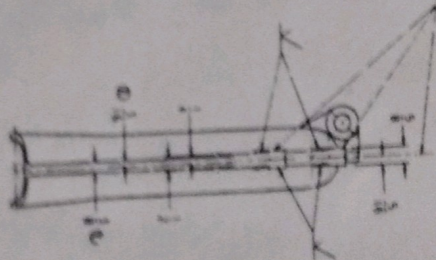
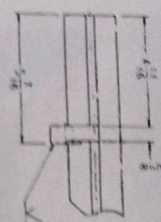


GETTING



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| Age | Sex | Weight (kg) | Height (cm) | Weight (kg) | Height (cm) |
|---------|-----|-------------|-------------|-------------|-------------|
| 10-12 | M | 40-50 | 140-150 | 40-50 | 140-150 |
| 13-15 | M | 50-60 | 150-160 | 50-60 | 150-160 |
| 16-18 | M | 60-70 | 160-170 | 60-70 | 160-170 |
| 19-21 | M | 70-80 | 170-180 | 70-80 | 170-180 |
| 22-24 | M | 80-90 | 180-190 | 80-90 | 180-190 |
| 25-27 | M | 90-100 | 190-200 | 90-100 | 190-200 |
| 28-30 | M | 100-110 | 200-210 | 100-110 | 200-210 |
| 31-33 | M | 110-120 | 210-220 | 110-120 | 210-220 |
| 34-36 | M | 120-130 | 220-230 | 120-130 | 220-230 |
| 37-39 | M | 130-140 | 230-240 | 130-140 | 230-240 |
| 40-42 | M | 140-150 | 240-250 | 140-150 | 240-250 |
| 43-45 | M | 150-160 | 250-260 | 150-160 | 250-260 |
| 46-48 | M | 160-170 | 260-270 | 160-170 | 260-270 |
| 49-51 | M | 170-180 | 270-280 | 170-180 | 270-280 |
| 52-54 | M | 180-190 | 280-290 | 180-190 | 280-290 |
| 55-57 | M | 190-200 | 290-300 | 190-200 | 290-300 |
| 58-60 | M | 200-210 | 300-310 | 200-210 | 300-310 |
| 61-63 | M | 210-220 | 310-320 | 210-220 | 310-320 |
| 64-66 | M | 220-230 | 320-330 | 220-230 | 320-330 |
| 67-69 | M | 230-240 | 330-340 | 230-240 | 330-340 |
| 70-72 | M | 240-250 | 340-350 | 240-250 | 340-350 |
| 73-75 | M | 250-260 | 350-360 | 250-260 | 350-360 |
| 76-78 | M | 260-270 | 360-370 | 260-270 | 360-370 |
| 79-81 | M | 270-280 | 370-380 | 270-280 | 370-380 |
| 82-84 | M | 280-290 | 380-390 | 280-290 | 380-390 |
| 85-87 | M | 290-300 | 390-400 | 290-300 | 390-400 |
| 88-90 | M | 300-310 | 400-410 | 300-310 | 400-410 |
| 91-93 | M | 310-320 | 410-420 | 310-320 | 410-420 |
| 94-96 | M | 320-330 | 420-430 | 320-330 | 420-430 |
| 97-99 | M | 330-340 | 430-440 | 330-340 | 430-440 |
| 100-102 | M | 340-350 | 440-450 | 340-350 | 440-450 |
| 103-105 | M | 350-360 | 450-460 | 350-360 | 450-460 |
| 106-108 | M | 360-370 | 460-470 | 360-370 | 460-470 |
| 109-111 | M | 370-380 | 470-480 | 370-380 | 470-480 |
| 112-114 | M | 380-390 | 480-490 | 380-390 | 480-490 |
| 115-117 | M | 390-400 | 490-500 | 390-400 | 490-500 |
| 118-120 | M | 400-410 | 500-510 | 400-410 | 500-510 |
| 121-123 | M | 410-420 | 510-520 | 410-420 | 510-520 |
| 124-126 | M | 420-430 | 520-530 | 420-430 | 520-530 |
| 127-129 | M | 430-440 | 530-540 | 430-440 | 530-540 |
| 130-132 | M | 440-450 | 540-550 | 440-450 | 540-550 |
| 133-135 | M | 450-460 | 550-560 | 450-460 | 550-560 |
| 136-138 | M | 460-470 | 560-570 | 460-470 | 560-570 |
