

## FORMULA CALCOLO COEFFICIENTE SINCLAIR 2017 | 2020

### **Formula Maschile**

=SE(PESO CORPOREO<175,508;10^(0,75194503\*((LOG10(PESO ATLETA/175,508))^2));1)

### **Formula Femminile**

=SE(PESO CORPOREO<153,655;10^(0,783497476\*((LOG10(PESO ATLETA/153,655))^2));1)

### **TABELLA SINCLAIR MASTER 2020 (MELTZER | FABER)**

|                      | <b>ANNO</b> | <b>ETÀ</b> | <b>COEFF</b> |
|----------------------|-------------|------------|--------------|
| <b>MASTER<br/>45</b> | 1980        | 41         | 1,149        |
|                      | 1979        | 42         | 1,162        |
|                      | 1978        | 43         | 1,176        |
|                      | 1977        | 44         | 1,189        |
|                      | 1976        | 45         | 1,203        |
| <b>MASTER<br/>55</b> | <b>ANNO</b> | <b>ETÀ</b> | <b>COEFF</b> |
|                      | 1975        | 46         | 1,218        |
|                      | 1974        | 47         | 1,233        |
|                      | 1973        | 48         | 1,248        |
|                      | 1972        | 49         | 1,263        |
|                      | 1971        | 50         | 1,279        |
|                      | 1970        | 51         | 1,297        |
|                      | 1969        | 52         | 1,316        |
|                      | 1968        | 53         | 1,338        |
|                      | 1967        | 54         | 1,361        |
|                      | 1966        | 55         | 1,385        |
|                      | <b>ANNO</b> | <b>ETÀ</b> | <b>COEFF</b> |
|                      | 1965        | 56         | 1,411        |

|                       | <b>ANNO</b> | <b>ETÀ</b> | <b>COEFF</b> |
|-----------------------|-------------|------------|--------------|
| <b>MASTER<br/>+65</b> | 1955        | 66         | 1,699        |
|                       | 1954        | 67         | 1,738        |
|                       | 1953        | 68         | 1,779        |
|                       | 1952        | 69         | 1,823        |
|                       | 1951        | 70         | 1,867        |
|                       | 1950        | 71         | 1,910        |
|                       | 1949        | 72         | 1,953        |
|                       | 1948        | 73         | 2,004        |
|                       | 1947        | 74         | 2,060        |
|                       | 1946        | 75         | 2,117        |
|                       | 1945        | 76         | 2,181        |
|                       | 1944        | 77         | 2,255        |
|                       | 1943        | 78         | 2,336        |
|                       | 1942        | 79         | 2,419        |
|                       | 1941        | 80         | 2,504        |
|                       | 1940        | 81         | 2,597        |
|                       | 1939        | 82         | 2,702        |
|                       | 1938        | 83         | 2,831        |
|                       | 1937        | 84         | 2,981        |
|                       | 1936        | 85         | 3,153        |
|                       | 1935        | 86         | 3,352        |
|                       | 1934        | 87         | 3,580        |
|                       | 1933        | 88         | 3,843        |
|                       | 1932        | 89         | 4,145        |
|                       | 1931        | 90         | 4,493        |
|                       | 1930        | 91         | 1,699        |
|                       | 1929        | 92         | 1,738        |