

	40kg	42kg	44kg	46kg	48kg	50kg	52kg	54kg	56kg	58kg	60kg	62kg	64kg	66kg	68kg	70kg	72kg	74kg	76kg	78kg	80kg	82kg	84kg	86kg	88kg	90kg	92kg	94kg	96kg	98kg	100kg
140cm	20.4	21.4	22.4	23.5	24.5	25.5	26.5	27.6	28.6	29.6	30.6	31.6	32.7	33.7	34.7	35.7	36.7	37.8	38.8	39.8	40.8	41.8	42.9	43.9	44.9	45.9	46.9	48.0	49.0	50.0	51.0
142cm	19.8	20.8	21.8	22.8	23.8	24.8	25.8	26.8	27.8	28.8	29.8	30.7	31.7	32.7	33.7	34.7	35.7	36.7	37.7	38.7	39.7	40.7	41.7	42.7	43.6	44.6	45.6	46.6	47.6	48.6	49.6
144cm	19.3	20.3	21.2	22.2	23.1	24.1	25.1	26.0	27.0	28.0	28.9	29.9	30.9	31.8	32.8	33.8	34.7	35.7	36.7	37.6	38.6	39.5	40.5	41.5	42.4	43.4	44.4	45.3	46.3	47.3	48.2
146cm	18.8	19.7	20.6	21.6	22.5	23.5	24.4	25.3	26.3	27.2	28.1	29.1	30.0	31.0	31.9	32.8	33.8	34.7	35.7	36.6	37.5	38.5	39.4	40.3	41.3	42.2	43.2	44.1	45.0	46.0	46.9
148cm	18.3	19.2	20.1	21.0	21.9	22.8	23.7	24.7	25.6	26.5	27.4	28.3	29.2	30.1	31.0	32.0	32.9	33.8	34.7	35.6	36.5	37.4	38.3	39.3	40.2	41.1	42.0	42.9	43.8	44.7	45.7
150cm	17.8	18.7	19.6	20.4	21.3	22.2	23.1	24.0	24.9	25.8	26.7	27.6	28.4	29.3	30.2	31.1	32.0	32.9	33.8	34.7	35.6	36.4	37.3	38.2	39.1	40.0	40.9	41.8	42.7	43.6	44.4
152cm	17.3	18.2	19.0	19.9	20.8	21.6	22.5	23.4	24.2	25.1	26.0	26.8	27.7	28.6	29.4	30.3	31.2	32.0	32.9	33.8	34.6	35.5	36.4	37.2	38.1	39.0	39.8	40.7	41.6	42.4	43.3
154cm	16.9	17.7	18.6	19.4	20.2	21.1	21.9	22.8	23.6	24.5	25.3	26.1	27.0	27.8	28.7	29.5	30.4	31.2	32.0	32.9	33.7	34.6	35.4	36.3	37.1	37.9	38.8	39.6	40.5	41.3	42.2
156cm	16.4	17.3	18.1	18.9	19.7	20.5	21.4	22.2	23.0	23.8	24.7	25.5	26.3	27.1	27.9	28.8	29.6	30.4	31.2	32.1	32.9	33.7	34.5	35.3	36.2	37.0	37.8	38.6	39.4	40.3	41.1
158cm	16.0	16.8	17.6	18.4	19.2	20.0	20.8	21.6	22.4	23.2	24.0	24.8	25.6	26.4	27.2	28.0	28.8	29.6	30.4	31.2	32.0	32.8	33.6	34.4	35.3	36.1	36.9	37.7	38.5	39.3	40.1
160cm	15.6	16.4	17.2	18.0	18.8	19.5	20.3	21.1	21.9	22.7	23.4	24.2	25.0	25.8	26.6	27.3	28.1	28.9	29.7	30.5	31.3	32.0	32.8	33.6	34.4	35.2	35.9	36.7	37.5	38.3	39.1
162cm	15.2	16.0	16.8	17.5	18.3	19.1	19.8	20.6	21.3	22.1	22.9	23.6	24.4	25.1	25.9	26.7	27.4	28.2	29.0	29.7	30.5	31.2	32.0	32.8	33.5	34.3	35.1	35.8	36.6	37.3	38.1
164cm	14.9	15.6	16.4	17.1	17.8	18.6	19.3	20.1	20.8	21.6	22.3	23.1	23.8	24.5	25.3	26.0	26.8	27.5	28.3	29.0	29.7	30.5	31.2	32.0	32.7	33.5	34.2	34.9	35.7	36.4	37.2
