

# Lynch Factor Chart

Bodyweight	Plus 0.0	Plus 0.1	Plus 0.2	Plus 0.3	Plus 0.4	Plus 0.5	Plus 0.6	Plus 0.7	Plus 0.8	Plus 0.9
25 Kilogram	2.8450	2.8376	2.8299	2.8220	2.8138	2.8054	2.7968	2.7879	2.7789	2.7696
26 Kilogram	2.7602	2.7507	2.7410	2.7311	2.7211	2.7110	2.7008	2.6905	2.6801	2.6696
27 Kilogram	2.6591	2.6485	2.6378	2.6271	2.6164	2.6056	2.5948	2.5840	2.5732	2.5623
28 Kilogram	2.5515	2.5407	2.5298	2.5190	2.5082	2.4975	2.4868	2.4761	2.4654	2.4548
29 Kilogram	2.4442	2.4336	2.4231	2.4127	2.4023	2.3920	2.3817	2.3715	3.3613	2.3512
30 Kilogram	2.3411	2.3312	2.3213	2.3114	2.3016	2.2919	2.2823	2.2727	2.2632	2.2538
31 Kilogram	2.2444	2.2352	2.2259	2.2168	2.2077	2.1987	2.1898	2.1810	2.1722	2.1635
32 Kilogram	2.1549	2.1463	2.1378	2.1294	2.1210	2.1128	2.1046	2.0964	2.0884	2.0804
33 Kilogram	2.0724	2.0646	2.0568	2.0491	2.0414	2.0338	2.0263	2.0188	2.0115	2.0041
34 Kilogram	1.9969	1.9897	1.9825	1.9755	1.9685	1.9615	1.9546	1.9478	1.9410	1.9343
35 Kilogram	1.9277	1.9211	1.9145	1.9081	1.9016	1.8953	1.8889	1.8827	1.8765	1.8703
36 Kilogram	1.8642	1.8582	1.8522	1.8463	1.8404	1.8345	1.8287	1.8230	1.8173	1.8116
37 Kilogram	1.8060	1.8005	1.7950	1.7895	1.7841	1.7787	1.7734	1.7681	1.7629	1.7577
38 Kilogram	1.7525	1.7474	1.7424	1.7373	1.7323	1.7274	1.7225	1.7176	1.7128	1.7080
39 Kilogram	1.7032	1.6985	1.6938	1.6892	1.6846	1.6800	1.6755	1.6710	1.6665	1.6621
40 Kilogram	1.6577	1.6533	1.6490	1.6447	1.6404	1.6362	1.6320	1.6278	1.6237	1.6196
41 Kilogram	1.6165	1.6114	1.6074	1.6034	1.5995	1.5956	1.5917	1.5878	1.5839	1.5801
42 Kilogram	1.5763	1.5726	1.5688	1.5651	1.5614	1.5578	1.5541	1.5505	1.5470	1.5434
43 Kilogram	1.5399	1.5364	1.5329	1.5294	1.5260	1.5226	1.5192	1.5158	1.5125	1.5092
44 Kilogram	1.5059	1.5026	1.4993	1.4961	1.4929	1.4897	1.4865	1.4834	1.4803	1.4772
45 Kilogram	1.4741	1.4710	1.4679	1.4649	1.4619	1.4589	1.4560	1.4530	1.4501	1.4472
46 Kilogram	1.4443	1.4414	1.4385	1.4357	1.4329	1.4300	1.4273	1.4245	1.4217	1.4190
47 Kilogram	1.4163	1.4136	1.4109	1.4082	1.4055	1.4029	1.4003	1.3977	1.3951	1.3925
48 Kilogram	1.3899	1.3874	1.3848	1.3823	1.3798	1.3373	1.3748	1.3724	1.3699	1.3675
49 Kilogram	1.3651	1.3627	1.3603	1.3579	1.3555	1.3532	1.3508	1.3485	1.3462	1.3439
50 Kilogram	1.3416	1.3393	1.3371	1.3348	1.3326	1.3304	1.3281	1.3259	1.3238	1.3216
51 Kilogram	1.3194	1.3173	1.3151	1.3130	1.3109	1.3087	1.3066	1.3046	1.3025	1.3004
52 Kilogram	1.2984	1.2963	1.2943	1.2923	1.2902	1.2882	1.2863	1.2843	1.2823	1.2803
53 Kilogram	1.2784	1.2764	1.2745	1.2726	1.2707	1.2688	1.2669	1.2650	1.2631	1.2612
54 Kilogram	1.2594	1.2575	1.2557	1.2539	1.2520	1.2502	1.2484	1.2466	1.2448	1.2431
