

B・M・I(体格指数)早見表

体	91	28.086	27.777	27.473	27.173	26.879	26.589	26.304	26.023	25.747	25.475
	90	27.778	27.472	27.171	26.874	26.583	26.297	26.015	25.737	25.464	25.195
	89	27.469	27.166	26.869	26.576	26.288	26.004	25.726	25.451	25.181	24.915
	88	27.160	26.861	26.567	26.277	25.992	25.712	25.436	25.165	24.898	24.635
	87	26.852	26.556	26.265	25.979	25.697	25.420	25.147	24.879	24.615	24.355
	86	26.543	26.251	25.963	25.680	25.402	25.128	24.858	24.593	24.332	24.075
	85	26.235	25.945	25.661	25.381	25.106	24.836	24.569	24.307	24.049	23.796
	84	25.926	25.640	25.359	25.083	24.811	24.543	24.280	24.021	23.766	23.516
	83	25.617	25.335	25.057	24.784	24.516	24.251	23.991	23.735	23.483	23.236
	82	25.309	25.030	24.755	24.486	24.220	23.959	23.702	23.449	23.201	22.956
	81	25.000	24.725	24.454	24.187	23.925	23.667	23.413	23.163	22.918	22.676
	80	24.691	24.419	24.152	23.888	23.629	23.375	23.124	22.877	22.635	22.396
	79	24.383	24.114	23.850	23.590	23.334	23.083	22.835	22.591	22.352	22.116
	78	24.074	23.809	23.548	23.291	23.039	22.790	22.546	22.305	22.069	21.836
	77	23.765	23.504	23.246	22.993	22.743	22.498	22.257	22.020	21.786	21.556
	76	23.457	23.198	22.944	22.694	22.448	22.206	21.968	21.734	21.503	21.276
	75	23.148	22.893	22.642	22.395	22.153	21.914	21.679	21.448	21.220	20.996
	74	22.840	22.588	22.340	22.097	21.857	21.622	21.390	21.162	20.937	20.716
	73	22.531	22.283	22.038	21.798	21.562	21.329	21.101	20.876	20.654	20.436
	72	22.222	21.977	21.737	21.500	21.267	21.037	20.812	20.590	20.371	20.156
71	21.914	21.672	21.435	21.201	20.971	20.745	20.523	20.304	20.088	19.876	
70	21.605	21.367	21.133	20.902	20.676	20.453	20.234	20.018	19.805	19.596	
重 (K G)	69	21.296	21.062	20.831	20.604	20.380	20.161	19.945	19.732	19.522	19.316
	68	20.988	20.756	20.529	20.305	20.085	19.869	19.655	19.446	19.239	19.036
	67	20.679	20.451	20.227	20.007	19.790	19.576	19.366	19.160	18.957	18.756
	66	20.370	20.146	19.925	19.708	19.494	19.284	19.077	18.874	18.674	18.477
	65	20.062	19.841	19.623	19.409	19.199	18.992	18.788	18.588	18.391	18.197
	64	19.753	19.535	19.321	19.111	18.904	18.700	18.499	18.302	18.108	17.917
	63	19.444	19.230	19.019	18.812	18.608	18.408	18.210	18.016	17.825	17.637
	62	19.136	18.925	18.718	18.514	18.313	18.115	17.921	17.730	17.542	17.357
	61	18.827	18.620	18.416	18.215	18.017	17.823	17.632	17.444	17.259	17.077
	60	18.519	18.314	18.114	17.916	17.722	17.531	17.343	17.158	16.976	16.797
	59	18.210	18.009	17.812	17.618	17.427	17.239	17.054	16.872	16.693	16.517
	58	17.901	17.704	17.510	17.319	17.131	16.947	16.765	16.586	16.410	16.237
	57	17.593	17.399	17.208	17.021	16.836	16.654	16.476	16.300	16.127	15.957
	56	17.284	17.093	16.906	16.722	16.541	16.362	16.187	16.014	15.844	15.677
		1.80	1.81	1.82	1.83	1.84	1.85	1.86	1.87	1.88	1.89
		身					長(M)				

