

| cm | -3 SD | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
|------|-------|-------|-------|--------|------|------|------|
| 45.0 | 1.9 | 2.0 | 2.2 | 2.4 | 2.7 | 3.0 | 3.3 |
| 45.5 | 1.9 | 2.1 | 2.3 | 2.5 | 2.8 | 3.1 | 3.4 |
| 46.0 | 2.0 | 2.2 | 2.4 | 2.6 | 2.9 | 3.1 | 3.5 |
| 46.5 | 2.1 | 2.3 | 2.5 | 2.7 | 3.0 | 3.2 | 3.6 |
| 47.0 | 2.1 | 2.3 | 2.5 | 2.8 | 3.0 | 3.3 | 3.7 |
| 47.5 | 2.2 | 2.4 | 2.6 | 2.9 | 3.1 | 3.4 | 3.8 |
| 48.0 | 2.3 | 2.5 | 2.7 | 2.9 | 3.2 | 3.6 | 3.9 |
| 48.5 | 2.3 | 2.6 | 2.8 | 3.0 | 3.3 | 3.7 | 4.0 |
| 49.0 | 2.4 | 2.6 | 2.9 | 3.1 | 3.4 | 3.8 | 4.2 |
| 49.5 | 2.5 | 2.7 | 3.0 | 3.2 | 3.5 | 3.9 | 4.3 |
| 50.0 | 2.6 | 2.8 | 3.0 | 3.3 | 3.6 | 4.0 | 4.4 |
| 50.5 | 2.7 | 2.9 | 3.1 | 3.4 | 3.8 | 4.1 | 4.5 |
| 51.0 | 2.7 | 3.0 | 3.2 | 3.5 | 3.9 | 4.2 | 4.7 |
| 51.5 | 2.8 | 3.1 | 3.3 | 3.6 | 4.0 | 4.4 | 4.8 |
| 52.0 | 2.9 | 3.2 | 3.5 | 3.8 | 4.1 | 4.5 | 5.0 |
| 52.5 | 3.0 | 3.3 | 3.6 | 3.9 | 4.2 | 4.6 | 5.1 |
| 53.0 | 3.1 | 3.4 | 3.7 | 4.0 | 4.4 | 4.8 | 5.3 |
| 53.5 | 3.2 | 3.5 | 3.8 | 4.1 | 4.5 | 4.9 | 5.4 |
| 54.0 | 3.3 | 3.6 | 3.9 | 4.3 | 4.7 | 5.1 | 5.6 |
| 54.5 | 3.4 | 3.7 | 4.0 | 4.4 | 4.8 | 5.3 | 5.8 |
| 55.0 | 3.6 | 3.8 | 4.2 | 4.5 | 5.0 | 5.4 | 6.0 |
| 55.5 | 3.7 | 4.0 | 4.3 | 4.7 | 5.1 | 5.6 | 6.1 |
| 56.0 | 3.8 | 4.1 | 4.4 | 4.8 | 5.3 | 5.8 | 6.3 |
| 56.5 | 3.9 | 4.2 | 4.6 | 5.0 | 5.4 | 5.9 | 6.5 |
| 57.0 | 4.0 | 4.3 | 4.7 | 5.1 | 5.6 | 6.1 | 6.7 |
| 57.5 | 4.1 | 4.5 | 4.9 | 5.3 | 5.7 | 6.3 | 6.9 |
| 58.0 | 4.3 | 4.6 | 5.0 | 5.4 | 5.9 | 6.4 | 7.1 |
| 58.5 | 4.4 | 4.7 | 5.1 | 5.6 | 6.1 | 6.6 | 7.2 |
| 59.0 | 4.5 | 4.8 | 5.3 | 5.7 | 6.2 | 6.8 | 7.4 |
| 59.5 | 4.6 | 5.0 | 5.4 | 5.9 | 6.4 | 7.0 | 7.6 |

| cm | -3 SD | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
|------|-------|-------|-------|--------|------|------|------|
| 60.0 | 4.7 | 5.1 | 5.5 | 6.0 | 6.5 | 7.1 | 7.8 |
| 60.5 | 4.8 | 5.2 | 5.6 | 6.1 | 6.7 | 7.3 | 8.0 |
| 61.0 | 4.9 | 5.3 | 5.8 | 6.3 | 6.8 | 7.4 | 8.1 |