55 Kilogram	1.2413	1.2395	1.2378	1.2360	1.2343	1.2326	1.2308	1.2291	1.2274	1.2257
56 Kilogram	1.2240	1.2224	1.2207	1.2190	1.2174	1.2157	1.2141	1.2124	1.2108	1.2092
57 Kilogram	1.2076	1.2060	1.2044	1.2028	1.2012	1.1996	1.1980	1.1965	1.1949	1.1934
58 Kilogram	1.1918	1.1903	1.1888	1.1872	1.1857	1.1842	1.1827	1.1812	1.1797	1.1782
59 Kilogram	1.1768	1.1753	1.1738	1.1724	1.1709	1.1695	1.1680	1.1666	1.1652	1.1637
60 Kilogram	1.1623	1.1609	1.1595	1.1581	1.1567	1.1553	1.1539	1.1526	1.1512	1.1498
61 Kilogram	1.1485	1.1471	1.1458	1.1444	1.1431	1.1418	1.1404	1.1391	1.1378	1.1365
62 Kilogram	1.1352	1.1339	1.1326	1.1313	1.1300	1.1287	1.1274	1.1262	1.1249	1.1237
63 Kilogram	1.1224	1.1211	1.1199	1.1187	1.1174	1.1162	1.1150	1.1137	1.1125	1.1113
64 Kilogram	1.1101	1.1089	1.1077	1.1065	1.1053	1.1041	1.1029	1.1018	1.1006	1.0994
65 Kilogram	1.0983	1.0971	1.0960	1.0984	1.0937	1.0925	1.0914	1.0902	1.0891	1.0880
66 Kilogram	1.0869	1.0857	1.0846	1.0835	1.0824	1.0813	1.0824	1.0791	1.0780	1.0769
67 Kilogram	1.0759	1.0748	1.0737	1.0726	1.0716	1.0705	1.0694	1.0684	1.0673	1.0663
68 Kilogram	1.0652	1.0642	1.0632	1.0621	1.0611	1.0601	1.0590	1.0580	1.0570	1.0560
69 Kilogram	1.0550	1.0540	1.0530	1.0520	1.0510	1.0500	1.0490	1.0480	1.0470	1.0460
70 Kilogram	1.0451	1.0441	1.0431	1.0422	1.0412	1.0402	1.0393	1.0383	1.0374	1.0364

# Lynch Factor Chart

71 Kilogram	1.0355	1.0345	1.0336	1.0326	1.0317	1.0308	1.0299	1.0289	1.0280	1.0271
72 Kilogram	1.0262	1.0253	1.0244	1.0235	1.0225	1.0216	1.0207	1.0199	1.0190	1.0181
73 Kilogram	1.0172	1.0163	1.0154	1.0145	1.0137	1.0128	1.0119	1.0110	1.0102	1.0093
74 Kilogram	1.0085	1.0076	1.0067	1.0059	1.0050	1.0042	1.0034	1.0025	1.0017	1.0008
75 Kilogram	1.0000	0.9992	0.9983	0.9975	0.9967	0.9959	0.9950	0.9942	0.9934	0.9926
76 Kilogram	0.9918	0.9910	0.9902	0.9894	0.9886	0.9878	0.9870	0.9862	0.9854	0.9846
77 Kilogram	0.9838	0.9830	0.9823	0.9815	0.9807	0.9799	0.9791	0.9784	0.9776	0.9768
78 Kilogram	0.9761	0.9753	0.9745	0.9738	0.9730	0.9723	0.9715	0.9708	0.9700	0.9693
79 Kilogram	0.9685	0.9678	0.9671	0.9663	0.9656	0.9649	0.9641	0.9634	0.9627	0.9619
80 Kilogram	0.9612	0.9605	0.9598	0.9591	0.9583	0.9576	0.9569	0.9562	0.9555	0.9548
81 Kilogram	0.9541	0.9534	0.9527	0.9520	0.9513	0.9506	0.9499	0.9492	0.9485	0.9478
82 Kilogram	0.9472	0.9465	0.9458	0.9451	0.9444	0.9438	0.9431	0.9424	0.9417	0.9411
83 Kilogram	0.9404	0.9397	0.9391	0.9384	0.9377	0.9371	0.9364	0.9358	0.9351	0.9345
84 Kilogram	0.9338	0.9332	0.9325	0.9319	0.9312	0.9306	0.9299	0.9293	0.9287	0.9280
85 Kilogram	0.9274	0.9268	0.9261	0.9255	0.9249	0.9243	0.9236	0.9230	0.9224	0.9218
86 Kilogram	0.9211	0.9205	0.9199	0.9193	0.9187	0.9181	0.9175	0.9169	0.9162	0.9156
