



**IKMF Rankings
PENTATHLON - Single Bell
WOMEN - OPEN & VETERAN 40+**

31-Dec-22

W/C	MSWC		MS		CMS		National	
	OPEN	VETERAN	OPEN	Veteran	OPEN	Veteran	OPEN	VETERAN
<60kg	1300	1200	1150	1000	1000	850	750	600
60 - 70kg	1400	1300	1250	1100	1100	950	800	650
70+kg	1500	1400	1350	1200	1250	1050	850	700



**IKMF Rankings
PENTATHLON - Double Bell
WOMEN - OPEN & VETERAN 40+**

31-Dec-22

W/C	MSWC		MS		CMS		National	
	OPEN	VETERAN	OPEN	Veteran	OPEN	Veteran	OPEN	VETERAN
<53kg	360	310	335	285	310	260	285	235
53 - 60kg	385	335	360	310	335	285	310	260
60 - 67kg	410	360	385	335	360	310	335	285
67 - 74kg	435	385	410	360	385	335	360	310
74+kg	460	410	435	385	410	360	385	335

Points are calculated : reps x bell scoring factor

8kg = 1 point	12kg = 1.5 points	16kg = 2 points	20kg = 2.5points
24kg = 3 points	28kg = 3.5 points	32kg = 4 points	36kg = 4.5 points