

[illegible]

| Age | Sex | Height (cm) | Weight (kg) | Body mass index (kg/m ²) | Waist circumference (cm) | Waist-hip ratio | Trunk muscle mass (kg) | Trunk muscle mass index (kg/m ²) |
|-------|-----|-------------|-------------|--------------------------------------|--------------------------|-----------------|------------------------|--|
| 20-29 | M | 174.0 | 75.0 | 24.7 | 86.0 | 0.49 | 12.0 | 19.0 |
| 30-39 | M | 175.0 | 80.0 | 26.0 | 88.0 | 0.50 | 13.0 | 20.0 |
| 40-49 | M | 176.0 | 85.0 | 27.0 | 90.0 | 0.51 | 14.0 | 21.0 |
| 50-59 | M | 177.0 | 90.0 | 28.0 | 92.0 | 0.52 | 15.0 | 22.0 |
| 60-69 | M | 178.0 | 95.0 | 29.0 | 94.0 | 0.53 | 16.0 | 23.0 |
| 70-79 | M | 179.0 | 100.0 | 30.0 | 96.0 | 0.54 | 17.0 | 24.0 |
| 80-89 | M | 180.0 | 105.0 | 31.0 | 98.0 | 0.55 | 18.0 | 25.0 |
| 90-99 | M | 181.0 | 110.0 | 32.0 | 100.0 | 0.56 | 19.0 | 26.0 |
| 20-29 | F | 160.0 | 55.0 | 21.0 | 75.0 | 0.45 | 10.0 | 16.0 |
| 30-39 | F | 161.0 | 60.0 | 22.0 | 77.0 | 0.46 | 11.0 | 17.0 |
| 40-49 | F | 162.0 | 65.0 | 23.0 | 79.0 | 0.47 | 12.0 | 18.0 |
| 50-59 | F | 163.0 | 70.0 | 24.0 | 81.0 | 0.48 | 13.0 | 19.0 |
| 60-69 | F | 164.0 | 75.0 | 25.0 | 83.0 | 0.49 | 14.0 | 20.0 |
| 70-79 | F | 165.0 | 80.0 | 26.0 | 85.0 | 0.50 | 15.0 | 21.0 |
| 80-89 | F | 166.0 | 85.0 | 27.0 | 87.0 | 0.51 | 16.0 | 22.0 |
| 90-99 | F | 167.0 | 90.0 | 28.0 | 89.0 | 0.52 | 17.0 | 23.0 |

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UWAGA:
- Geotekstylne naklepy przy kątach zawieszają do góry
- Płynę przeciwnia układowi ze spadkiem 1% do zlewniczenia

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