166cm	14.5	15.2	16.0	16.7	17.4	18.1	18.9	19.6	20.3	21.0	21.8	22.5	23.2	24.0	24.7	25.4	26.1	26.9	27.6	28.3	29.0	29.8	30.5	31.2	31.9	32.7	33.4	34.1	34.8	35.6	36.3
168cm	14.2	14.9	15.6	16.3	17.0	17.7	18.4	19.1	19.8	20.5	21.3	22.0	22.7	23.4	24.1	24.8	25.5	26.2	26.9	27.6	28.3	29.1	29.8	30.5	31.2	31.9	32.6	33.3	34.0	34.7	35.4
170cm	13.8	14.5	15.2	15.9	16.6	17.3	18.0	18.7	19.4	20.1	20.8	21.5	22.1	22.8	23.5	24.2	24.9	25.6	26.3	27.0	27.7	28.4	29.1	29.8	30.4	31.1	31.8	32.5	33.2	33.9	34.6
172cm	13.5	14.2	14.9	15.5	16.2	16.9	17.6	18.3	18.9	19.6	20.3	21.0	21.6	22.3	23.0	23.7	24.3	25.0	25.7	26.4	27.0	27.7	28.4	29.1	29.7	30.4	31.1	31.8	32.4	33.1	33.8
174cm	13.2	13.9	14.5	15.2	15.9	16.5	17.2	17.8	18.5	19.2	19.8	20.5	21.1	21.8	22.5	23.1	23.8	24.4	25.1	25.8	26.4	27.1	27.7	28.4	29.1	29.7	30.4	31.0	31.7	32.4	33.0
176cm	12.9	13.6	14.2	14.9	15.5	16.1	16.8	17.4	18.1	18.7	19.4	20.0	20.7	21.3	22.0	22.6	23.2	23.9	24.5	25.2	25.8	26.5	27.1	27.8	28.4	29.1	29.7	30.3	31.0	31.6	32.3
178cm	12.6	13.3	13.9	14.5	15.1	15.8	16.4	17.0	17.7	18.3	18.9	19.6	20.2	20.8	21.5	22.1	22.7	23.4	24.0	24.6	25.2	25.9	26.5	27.1	27.8	28.4	29.0	29.7	30.3	30.9	31.6
180cm	12.3	13.0	13.6	14.2	14.8	15.4	16.0	16.7	17.3	17.9	18.5	19.1	19.8	20.4	21.0	21.6	22.2	22.8	23.5	24.1	24.7	25.3	25.9	26.5	27.2	27.8	28.4	29.0	29.6	30.2	30.9
182cm	12.1	12.7	13.3	13.9	14.5	15.1	15.7	16.3	16.9	17.5	18.1	18.7	19.3	19.9	20.5	21.1	21.7	22.3	22.9	23.5	24.2	24.8	25.4	26.0	26.6	27.2	27.8	28.4	29.0	29.6	30.2
184cm	11.8	12.4	13.0	13.6	14.2	14.8	15.4	15.9	16.5	17.1	17.7	18.3	18.9	19.5	20.1	20.7	21.3	21.9	22.4	23.0	23.6	24.2	24.8	25.4	26.0	26.6	27.2	27.8	28.4	28.9	29.5
186cm	11.6	12.1	12.7	13.3	13.9	14.5	15.0	15.6	16.2	16.8	17.3	17.9	18.5	19.1	19.7	20.2	20.8	21.4	22.0	22.5	23.1	23.7	24.3	24.9	25.4	26.0	26.6	27.2	27.7	28.3	28.9
188cm	11.3	11.9	12.4	13.0	13.6	14.1	14.7	15.3	15.8	16.4	17.0	17.5	18.1	18.7	19.2	19.8	20.4	20.9	21.5	22.1	22.6	23.2	23.8	24.3	24.9	25.5	26.0	26.6	27.2	27.7	28.3
190cm	11.1	11.6	12.2	12.7	13.3	13.9	14.4	15.0	15.5	16.1	16.6	17.2	17.7	18.3	18.8	19.4	19.9	20.5	21.1	21.6	22.2	22.7	23.3	23.8	24.4	24.9	25.5	26.0	26.6	27.1	27.7