

KG CM	40	45	50	55	60	65	70	75	80	85	90	95	100	105	110	115	120
140	20.4	23	25.5	28.1	30.6	33.2	35.7	38.3	40.8	43.4	45.9	48.5	51	53.6	56.1	58.7	61.2
142.5	19.7	22.2	24.6	27.1	29.5	32	34.5	36.9	39.4	41.9	44.3	46.8	49.2	51.7	54.2	56.6	59.1
145	19	21.4	23.8	26.2	28.5	30.9	33.3	35.7	38	40.4	42.8	45.2	47.6	49.9	52.3	54.7	57.1
147.5	18.4	20.7	23	25.3	27.6	29.9	32.2	34.5	36.8	39.1	41.4	43.7	46	48.3	50.6	52.9	55.2
150	17.8	20	22.2	24.4	26.7	28.9	31.1	33.3	35.6	37.8	40	42.2	44.4	46.7	48.9	51.1	53.3
152.5	17.2	19.3	21.5	23.6	25.8	27.9	30.1	32.2	34.4	36.5	38.7	40.8	43	45.1	47.3	49.4	51.6
155	16.6	18.7	20.8	22.9	25	27.1	29.1	31.2	33.3	35.4	37.5	39.5	41.6	43.7	45.8	47.9	49.9
157.5	16.1	18.1	20.2	22.2	24.2	26.2	28.2	30.2	32.2	34.3	36.3	38.3	40.3	42.3	44.3	46.4	48.4
160	15.6	17.6	19.5	21.5	23.4	25.4	27.3	29.3	31.3	33.2	35.2	37.1	39.1	41	43	44.9	46.9
162.5	15.1	17	18.9	20.8	22.7	24.6	26.5	28.4	30.3	32.2	34.1	36	37.9	39.8	41.7	43.6	45.4
165	14.7	16.5	18.4	20.2	22	23.9	25.7	27.5	29.4	31.2	33.1	34.9	36.7	38.6	40.4	42.2	44.1
167.5	14.3	16	17.8	19.6	21.4	23.2	24.9	26.7	28.5	30.3	32.1	33.9	35.6	37.4	39.2	41	42.8
170	13.8	15.6	17.3	19	20.8	22.5	24.2	26	27.7	29.4	31.1	32.9	34.6	36.3	38.1	39.8	41.5
172.5	13.4	15.1	16.8	18.5	20.2	21.8	23.5	25.2	26.9	28.6	30.2	31.9	33.6	35.3	37	38.6	40.3
175	13.1	14.7	16.3	18	19.6	21.2	22.9	24.5	26.1	27.8	29.4	31	32.7	34.3	35.9	37.6	39.2
177.5	12.7	14.3	15.9	17.5	19	20.6	22.2	23.8	25.4	27	28.6	30.2	31.7	33.3	34.9	36.5	38.1
180	12.3	13.9	15.4	17	18.5	20.1	21.6	23.1	24.7	26.2	27.8	29.3	30.9	32.4	34	35.5	37
182.5	12	13.5	15	16.5	18	19.5	21	22.5	24	25.5	27	28.5	30	31.5	33	34.5	36
185	11.7	13.1	14.6	16.1	17.5	19	20.5	21.9	23.4	24.8	26.3	27.8	29.2	30.7	32.1	33.6	35.1
187.5	11.4	12.8	14.2	15.6	17.1	18.5	19.9	21.3	22.8	24.2	25.6	27	28.4	29.9	31.3	32.7	34.1
190	11.1	12.5	13.9	15.2	16.6	18	19.4	20.8	22.2	23.5	24.9	26.3	27.7	29.1	30.5	31.9	33.2

過輕

適中

過重

過胖

肥胖