B·M·I(体格指数)早見表

体	71	31.556	31.139	30.731	30.330	29.938	29.553	29.175	28.804	28.441	28.084
	70	31.111	30.700	30.298	29.903	29.516	29.136	28.764	28.399	28.040	27.689
	69	30.667	30.262	29.865	29.476	29.094	28.72	28.353	27.993	27.640	27.293
	68	30.222	29.823	29.432	29.049	28.673	28.304	27.942	27.587	27.239	26.898
	67	29.778	29.385	28.999	28.621	28.251	27.888	27.531	27.182	26.839	26.502
	66	29.333	28.946	28.566	28.194	27.829	27.471	27.120	26.776	26.438	26.107
	65	28.889	28.508	28.134	27.767	27.408	27.055	26.709	26.370	26.037	25.711
	64	28.444	28.069	27.701	27.340	26.986	26.639	26.298	25.965	25.637	25.315
	63	28.000	27.630	27.268	26.913	26.564	26.223	25.888	25.559	25.236	24.920
	62	27.556	27.192	26.835	26.486	26.143	25.806	25.477	25.153	24.836	24.524
	61	27.111	26.753	26.402	26.058	25.721	25.390	25.066	24.747	24.435	24.129
	60	26.667	26.315	25.970	25.631	25.299	24.974	24.655	24.342	24.035	23.733
	59	26.222	25.876	25.537	25.204	24.878	24.558	24.244	23.936	23.634	23.338
	58	25.778	25.437	25.104	24.777	24.456	24.142	23.833	23.530	23.233	22.942
	57	25.333	24.999	24.671	24.350	24.034	23.725	23.422	23.125	22.833	22.547
	56	24.889	24.560	24.238	23.922	23.613	23.309	23.011	22.719	22.432	22.151
	55	24.444	24.122	23.805	23.495	23.191	22.893	22.600	22.313	22.032	21.755
	54	24.000	23.683	23.373	23.068	22.769	22.477	22.189	21.908	21.631	21.360
	53	23.556	23.245	22.940	22.641	22.348	22.060	21.778	21.502	21.231	20.964
	52	23.111	22.806	22.507	22.214	21.926	21.644	21.368	21.096	20.830	20.569
	51	22.667	22.367	22.074	21.786	21.504	21.228	20.957	20.690	20.429	20.173
	50	22.222	21.929	21.641	21.359	21.083	20.812	20.546	20.285	20.029	19.778
	49	21.778	21.490	21.208	20.932	20.661	20.395	20.135	19.879	19.628	19.382
	48	21.333	21.052	20.776	20.505	20.240	19.979	19.724	19.473	19.228	18.987
	47	20.889	20.613	20.343	20.078	19.818	19.563	19.313	19.068	18.827	18.591
	46	20.444	20.175	19.910	19.651	19.396	19.147	18.902	18.662	18.427	18.195
	45	20.000	19.736	19.477	19.223	18.975	18.730	18.491	18.256	18.026	17.800
	44	19.556	19.297	19.044	18.796	18.553	18.314	18.080	17.851	17.625	17.404
43	19.111	18.859	18.611	18.369	18.131	17.898	17.669	17.445	17.225	17.009	
42	18.667	18.420	18.179	17.942	17.710	17.482	17.258	17.039	16.824	16.613	
41	18.222	17.982	17.746	17.515	17.288	17.066	16.847	16.634	16.424	16.218	
40	17.778	17.543	17.313	17.087	16.866	16.649	16.437	16.228	16.023	15.822	
39	17.333	17.105	16.880	16.660	16.445	16.233	16.026	15.822	15.622	15.427	
38	16.889	16.666	16.447	16.233	16.023	15.817	15.615	15.416	15.222	15.031	
37	16.444	16.227	16.015	15.806	15.601	15.401	15.204	15.011	14.821	14.635	
36	16.000	15.789	15.582	15.379	15.180	14.984	14.793	14.605	14.421	14.240	
	1.50	1.51	1.52	1.53	1.54	1.55	1.56	1.57	1.58	1.59	
	身					長(M)					