| 139-141 | M | 470-480 | 570-580 | 470-480 | 570-580 |
| 142-144 | M | 480-490 | 580-590 | 480-490 | 580-590 |
| 145-147 | M | 490-500 | 590-600 | 490-500 | 590-600 |
| 148-150 | M | 500-510 | 600-610 | 500-510 | 600-610 |
| 151-153 | M | 510-520 | 610-620 | 510-520 | 610-620 |
| 154-156 | M | 520-530 | 620-630 | 520-530 | 620-630 |
| 157-159 | M | 530-540 | 630-640 | 530-540 | 630-640 |
| 160-162 | M | 540-550 | 640-650 | 540-550 | 640-650 |
| 163-165 | M | 550-560 | 650-660 | 550-560 | 650-660 |
| 166-168 | M | 560-570 | 660-670 | 560-570 | 660-670 |
| 169-171 | M | 570-580 | 670-680 | 570-580 | 670-680 |
| 172-174 | M | 580-590 | 680-690 | 580-590 | 680-690 |
| 175-177 | M | 590-600 | 690-700 | 590-600 | 690-700 |
| 178-180 | M | 600-610 | 700-710 | 600-610 | 700-710 |
| 181-183 | M | 610-620 | 710-720 | 610-620 | 710-720 |
| 184-186 | M | 620-630 | 720-730 | 620-630 | 720-730 |
| 187-189 | M | 630-640 | 730-740 | 630-640 | 730-740 |
| 190-192 | M | 640-650 | 740-750 | 640-650 | 740-750 |
| 193-195 | M | 650-660 | 750-760 | 650-660 | 750-760 |
| 196-198 | M | 660-670 | 760-770 | 660-670 | 760-770 |
| 199-201 | M | 670-680 | 770-780 | 670-680 | 770-780 |
| 202-204 | M | 680-690 | 780-790 | 680-690 | 780-790 |
| 205-207 | M | 690-700 | 790-800 | 690-700 | 790-800 |
| 208-210 | M | 700-710 | 800-810 | 700-710 | 800-810 |
| 211-213 | M | 710-720 | 810-820 | 710-720 | 810-820 |
| 214-216 | M | 720-730 | 820-830 | 720-730 | 820-830 |
| 217-219 | M | 730-740 | 830-840 | 730-740 | 830-840 |
| 220-222 | M | 740-750 | 840-850 | 740-750 | 840-850 |
| 223-225 | M | 750-760 | 850-860 | 750-760 | 850-860 |
| 226-228 | M | 760-770 | 860-870 | 760-770 | 860-870 |
| 229-231 | M | 770-780 | 870-880 | 770-780 | 870-880 |
| 232-234 | M | 780-790 | 880-890 | 780-790 | 880-890 |
| 235-237 | M | 790-800 | 890-900 | 790-800 | 890-900 |
| 238-240 | M | 800-810 | 900-910 | 800-810 | 900-910 |
| 241-243 | M | 810-820 | 910-920 | 810-820 | 910-920 |
| 244-246 | M | 820-830 | 920-930 | 820-830 | 920-930 |
| 247-249 | M | 830-840 | 930-940 | 830-840 | 930-940 |
| 250-252 | M | 840-850 | 940-950 | 840-850 | 940-950 |
| 253-255 | M | 850-860 | 950-960 | 850-860 | 950-960 |
| 256-258 | M | 860-870 | 960-970 | 860-870 | 960-970 |
| 259-261 | M | 870-880 | 970-980 | 870-880 | 970-980 |
| 262-264 | M | 880-890 | 980-990 | 880-890 | 980-990 |
| 265-267 | M | 890-900 | 990-1000 | 890-900 | 990-1000 |
| 268-270 | M | 900-910 | 1000-1010 | 900-910 | 1000-1010 |
| 271-273 | M | 910-920 | 1010-1020 | 910-920 | 1010-1020 |
| 274-276 | M | 920-930 | 1020-1030 | 920-930 | 1020-1030 |
| 277-279 | M | 930-940 | 1030-1040 | 930-940 | 1030-1040 |
