

**PRAWIDŁOWA  
MASA CIAŁA KOBIET  
W WIEKU 15 -25 LAT (kg)**

**PRAWIDŁOWA  
MASA CIAŁA KOBIET  
POWYŻEJ 25 LAT (kg)**

TYP BUDOWY



WZROST



TYP BUDOWY

| lekka | Średnia | ciężka |            | lekka | średnia | ciężka |
|-------|---------|--------|------------|-------|---------|--------|
| 47.5  | 50.0    | 52.5   | <b>150</b> | 48.4  | 51.0    | 53.6   |
| 48.0  | 50.5    | 53.0   | <b>152</b> | 49.0  | 51.6    | 54.2   |
| 48.6  | 51.2    | 53.8   | <b>154</b> | 49.8  | 52.4    | 55.0   |
| 49.6  | 52.2    | 54.8   | <b>156</b> | 50.6  | 53.3    | 56.0   |
| 50.6  | 53.3    | 56.0   | <b>158</b> | 51.8  | 54.5    | 57.2   |
| 51.8  | 54.5    | 57.2   | <b>160</b> | 52.8  | 55.5    | 58.4   |
| 53.0  | 55.8    | 58.6   | <b>162</b> | 54.1  | 57.0    | 59.9   |
| 54.1  | 57.0    | 59.9   | <b>164</b> | 55.3  | 58.2    | 61.1   |

| lekka | średnia | ciężka |            | lekka | średnia | ciężka |
|-------|---------|--------|------------|-------|---------|--------|
| 55.5  | 57.0    | 61.1   | <b>166</b> | 56.4  | 59.4    | 62.4   |
| 56.5  | 59.5    | 62.5   | <b>168</b> | 57.7  | 60.7    | 63.7   |
| 57.9  | 61.0    | 64.2   | <b>170</b> | 59.2  | 62.3    | 65.4   |
| 59.3  | 62.4    | 66.5   | <b>172</b> | 60.4  | 63.6    | 66.6   |
| 60.5  | 63.7    | 66.9   | <b>174</b> | 61.7  | 64.9    | 68.1   |
| 61.7  | 65.0    | 68.3   | <b>176</b> | 62.9  | 66.2    | 69.5   |
| 63.1  | 66.4    | 69.7   | <b>178</b> | 64.2  | 67.6    | 71.0   |
| 64.1  | 67.5    | 70.9   | <b>180</b> | 65.3  | 68.7    | 72.1   |
| 65.3  | 68.7    | 72.1   | <b>182</b> | 66.4  | 69.9    | 73.4   |
| 66.2  | 69.7    | 73.2   | <b>184</b> | 67.4  | 71.0    | 74.6   |
| 67.1  | 70.6    | 74.1   | <b>186</b> | 68.3  | 71.9    | 75.5   |
| 67.7  | 71.3    | 74.9   | <b>188</b> | 68.9  | 72.5    | 76.1   |
| 68.8  | 72.4    | 76.0   | <b>190</b> | 69.9  | 73.6    | 77.3   |