

身長別・標準体重

■身長140～149cm

| 身長 (cm) | 標準体重 (kg) | 肥満 (kg) |
|---------|-----------|---------|
| 140 | 43.1 | 49 |
| 141 | 43.7 | 49.7 |
| 142 | 44.4 | 50.4 |
| 143 | 45 | 51.1 |
| 144 | 45.6 | 51.8 |
| 145 | 46.3 | 52.6 |
| 146 | 46.9 | 53.3 |
| 147 | 47.5 | 54 |
| 148 | 48.2 | 54.8 |
| 149 | 48.8 | 55.5 |

■身長150～159cm

| 身長 (cm) | 標準体重 (kg) | 肥満 (kg) |
|---------|-----------|---------|
| 150 | 49.5 | 56.3 |
| 151 | 50.2 | 57 |
| 152 | 50.8 | 57.8 |
| 153 | 51.5 | 58.5 |
| 154 | 52.2 | 59.3 |
| 155 | 52.9 | 60.1 |
| 156 | 53.5 | 60.8 |
| 157 | 54.2 | 61.6 |
| 158 | 54.9 | 62.4 |
| 159 | 55.6 | 63.2 |

■身長160～169cm

| 身長 (cm) | 標準体重 (kg) | 肥満 (kg) |
|---------|-----------|---------|
| 160 | 56.3 | 64 |
| 161 | 57 | 64.8 |
| 162 | 57.7 | 65.6 |
| 163 | 58.5 | 66.4 |
| 164 | 59.2 | 67.2 |
| 165 | 59.9 | 68.1 |
| 166 | 60.6 | 68.9 |
| 167 | 61.4 | 69.7 |
| 168 | 62.1 | 70.6 |
| 169 | 62.8 | 71.4 |

■身長170～179cm

| 身長 (cm) | 標準体重 (kg) | 肥満 (kg) |
|---------|-----------|---------|
| 170 | 63.6 | 72.3 |
| 171 | 64.3 | 73.1 |
| 172 | 65.1 | 74 |
| 173 | 65.8 | 74.8 |
| 174 | 66.6 | 75.7 |
| 175 | 67.4 | 76.6 |
| 176 | 68.1 | 77.4 |
| 177 | 68.9 | 78.3 |
| 178 | 69.7 | 79.2 |
| 179 | 70.5 | 80.1 |