014420
110.4	1.038219	115.4	1.028547	120.4	1.020652	125.4	1.014307
110.5	1.038006	115.5	1.028372	120.5	1.020510	125.5	1.014194
110.6	1.037795	115.6	1.028199	120.6	1.020370	125.6	1.014082
110.7	1.037584	115.7	1.028025	120.7	1.020229	125.7	1.013971
110.8	1.037374	115.8	1.027853	120.8	1.020090	125.8	1.013860
110.9	1.037164	115.9	1.027681	120.9	1.019951	125.9	1.013750
111.0	1.036956	116.0	1.027510	121.0	1.019813	126.0	1.013640
111.1	1.036748	116.1	1.027340	121.1	1.019675	126.1	1.013531
111.2	1.036541	116.2	1.027171	121.2	1.019538	126.2	1.013422
111.3	1.036335	116.3	1.027002	121.3	1.019401	126.3	1.013314
111.4	1.036130	116.4	1.026834	121.4	1.019265	126.4	1.013206
111.5	1.035925	116.5	1.026666	121.5	1.019130	126.5	1.013099
111.6	1.035722	116.6	1.026499	121.6	1.018995	126.6	1.012993
111.7	1.035519	116.7	1.026333	121.7	1.018861	126.7	1.012887
111.8	1.035317	116.8	1.026168	121.8	1.018728	126.8	1.012781
111.9	1.035115	116.9	1.026003	121.9	1.018595	126.9	1.012676
112.0	1.034915	117.0	1.025839	122.0	1.018462	127.0	1.012572
112.1	1.034715	117.1	1.025675	122.1	1.018331	127.1	1.012468
112.2	1.034516	117.2	1.025513	122.2	1.018200	127.2	1.012364
112.3	1.034318	117.3	1.025351	122.3	1.018069	127.3	1.012261
112.4	1.034120	117.4	1.025189	122.4	1.017939	127.4	1.012159
112.5	1.033924	117.5	1.025029	122.5	1.017810	127.5	1.012057
112.6	1.033728	117.6	1.024868	122.6	1.017681	127.6	1.011956
112.7	1.033533	117.7	1.024709	122.7	1.017553	127.7	1.011855
112.8	1.033338	117.8	1.024550	122.8	1.017425	127.8	1.011755
112.9	1.033145	117.9	1.024392	122.9	1.017298	127.9	1.011655

# 女子 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
128.0	1.011555	133.0	1.007214	138.0	1.004003	143.0	1.001800
128.1	1.011457	133.1	1.007140	138.1	1.003950	143.1	1.001765
128.2	1.011358	133.2	1.007065	138.2	1.003897	143.2	1.001731
128.3	1.011261	133.3	1.006991	138.3	1.003844	143.3	1.001697
128.4	1.011163	133.4	1.006918	138.4	1.003792	143.4	1.001664
128.5	1.011067	133.5	1.006845	138.5	1.003740	143.5	1.001630
128.6	1.010970	133.6	1.006772	138.6	1.003688	143.6	1.001598
128.7	1.010875	133.7	1.006700	138.7	1.003637	143.7	1.001565
128.8	1.010779	133.8	1.006628	138.8	1.003586	143.8	1.001533
128.9	1.010685	133.9	1.006557	138.9	1.003536	143.9	1.001501
129.0	1.010590	134.0	1.006486	139.0	1.003486	144.0	1.001470
129.1	1.010497	134.1	1.006416	139.1	1.003436	144.1	1.001439
129.2	1.010403	134.2	1.006346	139.2	1.003387	144.2	1.001409
129.3	1.010310	134.3	1.006276	139.3	1.003338	144.3	1.001378
129.4	1.010218	134.4	1.006207	139.4	1.003290	144.4	1.001348
129.5	1.010126	134.5	1.006139	139.5	1.003242	144.5	1.001319
129.6	1.010035	134.6	1.006070	139.6	1.003194	144.6	1.001289
129.7	1.009944	134.7	1.006003	139.7	1.003147	144.7	1.001261
129.8	1.009854	134.8	1.005935	139.8	1.003100	144.8	1.001232
129.9	1.009764	134.9	1.005868	139.9	1.003053	144.9	1.001204