87 Kilogram	0.9150	0.9144	0.9138	0.9132	0.9126	0.9120	0.9114	0.9108	0.9103	0.9097
88 Kilogram	0.9091	0.9085	0.9079	0.9073	0.9067	0.9061	0.9056	0.9050	0.9044	0.9038
89 Kilogram	0.9033	0.9027	0.9021	0.9015	0.9010	0.9004	0.8998	0.8993	0.8987	0.8981
90 Kilogram	0.8976	0.8970	0.8964	0.8959	0.8953	0.8948	0.8942	0.8937	0.8931	0.8926
91 Kilogram	0.8920	0.8915	0.8909	0.8904	0.8898	0.8893	0.8887	0.8882	0.8877	0.8871
92 Kilogram	0.8866	0.8861	0.8855	0.8850	0.8844	0.8839	0.8834	0.8829	0.8823	0.8818
93 Kilogram	0.8813	0.8808	0.8802	0.8797	0.8792	0.8787	0.8781	0.8776	0.8771	0.8766
94 Kilogram	0.8761	0.8756	0.8751	0.8746	0.8740	0.8735	0.8730	0.8725	0.8720	0.8715
95 Kilogram	0.8710	0.8705	0.8700	0.8695	0.8690	0.8685	0.8680	0.8675	0.8670	0.8665
96 Kilogram	0.8660	0.8655	0.8651	0.8646	0.8641	0.8636	0.8631	0.8626	0.8621	0.8616
97 Kilogram	0.8612	0.8607	0.8602	0.8597	0.8592	0.8588	0.8583	0.8578	0.8573	0.8569
98 Kilogram	0.8564	0.8559	0.8555	0.8550	0.8545	0.8540	0.8536	0.8531	0.8527	0.8522
99 Kilogram	0.8517	0.8513	0.8508	0.8503	0.8499	0.8494	0.8490	0.8485	0.8481	0.8476
100 Kilogram	0.8471	0.8467	0.8462	0.8458	0.8453	0.8449	0.8444	0.8440	0.8436	0.8431
101 Kilogram	0.8427	0.8422	0.8418	0.8413	0.8409	0.8405	0.8400	0.8396	0.8391	0.8387
102 Kilogram	0.8383	0.8378	0.8374	0.8370	0.8365	0.8361	0.8357	0.8352	0.8348	0.8344
103 Kilogram	0.8340	0.8335	0.8331	0.8327	0.8322	0.8318	0.8314	0.8310	0.8306	0.8301
104 Kilogram	0.8297	0.8293	0.8289	0.8285	0.8281	0.8276	0.8272	0.8268	0.8264	0.8260
105 Kilogram	0.8256	0.8252	0.8247	0.8243	0.8239	0.8235	0.8231	0.8227	0.8223	0.8219
106 Kilogram	0.8215	0.8211	0.8207	0.8203	0.8199	0.8195	0.8191	0.8187	0.8183	0.8179
107 Kilogram	0.8175	0.8171	0.8167	0.8163	0.8159	0.8155	0.8151	0.8147	0.8143	0.8140
108 Kilogram	0.8136	0.8132	0.8128	0.8124	0.8120	0.8116	0.8112	0.8109	0.8105	0.8101
109 Kilogram	0.8097	0.8093	0.8089	0.8086	0.8082	0.8078	0.8074	0.8071	0.8067	0.8063
110 Kilogram	0.8059	0.8055	0.8052	0.8048	0.8044	0.8041	0.8037	0.8033	0.8029	0.8026
111 Kilogram	0.8021	0.8018	0.8015	0.8011	0.8007	0.8004	0.8000	0.7996	0.7993	0.7989
112 Kilogram	0.7985	0.7982	0.7978	0.7975	0.7971	0.7967	0.7964	0.7960	0.7957	0.7953
113 Kilogram	0.7949	0.7946	0.7942	0.7939	0.7935	0.7932	0.7928	0.7925	0.7921	0.7918
114 Kilogram	0.7914	0.7911	0.7907	0.7904	0.7900	0.7897	0.7893	0.7890	0.7886	0.7883
115 Kilogram	0.7880	0.7876	0.7872	0.7869	0.7866	0.7862	0.7859	0.7855	0.7852	0.7849
116 Kilogram	0.7845	0.7842	0.7838	0.7835	0.7832	0.7828	0.7825	0.7822	0.7818	0.7815
117 Kilogram	0.7812	0.7808	0.7805	0.7802	0.7798	0.7795	0.7792	0.7788	0.7785	0.7782

