

身長cm/BMI	20	21	22	23	24	25	26	27	28	29	30	31	32	33
150	45.00	47.25	49.50	51.75	54.00	56.25	58.50	60.75	63.00	65.25	67.50	69.75	72.00	74.25
151	45.60	47.88	50.16	52.44	54.72	57.00	59.28	61.56	63.84	66.12	68.40	70.68	72.96	75.24
152	46.21	48.52	50.83	53.14	55.45	57.76	60.07	62.38	64.69	67.00	69.31	71.62	73.93	76.24
153	46.82	49.16	51.50	53.84	56.18	58.52	60.86	63.20	65.55	67.89	70.23	72.57	74.91	77.25
154	47.43	49.80	52.18	54.55	56.92	59.29	61.66	64.03	66.40	68.78	71.15	73.52	75.89	78.26
155	48.05	50.45	52.86	55.26	57.66	60.06	62.47	64.87	67.27	69.67	72.08	74.48	76.88	79.28
156	48.67	51.11	53.54	55.97	58.41	60.84	63.27	65.71	68.14	70.57	73.01	75.44	77.88	80.31
157	49.30	51.76	54.23	56.69	59.16	61.62	64.09	66.55	69.02	71.48	73.95	76.41	78.88	81.34
158	49.93	52.42	54.92	57.42	59.91	62.41	64.91	67.40	69.90	72.40	74.89	77.39	79.88	82.38
159	50.56	53.09	55.62	58.15	60.67	63.20	65.73	68.26	70.79	73.31	75.84	78.37	80.90	83.43
160	51.20	53.76	56.32	58.88	61.44	64.00	66.56	69.12	71.68	74.24	76.80	79.36	81.92	84.48
161	51.84	54.43	57.03	59.62	62.21	64.80	67.39	69.99	72.58	75.17	77.76	80.36	82.95	85.54
162	52.49	55.11	57.74	60.36	62.99	65.61	68.23	70.86	73.48	76.11	78.73	81.36	83.98	86.61
163	53.14	55.79	58.45	61.11	63.77	66.42	69.08	71.74	74.39	77.05	79.71	82.36	85.02	87.68
164	53.79	56.48	59.17	61.86	64.55	67.24	69.93	72.62	75.31	78.00	80.69	83.38	86.07	88.76
165	54.45	57.17	59.90	62.62	65.34	68.06	70.79	73.51	76.23	78.95	81.68	84.40	87.12	89.84
166	55.11	57.87	60.62	63.38	66.13	68.89	71.65	74.40	77.16	79.91	82.67	85.42	88.18	90.93
167	55.78	58.57	61.36	64.14	66.93	69.72	72.51	75.30	78.09	80.88	83.67	86.46	89.24	92.03
168	56.45	59.27	62.09	64.92	67.74	70.56	73.38	76.20	79.03	81.85	84.67	87.49	90.32	93.14
169	57.12	59.98	62.83	65.69	68.55	71.40	74.26	77.11	79.97	82.83	85.68	88.54	91.40	94.25
170	57.80	60.69	63.58	66.47	69.36	72.25	75.14	78.03	80.92	83.81	86.70	89.59	92.48	95.37
171	58.48	61.41	64.33	67.25	70.18	73.10	76.03	78.95	81.87	84.80	87.72	90.65	93.57	96.50
172	59.17	62.13	65.08	68.04	71.00	73.96	76.92	79.88	82.84	85.79	88.75	91.71	94.67	97.63
173	59.86	62.85	65.84	68.84	71.83	74.82	77.82	80.81	83.80	86.79	89.79	92.78	95.77	98.77
174	60.55	63.58	66.61	69.63	72.66	75.69	78.72	81.75	84.77	87.80	90.83	93.86	96.88	99.91
175	61.25	64.31	67.38	70.44	73.50	76.56	79.63	82.69	85.75	88.81	91.88	94.94	98.00	101.06
176	61.95	65.05	68.15	71.24	74.34	77.44	80.54	83.64	86.73	89.83	92.93	96.03	99.12	102.22
177	62.66	65.79	68.92	72.06	75.19	78.32	81.46	84.59	87.72	90.85	93.99	97.12	100.25	103.39
178	63.37	66.54	69.70	72.87	76.04	79.21	82.38	85.55	88.72	91.88	95.05	98.22	101.39	104.56
179	64.08	67.29	70.49	73.69	76.90	80.10	83.31	86.51	89.71	92.92	96.12	99.33	102.53	105.74
180	64.80	68.04	71.28	74.52	77.76	81.00	84.24	87.48	90.72	93.96	97.20	100.44	103.68	106.92
181	65.52	68.80	72.07	75.35	78.63	81.90	85.18	88.45	91.73	95.01	98.28	101.56	104.84	108.11
182	66.25	69.56	72.87	76.19	79.50	82.81	86.12	89.43	92.75	96.06	99.37	102.68	106.00	109.31
183	66.98	70.33	73.68	77.02	80.37	83.72	87.07	90.42	93.77	97.12	100.47	103.82	107.16	110.51
184	67.71	71.10	74.48	77.87	81.25	84.64	88.03	91.41	94.80	98.18	101.57	104.95	108.34	111.72
185	68.45	71.87	75.30	78.72	82.14	85.56	88.99	92.41	95.83	99.25	102.68	106.10	109.52	112.94
186	69.19	72.65	76.11	79.57	83.03	86.49	89.95	93.41	96.87	100.33	103.79	107.25	110.71	114.17
187	69.94	73.43	76.93	80.43	83.93	87.42	90.92	94.42	97.91	101.41	104.91	108.40	111.90	115.40
188	70.69	74.22	77.76	81.29	84.83	88.36	91.89	95.43	98.96	102.50	106.03	109.57	113.10	116.64
189	71.44	75.01	78.59	82.16	85.73	89.30	92.87	96.45	100.02	103.59	107.16	110.74	114.31	117.88
190	72.20	75.81	79.42	83.03	86.64	90.25	93.86	97.47	101.08	104.69	108.30	111.91	115.52	119.13