| 61.5 | 5.0 | 5.4 | 5.9 | 6.4 | 7.0 | 7.6 | 8.3 |
| 62.0 | 5.1 | 5.6 | 6.0 | 6.5 | 7.1 | 7.7 | 8.5 |
| 62.5 | 5.2 | 5.7 | 6.1 | 6.7 | 7.2 | 7.9 | 8.6 |
| 63.0 | 5.3 | 5.8 | 6.2 | 6.8 | 7.4 | 8.0 | 8.8 |
| 63.5 | 5.4 | 5.9 | 6.4 | 6.9 | 7.5 | 8.2 | 8.9 |
| 64.0 | 5.5 | 6.0 | 6.5 | 7.0 | 7.6 | 8.3 | 9.1 |
| 64.5 | 5.6 | 6.1 | 6.6 | 7.1 | 7.8 | 8.5 | 9.3 |
| 65.0 | 5.7 | 6.2 | 6.7 | 7.3 | 7.9 | 8.6 | 9.4 |
| 65.5 | 5.8 | 6.3 | 6.8 | 7.4 | 8.0 | 8.7 | 9.6 |
| 66.0 | 5.9 | 6.4 | 6.9 | 7.5 | 8.2 | 8.9 | 9.7 |
| 66.5 | 6.0 | 6.5 | 7.0 | 7.6 | 8.3 | 9.0 | 9.9 |
| 67.0 | 6.1 | 6.6 | 7.1 | 7.7 | 8.4 | 9.2 | 10.0 |
| 67.5 | 6.2 | 6.7 | 7.2 | 7.9 | 8.5 | 9.3 | 10.2 |
| 68.0 | 6.3 | 6.8 | 7.3 | 8.0 | 8.7 | 9.4 | 10.3 |
| 68.5 | 6.4 | 6.9 | 7.5 | 8.1 | 8.8 | 9.6 | 10.5 |
| 69.0 | 6.5 | 7.0 | 7.6 | 8.2 | 8.9 | 9.7 | 10.6 |
| 69.5 | 6.6 | 7.1 | 7.7 | 8.3 | 9.0 | 9.8 | 10.8 |
| 70.0 | 6.6 | 7.2 | 7.8 | 8.4 | 9.2 | 10.0 | 10.9 |
| 70.5 | 6.7 | 7.3 | 7.9 | 8.5 | 9.3 | 10.1 | 11.1 |
| 71.0 | 6.8 | 7.4 | 8.0 | 8.6 | 9.4 | 10.2 | 11.2 |
| 71.5 | 6.9 | 7.5 | 8.1 | 8.8 | 9.5 | 10.4 | 11.3 |
| 72.0 | 7.0 | 7.6 | 8.2 | 8.9 | 9.6 | 10.5 | 11.5 |
| 72.5 | 7.1 | 7.6 | 8.3 | 9.0 | 9.8 | 10.6 | 11.6 |
| 73.0 | 7.2 | 7.7 | 8.4 | 9.1 | 9.9 | 10.8 | 11.8 |
| 73.5 | 7.2 | 7.8 | 8.5 | 9.2 | 10.0 | 10.9 | 11.9 |
| 74.0 | 7.3 | 7.9 | 8.6 | 9.3 | 10.1 | 11.0 | 12.1 |
| 74.5 | 7.4 | 8.0 | 8.7 | 9.4 | 10.2 | 11.2 | 12.2 |
| 75.0 | 7.5 | 8.1 | 8.8 | 9.5 | 10.3 | 11.3 | 12.3 |

| cm | -3 SD | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
|------|-------|-------|-------|--------|------|------|------|
| 75.5 | 7.6 | 8.2 | 8.8 | 9.6 | 10.4 | 11.4 | 12.5 |
| 76.0 | 7.6 | 8.3 | 8.9 | 9.7 | 10.6 | 11.5 | 12.6 |
| 76.5 | 7.7 | 8.3 | 9.0 | 9.8 | 10.7 | 11.6 | 12.7 |
| 77.0 | 7.8 | 8.4 | 9.1 | 9.9 | 10.8 | 11.7 | 12.8 |
| 77.5 | 7.9 | 8.5 | 9.2 | 10.0 | 10.9 | 11.9 | 13.0 |
| 78.0 | 7.9 | 8.6 | 9.3 | 10.1 | 11.0 | 12.0 | 13.1 |
| 78.5 | 8.0 | 8.7 | 9.4 | 10.2 | 11.1 | 12.1 | 13.2 |
