

1999 METROPOLITAN HEIGHT AND WEIGHT TABLES.
Sulla base della taglia corporea da 25 a 59 anni
DONNE

Altezza	Leggera	Media	Pesante
	Taglia corporea	Taglia corporea	Taglia corporea
Centimetri			
148	46.4 - 50.5	49.6 - 55.1	53.7 - 59.8
149	46.6 - 51.0	50.0 - 55.5	54.1 - 60.3
150	46.7 - 51.3	50.3 - 55.9	54.4 - 60.9
151	46.9 - 51.7	50.7 - 56.4	54.6 - 61.4
152	47.1 - 52.1	51.1 - 57.0	55.2 - 61.9
153	47.4 - 52.5	51.5 - 57.5	55.6 - 62.4
154	47.8 - 53.0	51.9 - 58.0	56.2 - 63.0
155	48.1 - 53.6	52.2 - 58.6	56.8 - 63.6
156	48.5 - 54.1	52.7 - 59.1	57.3 - 64.1
157	48.8 - 54.6	53.2 - 59.6	57.8 - 64.6
158	49.3 - 55.2	53.8 - 60.2	58.4 - 65.3
159	49.8 - 55.7	54.3 - 60.7	58.9 - 66.0
160	50.3 - 56.2	54.9 - 61.2	59.4 - 66.7
161	50.8 - 56.7	55.4 - 61.7	59.9 - 67.4
162	51.4 - 57.3	55.9 - 62.3	60.5 - 68.1
163	51.9 - 57.8	56.4 - 62.8	61.0 - 68.8
164	52.5 - 58.4	57.0 - 63.4	61.5 - 69.5
165	53.0 - 58.9	57.5 - 63.9	62.0 - 70.2
166	53.6 - 59.5	58.1 - 64.5	62.6 - 70.9
167	54.1 - 60.0	58.7 - 65.0	63.2 - 71.7
168	54.6 - 60.5	59.2 - 65.5	63.7 - 72.4
169	55.2 - 61.1	59.7 - 66.1	64.3 - 73.1
170	55.7 - 61.6	60.2 - 66.6	64.8 - 73.8
171	56.2 - 62.1	60.7 - 67.1	65.3 - 74.5
172	56.8 - 62.6	61.3 - 67.6	65.8 - 75.2
173	57.3 - 63.2	61.8 - 68.2	66.4 - 75.9
174	57.8 - 63.7	62.3 - 68.7	66.9 - 76.4
175	58.3 - 64.2	62.8 - 69.2	67.4 - 76.9
176	58.9 - 64.8	63.4 - 69.8	68.0 - 77.5
177	59.5 - 65.4	64.0 - 70.4	68.5 - 78.1
178	60.0 - 65.9	64.5 - 70.9	69.0 - 78.6
179	60.5 - 66.4	65.1 - 71.4	69.6 - 79.1
180	61.0 - 66.9	65.6 - 71.9	70.1 - 79.6
181	61.6 - 67.5	66.1 - 72.5	70.7 - 80.2
182	62.1 - 68.0	66.6 - 73.0	71.2 - 80.7
183	62.6 - 68.5	67.1 - 73.5	71.7 - 81.2

- Con abiti da interno aggiungere 2,3 Kg per gli uomini e 1,4 Kg per le donne
- Con le scarpe aggiungere 2,5 cm

1999 METROPOLITAN HEIGHT AND WEIGHT TABLES.
Sulla base della taglia corporea da 25 a 59 anni
UOMINI

Altezza	Leggera	Media	Pesante
	Taglia corporea	Taglia corporea	Taglia corporea
Centimeters			
158	58.3 - 61.0	59.6 - 64.2	62.8 - 68.3
159	58.6 - 61.3	59.9 - 64.5	63.1 - 68.8
160	59.0 - 61.7	60.3 - 64.9	63.5 - 69.4
161	59.3 - 62.0	60.6 - 65.2	63.8 - 69.9
162	59.7 - 62.4	61.0 - 65.6	64.2 - 70.5
163	60.0 - 62.7	61.3 - 66.0	64.5 - 71.1
164	60.4 - 63.1	61.7 - 66.5	64.9 - 71.8
165	60.8 - 63.5	62.1 - 67.0	65.3 - 72.5
166	61.1 - 63.8	62.4 - 67.6	65.6 - 73.2
167	61.5 - 64.2	62.8 - 68.2	66.0 - 74.0
168	61.8 - 64.6	63.2 - 68.7	66.4 - 74.7
169	62.2 - 65.2	63.8 - 69.3	67.0 - 75.4
170	62.5 - 65.7	64.3 - 69.8	67.5 - 76.1
171	62.9 - 66.2	64.8 - 70.3	68.0 - 76.8
172	63.2 - 66.7	65.4 - 70.8	68.5 - 77.5
173	63.6 - 67.3	65.9 - 71.4	69.1 - 78.2
174	63.9 - 67.8	66.4 - 71.9	69.6 - 78.9
175	64.3 - 68.3	66.9 - 72.4	70.1 - 79.6
176	64.7 - 68.9	67.5 - 73.0	70.7 - 80.3
177	65.0 - 69.5	68.1 - 73.5	71.3 - 81.0
178	65.4 - 70.0	68.6 - 74.0	71.8 - 81.8
179	65.7 - 70.5	69.2 - 74.6	72.3 - 82.5
180	66.1 - 71.0	69.7 - 75.1	72.8 - 83.3
181	66.6 - 71.6	70.2 - 75.8	73.4 - 84.0
182	67.1 - 72.1	70.7 - 76.5	73.9 - 84.7
183	67.7 - 72.7	71.3 - 77.2	74.5 - 85.4
184	68.2 - 73.4	71.8 - 77.9	75.2 - 86.1
185	68.7 - 74.1	72.4 - 78.6	75.9 - 86.8
186	69.2 - 74.8	73.0 - 79.3	76.6 - 87.6
187	69.8 - 75.5	73.7 - 80.0	77.3 - 88.5
188	70.3 - 76.2	74.4 - 80.7	78.0 - 89.4
189	70.9 - 76.9	74.9 - 81.5	78.7 - 90.3
190	71.4 - 77.6	75.4 - 82.2	79.4 - 91.2
191	72.1 - 78.4	76.1 - 83.0	80.3 - 92.1
192	72.8 - 79.1	76.8 - 83.9	81.2 - 93.0
193	73.5 - 79.8	77.6 - 84.8	82.1 - 93.9

Source of basic data Build Study, 1979. Society of Actuaries and Association of Life Insurance Medical Directors of America, 1980.
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