

وزن متوسط برای زن ها

(کیلوگرم)

قد (سانتی متر)	فاصله سنی							
	15-16	17-19	20-24	25-29	30-39	40-49	50-59	60-69
148	44.4	45.3	46.6	48.9	52.4	55.6	56.9	57.8
149	44.9	45.8	47.2	49.4	52.8	55.9	57.3	58.2
150	45.4	46.3	47.7	50	53.1	56.3	57.7	58.6
151	46	46.9	48.2	50.5	53.7	56.9	58.2	58.9
152	46.5	47.4	48.8	51	54.2	57.4	58.8	59.3
153	47.1	48.1	49.4	51.6	54.8	57.9	59.3	59.8
154	47.9	48.8	50.1	52.1	55.3	58.5	59.8	60.3
155	48.6	49.5	50.8	52.6	55.8	59	60.4	60.8
156	49.3	50.2	51.3	53.2	56.3	59.5	60.9	61.3
157	50	50.9	51.9	53.7	56.9	60	61.4	61.9
158	50.6	51.5	52.4	54.3	57.4	60.6	62.1	62.5
159	51.1	52.1	53	54.8	58	61.1	62.8	63.2
160	51.7	52.6	53.5	55.3	58.5	61.7	63.5	63.9
161	52.2	53.3	54	55.9	59	62.4	64.2	64.7
162	52.8	54	54.6	56.5	59.6	63.1	64.9	65.4
163	53.4	54.8	55.2	57	60.1	63.8	65.7	66.1
164	54.1	55.5	55.9	57.7	60.7	64.3	66.4	66.8
165	54.8	56.2	56.6	58.5	61.2	64.8	67.1	67.5
166	55.5	56.7	57.3	59.2	61.9	65.5	67.8	68.2
167	56.2	57.3	58.1	59.9	62.6	66.2	68.5	68.9
168	56.9	57.8	58.7	60.5	63.2	66.9	69.2	69.7
169	57.4	58.3	59.2	61.1	63.8	67.6	69.9	70.4
170	58	58.9	59.8	61.6	64.3	68.4	70.6	71.1
171	58.6	59.6	60.5	62.3	65	69.1	71.3	71.8

172	59.4	60.3	61.2	63	65.7	69.8	72.1	72.5
173	60.1	61	61.9	63.7	66.4	70.5	72.8	73.2
174	60.8	61.7	62.6	64.4	67.1	71.2	73.5	73.9
175	61.5	62.4	63.3	65.1	67.9	71.9	74.2	74.7
176	62.2	63.1	64	65.8	68.6	72.8	75.1	75.4
177	62.9	63.8	64.7	66.6	69.3	73.7	75.9	76.1
178	63.6	64.6	65.5	67.3	70	74.6	76.8	76.8
179		65.5	66.4	68.2	70.9	75.5	77.7	
180		66.4	67.3	69.1	71.8	76.4	78.6	
181		67.3	68.2	70	72.7	77.2	79.6	
182		68.2	69.1	70.9	73.6	78.1	80.7	
183		69.1	70	71.8	74.5	79	81.8	
184		70	70.9	72.7	75.4	79.9	82.9	
185		70.9	71.8	73.6	76.3	80.8	83.9	