

	Größe in cm (Fuss)									
	152.4 5'0"	157.4 5'2"	162.5 5'4"	167.6 5'6"	172.7 5'8"	177.8 5'10"	182.3 6'0"	187.9 6'2"	190.5 6'4"	198.1 6'10"
68/150	29.3	27.4	25.7	24.2	22.8	21.5	20.3	19.3	18.3	17.3
73/160	31.2	29.3	27.5	25.8	24.3	23.0	21.7	20.5	19.5	18.5
77/170	33.2	31.1	29.2	27.4	25.8	24.4	23.1	21.8	20.7	19.6
82/180	35.2	32.9	30.9	29.0	27.4	25.8	24.4	23.1	21.9	20.8
86/190	37.1	34.7	32.6	30.7	28.9	27.3	25.8	24.4	23.1	22.0
91/200	39.1	36.6	34.3	32.3	30.4	28.7	27.1	25.7	24.3	23.1
95/210	41.0	38.4	36.0	33.9	31.9	30.1	28.5	27.0	25.6	24.3
100/220	43.0	40.2	37.8	35.5	33.4	31.6	29.8	28.2	26.8	25.4
104/230	44.9	42.1	39.5	37.1	35.0	33.0	31.2	29.5	28.0	26.6
109/240	46.9	43.9	41.2	38.7	36.5	34.4	32.5	30.8	29.2	27.7
113/250	48.8	45.7	42.9	40.3	38.0	35.9	33.9	32.1	30.4	28.9
118/260	50.8	47.5	44.6	42.0	39.5	37.3	35.3	33.4	31.6	30.0
122/270	52.7	49.4	46.3	43.6	41.0	38.7	36.6	34.7	32.9	31.2
127/280	54.7	51.2	48.1	45.2	42.6	40.2	38.0	35.9	34.1	32.4
132/290	56.6	53.0	49.8	46.8	44.1	41.6	39.3	37.2	35.3	33.5
136/300	58.6	54.9	51.5	48.4	45.6	43.0	40.7	38.5	36.5	34.7
141/310	60.5	56.7	53.2	50.0	47.1	44.5	42.0	39.8	37.7	35.8
146/320	62.5	58.5	54.9	51.6	48.7	45.9	43.4	41.1	38.9	37.0
150/330	64.4	60.4	56.6	53.3	50.2	47.3	44.8	42.4	40.2	38.1
154/340	66.4	62.2	58.4	54.9	51.7	48.8	46.1	43.6	41.4	39.3
159/350	68.3	64.0	60.1	56.5	53.2	50.2	47.5	44.9	42.6	40.4
163/360	70.3	65.8	61.8	58.1	54.7	51.6	48.8	46.2	43.8	41.6
168/370	72.3	67.7	63.5	59.7	56.3	53.1	50.2	47.5	45.0	42.8
172/380	74.2	69.5	65.2	61.3	57.8	54.5	51.5	48.8	46.3	43.9
177/390	76.2	71.3	66.9	62.9	59.3	56.0	52.9	50.1	47.5	45.1
181/400	78.1	73.2	68.7	64.6	60.8	57.4	54.2	51.4	48.7	46.2
186/410	80.1	75.0	70.4	66.2	62.3	58.8	55.6	52.6	49.9	47.4
191/420	82.0	76.8	72.1	67.8	63.9	60.3	57.0	53.9	51.1	48.5
195/430	84.0	78.6	73.8	69.4	65.4	61.7	58.3	55.2	52.3	49.7
200/440	85.9	80.5	75.5	71.0	66.9	63.1	59.7	56.5	53.6	50.8
204/450	87.9	82.3	77.2	72.6	68.4	64.6	61.0	57.8	54.8	52.0
209/460	89.8	84.1	79.0	74.2	69.9	66.0	62.4	59.1	56.0	53.2
213/470	91.8	86.0	80.7	75.9	71.5	67.4	63.7	60.3	57.2	54.3
218/480	93.7	87.8	82.4	77.5	73.0	68.9	65.1	61.6	58.4	55.5
222/490	95.7	89.6	84.1	79.1	74.5	70.3	66.4	62.9	59.6	56.6
227/500	97.6	91.4	85.8	80.7	76.0	71.7	67.8	64.2	60.9	57.8
231/510	99.6	93.3	87.5	82.3	77.5	73.2	69.2	65.5	62.1	58.9
236/520	101.5	95.1	89.2	83.9	79.1	74.6	70.5	66.8	63.3	60.1
240/530	103.5	96.9	91.0	85.5	80.6	76.0	71.9	68.0	64.5	61.2
245/540	105.5	98.8	92.7	87.1	82.1	77.5	73.2	69.3	65.7	62.4
249/550	107.4	100.6	94.4	88.8	83.6	78.9	74.6	70.6	66.9	63.6
254/560	109.4	102.4	96.1	90.4	85.1	80.3	75.9	71.9	68.2	64.7
259/570	111.3	104.2	97.8	92.0	86.7	81.8	77.3	73.2	69.4	65.9
263/580	113.3	106.1	99.5	93.6	88.2	83.2	78.7	74.5	70.6	67.0
269/590	115.2	107.9	101.3	95.2	89.7	84.6	80.0	75.7	71.8	68.2
272/600	117.2	109.7	103.0	96.8	91.2	86.1	81.4	77.0	73.0	69.3
277/610	119.1	111.6	104.7	98.4	92.7	87.5	82.7	78.3	74.2	70.5
281/620	121.1	113.4	106.4	100.1	94.3	89.0	84.1	79.6	75.5	71.6
286/630	123.0	115.2	108.1	101.7	95.8	90.4	85.4	80.9	76.7	72.8
290/640	125.0	117.0	109.8	103.3	97.3	91.8	86.8	82.2	77.9	74.0
295/650	126.9	118.9	111.6	104.9	98.8	93.3	88.1	83.4	79.1	75.1
299/660	128.9	120.7	113.3	106.5	100.3	94.7	89.5	84.7	80.3	76.3
304/670	130.8	122.5	115.0	108.1	101.9	96.1	90.9	86.0	81.5	77.4
308/680	132.8	124.4	116.7	109.7	103.4	97.6	92.2	87.3	82.8	78.6
313/690	134.7	126.2	118.4	111.4	104.9	99.0	93.6	88.6	84.0	79.7
318/700	136.7	128.0	120.1	113.0	106.4	100.4	94.9	89.9	85.2	80.9

Body Mass Index (BMI) = Ihr Gewicht (in kg) ÷ Ihre Größe² (in Metern)