

SCHWARTZ/MALONE FORMULA in Pounds

To determine "Best Lifter," multiply each lifter's coefficient by their total. The lifter with the highest SFT/MFT is considered the "Best Lifter".

BWT	SCHWARTZ	MALONE	BWT	SCHWARTZ	MALONE	BWT	SCHWARTZ	MALONE	BWT	SCHWARTZ	BWT	SCHWARTZ
90	1.2803	1.1756	155	.7004	.7565	220	.5545	.5993	285	.5158	350	.4845
91	1.2627	1.1645	156	.6967	.7520	212	.5535	.5981	286	.5154	351	.4841
92	1.2455	1.1557	157	.6930	.7490	222	.5524	.5965	287	.5147	352	.4837
93	1.2287	1.1450	158	.6893	.7453	223	.5514	.5953	288	.5142	353	.4833
94	1.2124	1.1365	159	.6857	.7431	224	.5504	.5938	289	.5137	354	.4829
95	1.1965	1.1261	160	.6822	.7387	225	.5494	.5926	290	.5132	355	.4825
96	1.1809	1.1180	161	.6787	.7358	226	.5485	.5911	291	.5126	356	.4821
97	1.1657	1.1079	162	.6753	.7322	227	.5476	.5896	292	.5121	357	.4817
98	1.1509	1.0980	163	.6720	.7293	228	.5467	.5884	293	.5115	358	.4813
99	1.1365	1.0903	164	.6688	.7258	229	.5458	.5869	294	.5109	359	.4809
100	1.1223	1.0807	165	.6656	.7230	230	.5449	.5858	295	.5104	360	.4805
101	1.1086	1.0732	166	.6624	.7196	231	.5441	.5843	296	.5098	361	.4801
102	1.0952	1.0657	167	.6593	.7168	232	.5433	.5831	297	.5094	362	.4796
103	1.0821	1.0566	168	.6563	.7134	233	.5426	.5817	298	.5088	363	.4793
104	1.0693	1.0494	169	.6533	.7107	234	.5418	.5805	299	.5083	364	.4789
105	1.0569	1.0405	170	.6504	.7074	235	.5411	.5791	300	.5077	365	.4785
106	1.0448	1.0336	171	.6475	.7040	236	.5405	.5779	301	.5072	366	.4780
107	1.0329	1.0250	172	.6447	.7014	237	.5398	.5765	302	.5067	367	.4776
108	1.0214	1.0165	173	.6420	.6981	238	.5391	.5754	303	.5062	368	.4772
109	1.0101	1.0098	174	.6392	.6956	239	.5385	.5740	304	.5057	369	.4768
110	.9991	1.0016	175	.6365	.6923	240	.5379	.5725	305	.5053	370	.4764
111	.9884	.9952	176	.6339	.6898	241	.5373	.5714	306	.5047	371	.4760
112	.9779	.9872	177	.6313	.6866	242	.5367	.5700	307	.5043	372	.4756
113	.9677	.9809	178	.6288	.6841	243	.5362	.5693	308	.5037	373	.4752
114	.9578	.9731	179	.6262	.6810	244	.5357	.5686	309	.5032	374	.4748
115	.9481	.9670	180	.6238	.6786	245	.5352	.5681	310	.5027	375	.4744
116	.9385	.9595	181	.6214	.6755	246	.5347	.5671	311	.5022	376	.4740
117	.9293	.9536	182	.6190	.6731	247	.5342	.5669	312	.5017	377	.4736
118	.9203	.9462	183	.6167	.6701	248	.5337	.5662	313	.5013	378	.4731
119	.9115	.9390	184	.6144	.6671	249	.5333	.5656	314	.5007	379	.4727
120	.9029	.9333	185	.6121	.6648	250	.5328	.5649	315	.5002	380	.4723
121	.8946	.9263	186	.6099	.6618	251	.5325		316	.4998	381	.4719
122	.8863	.9208	187	.6077	.6595	252	.5320		317	.4992	382	.4715
123	.8783	.9110	188	.6056	.6566	253	.5316		318	.4988	383	.4711
124	.8706	.9086	189	.6036	.6543	254	.5312		319	.4982	384	.4707
125	.8630	.9019	190	.6014	.6521	255	.5308		320	.4978	385	.4703
126	.8556	.8980	191	.5994	.6492	256	.5304		321	.4973	386	.4699
127	.8483	.8902	192	.5978	.6464	257	.5300		322	.4968	387	.4695
128	.84.2	.8851	193	.5954	.6442	258	.5296		323	.4964	388	.4691
129	.8343	.8788	194	.5935	.6415	259	.5292		324	.4959	389	.4687
130	.8276	.8738	195	.5916	.6387	260	.5289		325	.4955	390	.4683
131	.8210	.8676	196	.5897	.6366	261	.5284		326	.4950	391	.4678
132	.8146	.8628	197	.5879	.6339	262	.5281		327	.4946	392	.4674
133	.8083	.8568	198	.5861	.6317	263	.5276		328	.4941	393	.4670
134	.8022	.8508	199	.5843	.6300	264	.5273		329	.4937	394	.4674
135	.7961	.8462	200	.5826	.6286	265	.5268		330	.4932	395	.4662
136	.7903	.8401	201	.5809	.6269	266	.5263		331	.4928	396	.4658
137	.7846	.8358	202	.5792	.6256	267	.5259		332	.4924	397	.4654
138	.7790	.8302	203	.5776	.6239	268	.5254		333	.4919	398	.4650
139	.7735	.8257	204	.5760	.6226	269	.5246		334	.4914	399	.4646
140	.7682	.8202	205	.5744	.6209	270	.5243		335	.4909	400	.4642
141	.7630	.8159	206	.5729	.6196	271	.5239		336	.4905	401	.4638
142	.7579	.8105	207	.5714	.6180	272	.5232		337	.4901	402	.4634
143	.7528	.8052	208	.5700	.6167	273	.5227		338	.4896	403	.4629
144	.7479	.8010	209	.5685	.6151	274	.5220		339	.4891	404	.4625
145	.7432	.7959	210	.5670	.6134	275	.5214		340	.4887	405	.4621
146	.7385	.7918	211	.5657	.6122	276	.5208		341	.4883	406	.4617
147	.7339	.7857	212	.5643	.6109	277	.5203		341	.4878	407	.4613
148	.7294	.7827	213	.5630	.6093	278	.5197		343	.4874	408	.4609
149	.7250	.7769	214	.5617	.6077	279	.5192		344	.4870	409	.4605
150	.7207	.7737	215	.5604	.6064	280	.5186		345	.4866	410	.4601
151	.7165	.7697	216	.5592	.6049	281	.5180		346	.4862	411	.4597
152	.7124	.7666	217	.5580	.6036	282	.5175		347	.4858	412	.4593
153	.7083	.7627	218	.5568	.6021	283	.5169		348	.4854	413	.4589
154	.7044	.7596	219	.5556	.6008	284	.5164		349	.4850	414	.4585