130.0	1.009675	135.0	1.005802	140.0	1.003007	145.0	1.001176
130.1	1.009586	135.1	1.005736	140.1	1.002962	145.1	1.001148
130.2	1.009497	135.2	1.005670	140.2	1.002916	145.2	1.001121
130.3	1.009410	135.3	1.005605	140.3	1.002871	145.3	1.001094
130.4	1.009322	135.4	1.005540	140.4	1.002827	145.4	1.001068
130.5	1.009235	135.5	1.005476	140.5	1.002783	145.5	1.001042
130.6	1.009149	135.6	1.005412	140.6	1.002739	145.6	1.001016
130.7	1.009063	135.7	1.005348	140.7	1.002695	145.7	1.000991
130.8	1.008977	135.8	1.005285	140.8	1.002652	145.8	1.000966
130.9	1.008892	135.9	1.005223	140.9	1.002610	145.9	1.000941
131.0	1.008808	136.0	1.005161	141.0	1.002567	146.0	1.000916
131.1	1.008724	136.1	1.005099	141.1	1.002525	146.1	1.000892
131.2	1.008640	136.2	1.005037	141.2	1.002484	146.2	1.000869
131.3	1.008557	136.3	1.004976	141.3	1.002443	146.3	1.000845
131.4	1.008474	136.4	1.004916	141.4	1.002402	146.4	1.000822
131.5	1.008392	136.5	1.004856	141.5	1.002362	146.5	1.000799
131.6	1.008310	136.6	1.004796	141.6	1.002322	146.6	1.000777
131.7	1.008229	136.7	1.004737	141.7	1.002282	146.7	1.000755
131.8	1.008148	136.8	1.004678	141.8	1.002243	146.8	1.000733
131.9	1.008068	136.9	1.004620	141.9	1.002204	146.9	1.000712
132.0	1.007988	137.0	1.004561	142.0	1.002165	147.0	1.000691
132.1	1.007909	137.1	1.004504	142.1	1.002127	147.1	1.000670
132.2	1.007830	137.2	1.004447	142.2	1.002089	147.2	1.000649
132.3	1.007751	137.3	1.004390	142.3	1.002052	147.3	1.000629
132.4	1.007673	137.4	1.004333	142.4	1.002015	147.4	1.000610
132.5	1.007596	137.5	1.004277	142.5	1.001978	147.5	1.000590
132.6	1.007518	137.6	1.004222	142.6	1.001941	147.6	1.000571
132.7	1.007442	137.7	1.004167	142.7	1.001905	147.7	1.000552
132.8	1.007366	137.8	1.004112	142.8	1.001870	147.8	1.000534
132.9	1.007290	137.9	1.004057	142.9	1.001835	147.9	1.000516

# 女子 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
148.0	1.000498	153.0	1.000008
148.1	1.000480	153.1	1.000006
148.2	1.000463	153.2	1.000005
148.3	1.000446	153.3	1.000003
148.4	1.000430	153.4	1.000002
148.5	1.000414	153.5	1.000001
148.6	1.000398	153.6	1.000000
148.7	1.000382		
148.8	1.000367		
148.9	1.000352		
149.0	1.000338		
149.1	1.000323		
149.2	1.000309		
149.3	1.000296		
149.4	1.000282		
149.5	1.000269		
149.6	1.000257		
149.7	1.000244		
149.8	1.000232		
149.9	1.000221		
150.0	1.000209		
150.1	1.000198		
150.2	1.000187		
150.3	1.000177		
150.4	1.000167		
150.5	1.000157		
150.6	1.000147		
150.7	1.000138		
150.8	1.000129		
150.9	1.000120		
151.0	1.000112		
151.1	1.000104		
151.2	1.000096		
151.3	1.000089		
151.4	1.000082		
151.5	1.000075		
151.6	1.000068		
151.7	1.000062		
151.8	1.000056		
151.9	1.000050		
152.0	1.000045		
152.1	1.000040		
152.2	1.000035		
152.3	1.000031		
152.4	1.000027		
152.5	1.000023		
152.6	1.000020		
152.7	1.000016		
152.8	1.000013		
152.9	1.000011		