| 79.0 | 8.1 | 8.7 | 9.5 | 10.3 | 11.2 | 12.2 | 13.3 |
| 79.5 | 8.2 | 8.8 | 9.5 | 10.4 | 11.3 | 12.3 | 13.4 |
| 80.0 | 8.2 | 8.9 | 9.6 | 10.4 | 11.4 | 12.4 | 13.6 |
| 80.5 | 8.3 | 9.0 | 9.7 | 10.5 | 11.5 | 12.5 | 13.7 |
| 81.0 | 8.4 | 9.1 | 9.8 | 10.6 | 11.6 | 12.6 | 13.8 |
| 81.5 | 8.5 | 9.1 | 9.9 | 10.7 | 11.7 | 12.7 | 13.9 |
| 82.0 | 8.5 | 9.2 | 10.0 | 10.8 | 11.8 | 12.8 | 14.0 |
| 82.5 | 8.6 | 9.3 | 10.1 | 10.9 | 11.9 | 13.0 | 14.2 |
| 83.0 | 8.7 | 9.4 | 10.2 | 11.0 | 12.0 | 13.1 | 14.3 |
| 83.5 | 8.8 | 9.5 | 10.3 | 11.2 | 12.1 | 13.2 | 14.4 |
| 84.0 | 8.9 | 9.6 | 10.4 | 11.3 | 12.2 | 13.3 | 14.6 |
| 84.5 | 9.0 | 9.7 | 10.5 | 11.4 | 12.4 | 13.5 | 14.7 |
| 85.0 | 9.1 | 9.8 | 10.6 | 11.5 | 12.5 | 13.6 | 14.9 |
| 85.5 | 9.2 | 9.9 | 10.7 | 11.6 | 12.6 | 13.7 | 15.0 |
| 86.0 | 9.3 | 10.0 | 10.8 | 11.7 | 12.8 | 13.9 | 15.2 |
| 86.5 | 9.4 | 10.1 | 11.0 | 11.9 | 12.9 | 14.0 | 15.3 |
| 87.0 | 9.5 | 10.2 | 11.1 | 12.0 | 13.0 | 14.2 | 15.5 |
| 87.5 | 9.6 | 10.4 | 11.2 | 12.1 | 13.2 | 14.3 | 15.6 |
| 88.0 | 9.7 | 10.5 | 11.3 | 12.2 | 13.3 | 14.5 | 15.8 |
| 88.5 | 9.8 | 10.6 | 11.4 | 12.4 | 13.4 | 14.6 | 15.9 |
| 89.0 | 9.9 | 10.7 | 11.5 | 12.5 | 13.5 | 14.7 | 16.1 |
| 89.5 | 10.0 | 10.8 | 11.6 | 12.6 | 13.7 | 14.9 | 16.2 |
| 90.0 | 10.1 | 10.9 | 11.8 | 12.7 | 13.8 | 15.0 | 16.4 |
| 90.5 | 10.2 | 11.0 | 11.9 | 12.8 | 13.9 | 15.1 | 16.5 |

| cm | -3 SD | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
|-------|-------|-------|-------|--------|------|------|------|
| 91.0 | 10.3 | 11.1 | 12.0 | 13.0 | 14.1 | 15.3 | 16.7 |
| 91.5 | 10.4 | 11.2 | 12.1 | 13.1 | 14.2 | 15.4 | 16.8 |
| 92.0 | 10.5 | 11.3 | 12.2 | 13.2 | 14.3 | 15.6 | 17.0 |
| 92.5 | 10.6 | 11.4 | 12.3 | 13.3 | 14.4 | 15.7 | 17.1 |
| 93.0 | 10.7 | 11.5 | 12.4 | 13.4 | 14.6 | 15.8 | 17.3 |
| 93.5 | 10.7 | 11.6 | 12.5 | 13.5 | 14.7 | 16.0 | 17.4 |
| 94.0 | 10.8 | 11.7 | 12.6 | 13.7 | 14.8 | 16.1 | 17.6 |
| 94.5 | 10.9 | 11.8 | 12.7 | 13.8 | 14.9 | 16.3 | 17.7 |
