

Идеальный вес

Рост, см	Мужчины			Женщины		
	Астеники	Нормостеники	Гиперстеники	Астеники	Нормостеники	Гиперстеники
148				42.0 - 44.8	43.8 - 48.9	47.4 - 54.3
150				42.7 - 45.9	44.5 - 50.0	48.2 - 55.4
152				43.4 - 47.0	45.6 - 51.0	49.2 - 56.5
154				44.4 - 48.0	46.7 - 52.1	50.3 - 57.6
156				45.4 - 49.1	47.7 - 53.2	51.3 - 58.6
158	51.1 - 54.7	53.8 - 58.9	57.4 - 64.2	46.5 - 50.2	48.8 - 54.3	52.4 - 59.7
160	52.2 - 55.8	54.9 - 60.3	58.5 - 65.3	47.6 - 51.3	49.9 - 55.3	53.5 - 60.8
162	53.2 - 56.9	55.9 - 61.9	59.6 - 66.7	48.7 - 52.3	51.0 - 56.8	54.6 - 62.2
164	54.3 - 57.9	57.0 - 62.5	60.7 - 68.8	49.8 - 53.4	52.0 - 58.2	55.9 - 63.7
166	55.4 - 59.2	58.1 - 63.7	61.7 - 69.6	50.8 - 54.6	53.3 - 59.8	57.3 - 65.1
168	56.5 - 60.6	59.2 - 65.1	62.9 - 71.1	52.0 - 56.0	54.7 - 61.5	58.8 - 66.5
170	57.9 - 62.0	60.7 - 66.7	64.3 - 72.9	53.4 - 57.9	56.1 - 62.9	60.2 - 67.9
172	59.4 - 63.4	62.1 - 68.3	66.0 - 74.7	54.8 - 58.9	57.5 - 64.3	61.6 - 69.3
174	60.8 - 64.9	63.5 - 69.9	67.6 - 76.2	56.3 - 60.3	59.0 - 65.8	61.3 - 70.8

Рост, см	Мужчины			Женщины		
	Астеники	Нормостеники	Гиперстеники	Астеники	Нормостеники	Гиперстеники
148				42.0 - 44.8	43.8 - 48.9	47.4 - 54.3
176	62.6 - 66.4	64.9 - 71.3	69.0 - 77.6	57.7 - 61.9	60.4 - 67.2	64.5 - 72.3
178	63.6 - 68.2	66.5 - 72.8	70.4 - 79.1	59.1 - 63.6	61.8 - 68.6	65.9 - 74.1
180	65.1 - 69.6	67.8 - 74.7	71.9 - 80.9	60.5 - 65.1	63.3 - 70.1	67.3 - 75.9
182	66.5 - 71.0	69.2 - 76.3	73.6 - 82.7	62.0 - 66.5	64.7 - 71.5	68.8 - 77.7
184	67.9 - 72.5	70.7 - 78.1	75.2 - 84.5	63.4 - 67.9	66.1 - 72.7	70.2 - 79.5
186	69.4 - 74.0	72.1 - 79.0	76.7 - 86.2			
188	70.8 - 75.8	73.5 - 81.7	78.5 - 88.0			
190	72.2 - 77.2	75.3 - 83.5	80.3 - 89.8			
192	73.6 - 78.6	77.1 - 85.3	81.8 - 91.6			
194	75.1 - 80.1	78.9 - 87.0	83.2 - 93.4			