B·M·I(体格指数)早見表

体	85	29.412	29.069	28.732	28.401	28.075	27.755	27.441	27.131	26.827	26.529
	84	29.066	28.727	28.394	28.066	27.745	27.429	27.118	26.812	26.512	26.216
	83	28.720	28.385	28.056	27.732	27.414	27.102	26.795	26.493	26.196	25.904
	82	28.374	28.043	27.718	27.398	27.084	26.776	26.472	26.174	25.881	25.592
	81	28.028	27.701	27.380	27.064	26.754	26.449	26.149	25.855	25.565	25.280
	80	27.682	27.359	27.042	26.730	26.424	26.122	25.826	25.535	25.249	24.968
	79	27.336	27.017	26.704	26.396	26.093	25.796	25.504	25.216	24.934	24.656
	78	26.990	26.675	26.366	26.062	25.763	25.469	25.181	24.897	24.618	24.344
	77	26.644	26.333	26.028	25.728	25.433	25.143	24.858	24.578	24.302	24.032
	76	26.298	25.991	25.690	25.393	25.102	24.816	24.535	24.259	23.987	23.72
	75	25.952	25.649	25.352	25.059	24.772	24.490	24.212	23.939	23.671	23.408
	74	25.606	25.307	25.014	24.725	24.442	24.163	23.889	23.620	23.356	23.095
	73	25.260	24.965	24.676	24.391	24.112	23.837	23.567	23.301	23.040	22.783
	72	24.913	24.623	24.337	24.057	23.781	23.510	23.244	22.982	22.724	22.471
	71	24.567	24.281	23.999	23.723	23.451	23.184	22.921	22.663	22.409	22.159
	70	24.221	23.939	23.661	23.389	23.121	22.857	22.598	22.344	22.093	21.847
	69	23.875	23.597	23.323	23.055	22.790	22.531	22.275	22.024	21.778	21.535
	68	23.529	23.255	22.985	22.720	22.460	22.204	21.952	21.705	21.462	21.223
	67	23.183	22.913	22.647	22.386	22.130	21.878	21.630	21.386	21.146	20.911
	66	22.837	22.571	22.309	22.052	21.799	21.551	21.307	21.067	20.831	20.599
65	22.491	22.229	21.971	21.718	21.469	21.224	20.984	20.748	20.515	20.287	
64	22.145	21.887	21.633	21.384	21.139	20.898	20.661	20.428	20.199	19.974	
重 (K G)	63	21.799	21.545	21.295	21.050	20.809	20.571	20.338	20.109	19.884	19.662
	62	21.453	21.203	20.957	20.716	20.478	20.245	20.015	19.790	19.568	19.350
	61	21.107	20.861	20.619	20.382	20.148	19.918	19.693	19.471	19.253	19.038
	60	20.761	20.519	20.281	20.047	19.818	19.592	19.370	19.152	18.937	18.726
	59	20.415	20.177	19.943	19.713	19.487	19.265	19.047	18.832	18.621	18.414
	58	20.069	19.835	19.605	19.379	19.157	18.939	18.724	18.513	18.306	18.102
	57	19.723	19.493	19.267	19.045	18.827	18.612	18.401	18.194	17.990	17.790
	56	19.377	19.151	18.929	18.711	18.496	18.286	18.079	17.875	17.675	17.478
	55	19.031	18.809	18.591	18.377	18.166	17.959	17.756	17.556	17.359	17.166
	54	18.685	18.467	18.253	18.043	17.836	17.633	17.433	17.236	17.043	16.853
	53	18.339	18.125	17.915	17.709	17.506	17.306	17.110	16.917	16.728	16.541
	52	17.993	17.783	17.577	17.374	17.175	16.980	16.787	16.598	16.412	16.229
	51	17.647	17.441	17.239	17.040	16.845	16.653	16.464	16.279	16.096	15.917
	50	17.301	17.099	16.901	16.706	16.515	16.327	16.142	15.960	15.781	15.605
		1.70	1.71	1.72	1.73	1.74	1.75	1.76	1.77	1.78	1.79
		身					長(M)				