

TABELLA PESO IDEALE DONNE e UOMINI

PESO IDEALE PER

DONNE

DI 25 ANNI E PIU'

ALTEZZA in mt.	COSTITUZIONE SOTTILE	COSTITUZIONE NORMALE	COSTITUZIONE ROBUSTA
1.48	42.0 - 44.8	43.8 - 48.9	47.4 - 54.3
1.50	42.7 - 45.9	44.5 - 50.0	48.2 - 55.4
1.52	43.4 - 47.0	45.6 - 51.0	49.2 - 56.5
1.54	44.4 - 48.0	46.7 - 52.1	50.3 - 57.6
1.56	45.4 - 49.1	47.7 - 53.2	51.3 - 58.6
1.58	46.5 - 50.2	48.8 - 54.3	52.4 - 59.7
1.60	47.6 - 51.2	49.9 - 55.3	53.5 - 60.8
1.62	48.7 - 52.3	51.0 - 56.8	54.6 - 62.2
1.64	49.8 - 53.4	52.0 - 58.2	55.9 - 63.7
1.66	50.8 - 54.6	53.3 - 59.8	57.3 - 65.1
1.68	52.0 - 56.0	54.7 - 61.5	58.8 - 66.5
1.70	53.4 - 57.5	56.1 - 62.9	60.2 - 67.9
1.72	54.8 - 58.9	57.5 - 64.3	61.6 - 69.3
1.74	56.3 - 60.3	59.0 - 65.8	63.1 - 70.8
1.76	57.7 - 61.9	60.4 - 67.2	64.5 - 72.3
1.78	59.1 - 63.6	61.8 - 68.6	65.9 - 74.1
1.80	60.5 - 65.1	63.3 - 70.1	67.3 - 75.9
1.82	62.0 - 66.5	64.7 - 71.5	68.8 - 77.7

PESO IDEALE PER

UOMINI

DI 25 ANNI E PIU'

ALTEZZA in mt.	COSTITUZIONE SOTTILE	COSTITUZIONE NORMALE	COSTITUZIONE ROBUSTA
1.58	51.1 - 54.7	53.8 - 58.9	57.4 - 64.2
1.60	52.2 - 55.8	54.9 - 60.3	58.5 - 65.3
1.62	53.2 - 56.9	55.9 - 61.4	59.6 - 66.7
1.64	54.3 - 57.9	57.0 - 62.5	60.7 - 68.2
1.66	55.4 - 59.2	58.1 - 63.7	61.7 - 69.6
1.68	56.5 - 60.6	59.2 - 65.1	62.9 - 71.1
1.70	57.9 - 62.0	60.7 - 66.6	64.3 - 72.9
1.72	59.4 - 63.4	62.1 - 68.3	66.0 - 74.7
1.74	60.8 - 64.9	63.5 - 69.9	67.6 - 76.2
1.76	62.2 - 66.4	64.9 - 71.3	69.0 - 77.6
1.78	63.6 - 68.2	66.4 - 72.8	70.4 - 79.1
1.80	65.1 - 69.6	67.8 - 74.5	71.9 - 80.9
1.82	66.5 - 71.0	69.2 - 76.3	73.6 - 82.7
1.84	67.9 - 72.5	70.7 - 78.1	75.2 - 84.5
1.86	69.4 - 74.0	72.1 - 79.9	76.7 - 86.2
1.88	70.8 - 75.8	73.5 - 81.7	78.5 - 88.0
1.90	72.2 - 77.2	75.3 - 83.5	80.3 - 89.8
1.92	73.6 - 78.6	77.1 - 85.3	81.8 - 91.6