

**Aangepaste Metropolitan Life Tabel, gecorrigeerd voor schoenen en kleding
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Mannen Gewicht in kg zonder kleding				Vrouwen Gewicht in kg zonder kleding			
Lengte In cm zonder schoenen	Smal	Medium	Breed	Lengte	Smal	Medium	Breed
156	56.0-58.7	57.3-61.9	60.5-66.0	146	45.0-49.2	48.2-53.7	52.3-58.4
157	56.3-59.0	57.6-62.2	60.8-66.5	147	45.2-49.6	48.6-54.1	52.7-58.9
158	56.7-59.4	58.0-62.6	62.2-67.1	148	45.3-49.9	48.9-54.5	53.0-59.6
159	57.0-59.7	58.3-62.9	61.5-67.6	149	45.5-50.3	49.3-55.0	53.4-60.0
160	57.4-60.1	58.7-63.3	61.9-68.2	150	45.7-50.7	49.7-55.6	53.8-60.5
161	57.7-60.4	59.0-63.7	62.2-68.8	151	46.0-51.1	50.1-56.1	54.2-61.0
162	58.1-60.8	59.4-64.2	62.6-69.5	152	46.4-51.6	50.5-56.6	54.8-61.6
163	58.5-61.2	59.8-64.7	63.0-70.2	153	46.7-52.2	50.8-57.2	55.4-62.2
164	58.8-61.5	60.1-65.3	63.3-70.9	154	47.1-52.7	51.3-57.7	55.9-62.7
165	59.2-61.9	60.5-65.9	63.7-71.7	155	47.7-53.2	51.8-58.2	56.4-63.2
166	59.5-62.3	60.9-66.4	64.1-72.4	156	47.9-53.8	52.4-58.8	57.0-63.9
167	59.9-62.9	61.5-67.0	64.7-73.1	157	48.4-54.3	52.9-59.3	57.5-64.6
168	60.2-63.4	62.0-67.5	65.2-73.8	158	48.9-54.8	53.5-59.8	58.0-65.3
169	60.9-63.9	62.5-68.0	65.7-74.5	159	49.4-55.3	54.0-60.3	58.5-66.0
170	60.9-64.4	63.1-68.5	66.2-75.2	160	50.0-55.9	54.5-60.9	59.1-66.7
171	61.3-65.1	63.6-69.1	66.8-75.9	161	50.5-56.4	55.0-61.4	59.6-67.4
172	61.6-65.5	64.1-69.6	67.3-76.6	162	51.1-57.0	55.6-62.0	60.2-68.1
173	62.0-66.0	64.6-70.1	67.8-77.3	163	51.6-57.5	56.1-62.5	60.6-68.8
174	62.4-66.6	65.2-70.7	68.4-78.0	164	52.2-58.1	56.7-63.1	61.2-69.5
175	62.7-67.2	65.8-71.2	69.0-78.7	165	52.7-58.6	57.3-63.6	61.8-70.3
176	63.1-67.7	66.3-71.7	69.5-79.5	166	53.2-59.1	57.8-64.1	62.3-71.0
177	63.4-68.2	66.9-72.3	70.0-80.2	167	53.8-59.7	58.3-64.7	62.9-71.7
178	63.8-68.7	67.4-72.8	70.5-81.0	168	54.3-60.2	58.8-65.2	63.4-72.4
179	64.3-69.3	67.9-73.5	71.1-81.7	169	54.8-60.7	59.3-65.7	63.9-73.1
180	64.8-69.8	68.4-74.2	71.6-82.4	170	55.4-61.2	59.9-66.2	64.4-73.8
181	65.4-70.4	69.0-74.9	72.2-83.1	171	55.9-61.8	60.4-66.8	65.0-74.5
182	65.9-71.1	69.5-75.6	72.9-83.8	172	56.4-62.3	60.9-67.3	65.5-75.0
183	66.4-71.8	70.1-76.3	73.6-84.5	173	56.9-62.8	61.4-67.8	66.0-75.5
184	66.9-72.5	70.7-77.0	74.3-85.3	174	57.5-63.4	62.0-68.4	66.6-76.1
185	67.5-73.2	71.4-77.7	75.0-86.2	175	58.1-64.0	62.6-69.0	67.1-76.7
186	68.0-73.9	72.1-78.4	75.7-87.1	176	58.6-64.5	63.1-69.5	67.6-77.2
187	68.6-74.6	72.6-79.2	75.4-88.0	177	59.1-65.0	63.7-70.0	68.2-77.7
188	69.1-75.3	73.1-79.9	77.1-88.9	178	59.6-65.5	64.2-70.5	68.7-78.2
189	69.8-76.1	73.8-80.7	78.0-89.8	179	60.2-66.1	64.7-71.1	69.3-78.8
190	70.5-76.8	74.5-81.6	78.9-90.7	180	60.7-66.6	65.2-71.6	69.8-79.3
191	71.2-77.5	75.3-82.5	79.8-91.6	181	61.2-67.1	65.7-71.2	70.3-79.8