

<b>Idade</b>		<b>Ótimo</b>	<b>Bom</b>	<b>Regular</b>	<b>Ruim</b>	<b>Péssimo</b>
<b>13-14</b>	M	2100+ m	1700 - 2099m	1600– 1699 m	1500 – 1599 m	1500- m
	F	2000+ m	1900 – 2000 m	1600 – 1899 m	1500 – 1599 m	1500- m
<b>15-16</b>	M	2800+ m	2500 – 2800 m	2300 – 2499 m	2200 – 2299 m	2200- m
	F	2100+ m	2000 – 2100 m	1700 – 1999 m	1600 – 1699 m	1600- m
<b>17-20</b>	M	3000+ m	2700 – 3000 m	2500 – 2699 m	2300 – 2499 m	2300- m
	F	2300+ m	2100 – 2300 m	1800 – 2099 m	1700 – 1799 m	1700- m
<b>20-29</b>	M	2800+ m	2400 – 2800 m	2200 – 2399 m	1600 – 2199 m	1600- m
	F	2700+ m	2200 – 2700 m	1800 – 2199 m	1500 – 1799 m	1500- m
<b>30-39</b>	M	2700+ m	2300 – 2700 m	1900 – 2299 m	1500 – 1899 m	1500- m
	F	2500+ m	2000 – 2500 m	1700 – 1999 m	1400 – 1699 m	1400- m
<b>40-49</b>	M	2500+ m	2100 – 2500 m	1700 – 2099 m	1400 – 1699 m	1400- m
	F	2300+ m	1900 – 2300 m	1500 – 1899 m	1200 – 1499 m	1200- m
<b>50+</b>	M	2400+ m	2000 – 2400 m	1600 – 1999 m	1300 – 1599 m	1300- m
	F	2200+ m	1700 – 2200 m	1400 – 1699 m	1100 – 1399 m	1100- m