| 95.0 | 11.0 | 11.9 | 12.8 | 13.9 | 15.1 | 16.4 | 17.9 |
| 95.5 | 11.1 | 12.0 | 12.9 | 14.0 | 15.2 | 16.5 | 18.0 |
| 96.0 | 11.2 | 12.1 | 13.1 | 14.1 | 15.3 | 16.7 | 18.2 |
| 96.5 | 11.3 | 12.2 | 13.2 | 14.3 | 15.5 | 16.8 | 18.4 |
| 97.0 | 11.4 | 12.3 | 13.3 | 14.4 | 15.6 | 17.0 | 18.5 |
| 97.5 | 11.5 | 12.4 | 13.4 | 14.5 | 15.7 | 17.1 | 18.7 |
| 98.0 | 11.6 | 12.5 | 13.5 | 14.6 | 15.9 | 17.3 | 18.9 |
| 98.5 | 11.7 | 12.6 | 13.6 | 14.8 | 16.0 | 17.5 | 19.1 |
| 99.0 | 11.8 | 12.7 | 13.7 | 14.9 | 16.2 | 17.6 | 19.2 |
| 99.5 | 11.9 | 12.8 | 13.9 | 15.0 | 16.3 | 17.8 | 19.4 |
| 100.0 | 12.0 | 12.9 | 14.0 | 15.2 | 16.5 | 18.0 | 19.6 |
| 100.5 | 12.1 | 13.0 | 14.1 | 15.3 | 16.6 | 18.1 | 19.8 |
| 101.0 | 12.2 | 13.2 | 14.2 | 15.4 | 16.8 | 18.3 | 20.0 |
| 101.5 | 12.3 | 13.3 | 14.4 | 15.6 | 16.9 | 18.5 | 20.2 |
| 102.0 | 12.4 | 13.4 | 14.5 | 15.7 | 17.1 | 18.7 | 20.4 |
| 102.5 | 12.5 | 13.5 | 14.6 | 15.9 | 17.3 | 18.8 | 20.6 |
| 103.0 | 12.6 | 13.6 | 14.8 | 16.0 | 17.4 | 19.0 | 20.8 |
| 103.5 | 12.7 | 13.7 | 14.9 | 16.2 | 17.6 | 19.2 | 21.0 |
| 104.0 | 12.8 | 13.9 | 15.0 | 16.3 | 17.8 | 19.4 | 21.2 |
| 104.5 | 12.9 | 14.0 | 15.2 | 16.5 | 17.9 | 19.6 | 21.5 |
| 105.0 | 13.0 | 14.1 | 15.3 | 16.6 | 18.1 | 19.8 | 21.7 |
| 105.5 | 13.2 | 14.2 | 15.4 | 16.8 | 18.3 | 20.0 | 21.9 |
| 106.0 | 13.3 | 14.4 | 15.6 | 16.9 | 18.5 | 20.2 | 22.1 |

| cm | -3 SD | -2 SD | -1 SD | Median | 1 SD | 2 SD | 3 SD |
|-------|-------|-------|-------|--------|------|------|------|
| 106.5 | 13.4 | 14.5 | 15.7 | 17.1 | 18.6 | 20.4 | 22.4 |
| 107.0 | 13.5 | 14.6 | 15.9 | 17.3 | 18.8 | 20.6 | 22.6 |
| 107.5 | 13.6 | 14.7 | 16.0 | 17.4 | 19.0 | 20.8 | 22.8 |
| 108.0 | 13.7 | 14.9 | 16.2 | 17.6 | 19.2 | 21.0 | 23.1 |
| 108.5 | 13.8 | 15.0 | 16.3 | 17.8 | 19.4 | 21.2 | 23.3 |
| 109.0 | 14.0 | 15.1 | 16.5 | 17.9 | 19.6 | 21.4 | 23.6 |
| 109.5 | 14.1 | 15.3 | 16.6 | 18.1 | 19.8 | 21.7 | 23.8 |
| 110.0 | 14.2 | 15.4 | 16.8 | 18.3 | 20.0 | 21.9 | 24.1 |