# Lynch Factor Chart

118 Kilogram	0.7778	0.7775	0.7772	0.7769	0.7765	0.7762	0.7759	0.7756	0.7752	0.7749
119 Kilogram	0.7746	0.7743	0.7739	0.7736	0.7733	0.7730	0.7727	0.7723	0.7720	0.7717
120 Kilogram	0.7714	0.7711	0.7707	0.7704	0.7701	0.7698	0.7695	0.7692	0.7689	0.7685
121 Kilogram	0.7682	0.7679	0.7676	0.7673	0.7670	0.7667	0.7664	0.7660	0.7657	0.7654
122 Kilogram	0.7651	0.7648	0.7645	0.7642	0.7639	0.7636	0.7633	0.7630	0.7627	0.7624
123 Kilogram	0.7621	0.7618	0.7615	0.7612	0.7608	0.7605	0.7602	0.7599	0.7596	0.7593
124 Kilogram	0.7590	0.7587	0.7585	0.7582	0.7579	0.7576	0.7573	0.7570	0.7567	0.7564
125 Kilogram	0.7561	0.7558	0.7555	0.7552	0.7549	0.7546	0.7543	0.7540	0.7537	0.7534
126 Kilogram	0.7532	0.7529	0.7526	0.7523	0.7520	0.7517	0.7514	0.7511	0.7508	0.7506
127 Kilogram	0.7503	0.7500	0.7497	0.7494	0.7491	0.7489	0.7486	0.7483	0.7480	0.7477
128 Kilogram	0.7474	0.7472	0.7469	0.7466	0.7463	0.7460	0.7458	0.7453	0.7452	0.7449
129 Kilogram	0.7446	0.7444	0.7441	0.7438	0.7435	0.7433	0.7430	0.7427	0.7424	0.7422
130 Kilogram	0.7419	0.7416	0.7413	0.7411	0.7408	0.7405	0.7402	0.7400	0.7397	0.7394
131 Kilogram	0.7392	0.7389	0.7386	0.7383	0.7380	0.7378	0.7375	0.7373	0.7370	0.7367
132 Kilogram	0.7365	0.7362	0.7359	0.7357	0.7354	0.7351	0.7349	0.7346	0.7344	0.7341
133 Kilogram	0.7338	0.7336	0.7333	0.7330	0.7328	0.7325	0.7323	0.7320	0.7317	0.7315
134 Kilogram	0.7312	0.7310	0.7307	0.7304	0.7302	0.7299	0.7297	0.7294	0.7292	0.7289
135 Kilogram	0.7286	0.7284	0.7281	0.7279	0.7276	0.7274	0.7271	0.7269	0.7266	0.7264
136 Kilogram	0.7261	0.7259	0.7256	0.7254	0.7251	0.7249	0.7246	0.7244	0.7241	0.7239
137 Kilogram	0.7236	0.7234	0.7231	0.7229	0.7226	0.7224	0.7221	0.7219	0.7216	0.7214
138 Kilogram	0.7211	0.7209	0.7206	0.7204	0.7202	0.7200	0.7197	0.7194	0.7192	0.7189
139 Kilogram	0.7187	0.7184	0.7182	0.7180	0.7177	0.7175	0.7172	0.7170	0.7168	0.7165
140 Kilogram	0.7163	0.7160	0.7158	0.7156	0.7153	0.7151	0.7149	0.7146	0.7144	0.7141
141 Kilogram	0.7139	0.7137	0.7134	0.7132	0.7130	0.7127	0.7125	0.7123	0.7120	0.7118
142 Kilogram	0.7116	0.7113	0.7111	0.7109	0.7106	0.7104	0.7102	0.7099	0.7097	0.7095
143 Kilogram	0.7092	0.7090	0.7088	0.7085	0.7083	0.7081	0.7079	0.7076	0.7074	0.7072
144 Kilogram	0.7069	0.7067	0.7065	0.7063	0.7060	0.7058	0.7056	0.7054	0.7051	0.7049
145 Kilogram	0.7047	0.7045	0.7042	0.7040	0.7038	0.7036	0.7033	0.7031	0.7029	0.7027
146 Kilogram	0.7025	0.7022	0.7020	0.7018	0.7016	0.7013	0.7011	0.7009	0.7007	0.7005
147 Kilogram	0.7002	0.7000	0.6998	0.6996	0.6994	0.6992	0.6989	0.6987	0.6985	0.6983
148 Kilogram	0.6981	0.6979	0.6976	0.6974	0.6972	0.6970	0.6968	0.6966	0.6963	0.6961
149 Kilogram	0.6959	0.6957	0.6955	0.6953	0.6951	0.6948	0.6946	0.6944	0.6942	0.6940
