

	BMI18.5	BMI20	BMI22	BMI23	BMI27	BMI35
145	38.9	42	46.3	48.4	56.8	73.6
146	39.4	42.6	46.9	49	57.6	74.6
147	40	43.2	47.5	49.7	58.3	75.6
148	40.5	43.8	48.2	50.4	59.1	76.7
149	41.1	44.4	48.8	51.1	59.9	77.7
150	41.6	45	49.5	51.8	60.8	78.8
151	42.2	45.6	50.2	52.4	61.6	79.8
152	42.7	46.2	50.8	53.1	62.4	80.9
153	43.3	46.8	51.5	53.8	63.2	81.9
154	43.9	47.4	52.2	54.5	64	83
155	44.4	48.1	52.9	55.3	64.9	84.1
156	45	48.7	53.5	56	65.7	85.2
157	45.6	49.3	54.2	56.7	66.6	86.3
158	46.2	49.9	54.9	57.4	67.4	87.4
159	46.8	50.6	55.6	58.1	68.3	88.5
160	47.4	51.2	56.3	58.9	69.1	89.6
161	48	51.8	57	59.6	70	90.7
162	48.6	52.5	57.7	60.4	70.9	91.9
163	49.2	53.1	58.5	61.1	71.7	93
164	49.8	53.8	59.2	61.9	72.6	94.1
165	50.4	54.4	59.9	62.6	73.5	95.3
166	51	55.1	60.6	63.4	74.4	96.4
167	51.6	55.8	61.4	64.1	75.3	97.6
168	52.2	56.4	62.1	64.9	76.2	98.8
169	52.8	57.1	62.8	65.7	77.1	100
170	53.5	57.8	63.6	66.5	78	101.1
171	54.1	58.5	64.3	67.3	79	102.3
172	54.7	59.2	65.1	68	79.9	103.5
173	55.4	59.9	65.8	68.8	80.8	104.8
174	56	60.6	66.6	69.6	81.7	106
175	56.7	61.2	67.4	70.4	82.7	107.2
176	57.3	62	68.1	71.2	83.6	108.4
177	58	62.7	68.9	72.1	84.6	109.7
178	58.6	63.4	69.7	72.9	85.5	110.9
179	59.3	64.1	70.5	73.7	86.5	112.1
180	59.9	64.8	71.3	74.5	87.5	113.4
181	60.6	65.5	72.1	75.4	88.5	114.7
182	61.3	66.2	72.9	76.2	89.4	115.9
183	62	67	73.7	77	90.4	117.2
184	62.6	67.7	74.5	77.9	91.4	118.5
185	63.3	68.4	75.3	78.7	92.4	119.8
186	64	69.2	76.1	79.6	93.4	121.1
187	64.7	69.9	76.9	80.4	94.4	122.4
188	65.4	70.7	77.8	81.3	95.4	123.7
189	66.1	71.4	78.6	82.2	96.4	125
190	66.8	72.2	79.4	83	97.5	126.4
191	67.5	73	80.3	83.9	98.5	127.7
192	68.2	73.7	81.1	84.8	99.5	129
193	68.9	74.5	81.9	85.7	100.6	130.4
194	69.6	75.3	82.8	86.6	101.6	131.7
195	70.3	76	83.7	87.5	102.7	133.1