| 280-282 | M | 940-950 | 1040-1050 | 940-950 | 1040-1050 |
| 283-285 | M | 950-960 | 1050-1060 | 950-960 | 1050-1060 |
| 286-288 | M | 960-970 | 1060-1070 | 960-970 | 1060-1070 |
| 289-291 | M | 970-980 | 1070-1080 | 970-980 | 1070-1080 |
| 292-294 | M | 980-990 | 1080-1090 | 980-990 | 1080-1090 |
| 295-297 | M | 990-1000 | 1090-1100 | 990-1000 | 1090-1100 |
| 298-300 | M | 1000-1010 | 1100-1110 | 1000-1010 | 1100-1110 |
| 301-303 | M | 1010-1020 | 1110-1120 | 1010-1020 | 1110-1120 |
| 304-306 | M | 1020-1030 | 1120-1130 | 1020-1030 | 1120-1130 |
| 307-309 | M | 1030-1040 | 1130-1140 | 1030-1040 | 1130-1140 |
| 310-312 | M | 1040-1050 | 1140-1150 | 1040-1050 | 1140-1150 |
| 313-315 | M | 1050-1060 | 1150-1160 | 1050-1060 | 1150-1160 |
| 316-318 | M | 1060-1070 | 1160-1170 | 1060-1070 | 1160-1170 |
| 319-321 | M | 1070-1080 | 1170-1180 | 1070-1080 | 1170-1180 |
| 322-324 | M | 1080-1090 | 1180-1190 | 1080-1090 | 1180-1190 |
| 325-327 | M | 1090-1100 | 1190-1200 | 1090-1100 | 1190-1200 |
| 328-330 | M | 1100-1110 | 1200-1210 | 1100-1110 | 1200-1210 |
| 331-333 | M | 1110-1120 | 1210-1220 | 1110-1120 | 1210-1220 |
| 334-336 | M | 1120-1130 | 1220-1230 | 1120-1130 | 1220-1230 |
| 337-339 | M | 1130-1140 | 1230-1240 | 1130-1140 | 1230-1240 |
| 340-342 | M | 1140-1150 | 1240-1250 | 1140-1150 | 1240-1250 |
| 343-345 | M | 1150-1160 | 1250-1260 | 1150-1160 | 1250-1260 |
| 346-348 | M | 1160-1170 | 1260-1270 | 1160-1170 | 1260-1270 |
| 349-351 | M | 1170-1180 | 1270-1280 | 1170-1180 | 1270-1280 |
| 352-354 | M | 1180-1190 | 1280-1290 | 1180-1190 | 1280-1290 |
| 355-357 | M | 1190-1200 | 1290-1300 | 1190-1200 | 1290-1300 |
| 358-360 | M | 1200-1210 | 1300-1310 | 1200-1210 | 1300-1310 |
| 361-363 | M | 1210-1220 | 1310-1320 | 1210-1220 | 1310-1320 |
| 364-366 | M | 1220-1230 | 1320-1330 | 1220-1230 | 1320-1330 |
| 367-369 | M | 1230-1240 | 1330-1340 | 1230-1240 | 1330-1340 |
| 370-372 | M | 1240-1250 | 1340-1350 | 1240-1250 | 1340-1350 |
| 373-375 | M | 1250-1260 | 1350-1360 | 1250-1260 | 1350-1360 |
| 376-378 | M | 1260-1270 | 1360-1370 | 1260-1270 | 1360-1370 |
| 379-381 | M | 1270-1280 | 1370-1380 | 1270-1280 | 1370-1380 |
| 382-384 | M | 1280-1290 | 1380-1390 | 1280-1290 | 1380-1390 |
| 385-387 | M | 1290-1300 | 1390-1400 | 1290-1300 | 1390-1400 |
| 388-390 | M | 1300-1310 | 1400-1410 | 1300-1310 | 1400-1410 |
| 391-393 | M | 1310-1320 | 1410-1420 | 1310-1320 | 1410-1420 |
| 394-396 | M | 1320-1330 | 1420-1430 | 1320-1330 | 1420-1430 |
| 397-399 | M | 1330-1340 | 1430-1440 | 1330-1340 | 1430-1440 |
| 400-402 | M | 1340-1350 | 1440-1450 | 1340-1350 | 1440-1450 |
