



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

31-Dec-22

W/C	MSWC		MS		CMS		National	
	OPEN	VETERAN	OPEN	Veteran	OPEN	Veteran	OPEN	VETERAN
<75kg	1850	1750	1700	1550	1550	1400	1200	1050
75-85kg	1950	1850	1800	1650	1650	1500	1300	1150
85+kg	2050	1950	1900	1750	1750	1600	1400	1250



**IKMF Rankings  
PENTATHLON - Double Bells  
MEN - OPEN & VETERAN 40+**

31-Dec-22

W/C	MSWC		MS		CMS		National	
	OPEN	VETERAN	OPEN	Veteran	OPEN	Veteran	OPEN	VETERAN
<70kg	460	410	435	385	410	360	385	335
70 - 77kg	485	435	460	410	435	385	410	360
77 - 84kg	510	460	485	435	460	410	435	385
84 - 91kg	535	485	510	460	485	435	460	410
91+kg	560	510	535	485	510	460	485	435

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