150 Kilogram	0.6938	0.6936	0.6934	0.6932	0.6929	0.6927	0.6925	0.6923	0.6921	0.6919
151 Kilogram	0.6917	0.6915	0.6913	0.6911	0.6908	0.6906	0.6904	0.6902	0.6900	0.6898
152 Kilogram	0.6896	0.6894	0.6892	0.6890	0.6888	0.6886	0.6884	0.6882	0.6880	0.6878
153 Kilogram	0.6875	0.6873	0.6871	0.6869	0.6867	0.6865	0.6863	0.6861	0.6859	0.6857
154 Kilogram	0.6855	0.6853	0.6851	0.6849	0.6847	0.6845	0.6843	0.6841	0.6839	0.6837
155 Kilogram	0.6835	0.6833	0.6831	0.6829	0.6827	0.6825	0.6823	0.6821	0.6819	0.6817
156 Kilogram	0.6815	0.6813	0.6811	0.6809	0.6807	0.6805	0.6803	0.6801	0.6800	0.6798
157 Kilogram	0.6796	0.6794	0.6792	0.6790	0.6788	0.6786	0.6784	0.6782	0.6780	0.6778
158 Kilogram	0.6776	0.6774	0.6772	0.6770	0.6768	0.6767	0.6765	0.6763	0.6761	0.6759
159 Kilogram	0.6757	0.6755	0.6753	0.6751	0.6749	0.6747	0.6746	0.6744	0.6742	0.6740
160 Kilogram	0.6738	0.6736	0.6734	0.6732	0.6730	0.6729	0.6727	0.6725	0.6723	0.6721
161 Kilogram	0.6719	0.6717	0.6715	0.6714	0.6712	0.6710	0.6708	0.6706	0.6704	0.6702
162 Kilogram	0.6701	0.6699	0.6697	0.6695	0.6693	0.6691	0.6690	0.6688	0.6686	0.6684
163 Kilogram	0.6682	0.6680	0.6679	0.6677	0.6675	0.6673	0.6671	0.6669	0.6668	0.6666
164 Kilogram	0.6664	0.6662	0.6660	0.6659	0.6657	0.6655	0.6653	0.6651	0.6650	0.6648

# Lynch Factor Chart

165 Kilogram	0.6646	0.6644	0.6642	0.6641	0.6639	0.6637	0.6635	0.6634	0.6632	0.6630
166 Kilogram	0.6628	0.6626	0.6625	0.6623	0.6621	0.6619	0.6618	0.6616	0.6614	0.6612
167 Kilogram	0.6611	0.6609	0.6607	0.6605	0.6604	0.6602	0.6600	0.6598	0.6597	0.6595
168 Kilogram	0.6593	0.6591	0.6590	0.6588	0.6586	0.6584	0.6583	0.6581	0.6579	0.6578
169 Kilogram	0.6576	0.6574	0.6572	0.6571	0.6569	0.6567	0.6566	0.6564	0.6562	0.6560
170 Kilogram	0.6559	0.6557	0.6555	0.6554	0.6552	0.6550	0.6549	0.6547	0.6545	0.6544
171 Kilogram	0.6542	0.6540	0.6539	0.6537	0.6535	0.6533	0.6532	0.6530	0.6528	0.6527
172 Kilogram	0.6525	0.6523	0.6522	0.6520	0.6518	0.6517	0.6515	0.6513	0.6512	0.6510
173 Kilogram	0.6509	0.6507	0.6505	0.6504	0.6502	0.6500	0.6499	0.6497	0.6495	0.6494
174 Kilogram	0.6492	0.6490	0.6489	0.6487	0.6486	0.6484	0.6482	0.6481	0.6479	0.6477
175 Kilogram	0.6476	0.6474	0.6473	0.6471	0.6469	0.6468	0.6466	0.6465	0.6463	0.6461
176 Kilogram	0.6460	0.6458	0.6457	0.6455	0.6453	0.6452	0.6450	0.6449	0.6447	0.6445
177 Kilogram	0.6444	0.6442	0.6441	0.6439	0.6437	0.6436	0.6434	0.6433	0.6431	0.6430
178 Kilogram	0.6428	0.6426	0.6425	0.6423	0.6422	0.6420	0.6419	0.6417	0.6415	0.6414
179 Kilogram	0.6412	0.6411	0.6409	0.6408	0.6406	0.6405	0.6403	0.6401	0.6400	0.6398
180 Kilogram	0.6397	0.6395	0.6394	0.6392	0.6391	0.6389	0.6388	0.6386	0.6385	0.6383