| 403-405 | M | 1350-1360 | 1450-1460 | 1350-1360 | 1450-1460 |
| 406-408 | M | 1360-1370 | 1460-1470 | 1360-1370 | 1460-1470 |
| 409-411 | M | 1370-1380 | 1470-1480 | 1370-1380 | 1470-1480 |
| 412-414 | M | 1380-1390 | 1480-1490 | 1380-1390 | 1480-1490 |
| 415-417 | M | 1390-1400 | 1490-1500 | 1390-1400 | 1490-1500 |
| 418-420 | M | 1400-1410 | 1500-1510 | 1400-1410 | 1500-1510 |
| 421-423 | M | 1410-1420 | 1510-1520 | 1410-1420 | 1510-1520 |
| 424-426 | M | 1420-1430 | 1520-1530 | 1420-1430 | 1520-1530 |
| 427-429 | M | 1430-1440 | 1530-1540 | 1430-1440 | 1530-1540 |
| 430-432 | M | 1440-1450 | 1540-1550 | 1440-1450 | 1540-1550 |
| 433-435 | M | 1450-1460 | 1550-1560 | 1450-1460 | 1550-1560 |
| 436-438 | M | 1460-1470 | 1560-1570 | 1460-1470 | 1560-1570 |
| 439-441 | M | 1470-1480 | 1570-1580 | 1470-1480 | 1570-1580 |
| 442-444 | M | 1480-1490 | 1580-1590 | 1480-1490 | 1580-1590 |
| 445-447 | M | 1490-1500 | 1590-1600 | 1490-1500 | 1590-1600 |
| 448-450 | M | 1500-1510 | 1600-1610 | 1500-1510 | 1600-1610 |
| 451-453 | M | 1510-1520 | 1610-1620 | 1510-1520 | 1610-1620 |
| 454-456 | M | 1520-1530 | 1620-1630 | 1520-1530 | 1620-1630 |
| 457-459 | M | 1530-1540 | 1630-1640 | 1530-1540 | 1630-1640 |
| 460-462 | M | 1540-1550 | 1640-1650 | 1540-1550 | 1640-1650 |
| 463-465 | M | 1550-1560 | 1650-1660 | 1550-1560 | 1650-1660 |
| 466-468 | M | 1560-1570 | 1660-1670 | 1560-1570 | 1660-1670 |
| 469-471 | M | 1570-1580 | 1670-1680 | 1570-1580 | 1670-1680 |
| 472-474 | M | 1580-1590 | 1680-1690 | 1580-1590 | 1680-1690 |
| 475-477 | M | 1590-1600 | 1690-1700 | 1590-1600 | 1690-1700 |
| 478-480 | M | 1600-1610 | 1700-1710 | 1600-1610 | 1700-1710 |
| 481-483 | M | 1610-1620 | 1710-1720 | 1610-1620 | 1710-1720 |
| 484-486 | M | 1620-1630 | 1720-1730 | 1620-1630 | 1720-1730 |
| 487-489 | M | 1630-1640 | 1730-1740 | 1630-1640 | 1730-1740 |
| 490-492 | M | 1640-1650 | 1740-1750 | 1640-1650 | 1740-1750 |
| 493-495 | M | 1650-1660 | 1750-1760 | 1650-1660 | 1750-1760 |
| 496-498 | M | 1660-1670 | 1760-1770 | 1660-1670 | 1760-1770 |
| 499-501 | M | 1670-1680 | 1770-1780 | 1670-1680 | 1770-1780 |
| 502-504 | M | 1680-1690 | 1780-1790 | 1680-1690 | 1780-1790 |
| 505-507 | M | 1690-1700 | 1790-1800 | 1690-1700 | 1790-1800 |
| 508-510 | M | 1700-1710 | 1800-1810 | 1700-1710 | 1800-1810 |
| 511-513 | M | 1710-1720 | 1810-1820 | 1710-1720 | 1810-1820 |
| 514-516 | M | 1720-1730 | 1820-1830 | 1720-1730 | 1820-1830 |
| 517-519 | M | 1730-1740 | 1830-1840 | 1730-1740 | 1830-1840 |
| 520-522 | M | 1740-1750 | 1840-1850 | 1 | |

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[illegible]