

Für den BMI (kg/m²) gelten die folgenden Gewichtsklassifikationen:

- Untergewicht (BMI unter 18,5)
- Normalgewicht (BMI 19-24,9)
- Übergewicht (BMI 25-29,9)
- Übergewicht I (BMI 30-34,9)
- Übergewicht II (BMI 35-39,9)
- Übergewicht III (BMI über 40)

Grösse	Gewicht												
	45 kg	50 kg	55 kg	60 kg	65 kg	70 kg	75 kg	80 kg	85 kg	90 kg	95 kg	100 kg	110 kg
2.40 m	7.8	8.7	9.5	10.4	11.3	12.2	13.0	13.9	14.8	15.6	16.5	17.4	19.1
2.35 m	8.1	9.1	10.0	10.9	11.8	12.7	13.6	14.5	15.4	16.3	17.2	18.1	19.9
2.30 m	8.5	9.5	10.4	11.3	12.3	13.2	14.2	15.1	16.1	17.0	18.0	18.9	20.8
2.25 m	8.9	9.9	10.9	11.9	12.8	13.8	14.8	15.8	16.8	17.8	18.8	19.8	21.7
2.20 m	9.3	10.3	11.4	12.4	13.4	14.5	15.5	16.5	17.6	18.6	19.6	20.7	22.7
2.15 m	9.7	10.8	11.9	13.0	14.1	15.1	16.2	17.3	18.4	19.5	20.6	21.6	23.8
2.10 m	10.2	11.3	12.5	13.6	14.7	15.9	17.0	18.1	19.3	20.4	21.5	22.7	24.9
2.05 m	10.7	11.9	13.1	14.3	15.5	16.7	17.8	19.0	20.2	21.4	22.6	23.8	26.2
2.00 m	11.3	12.5	13.8	15.0	16.3	17.5	18.8	20.0	21.3	22.5	23.8	25.0	27.5
1.95 m	11.8	13.1	14.5	15.8	17.1	18.4	19.7	21.0	22.4	23.7	25.0	26.3	28.9
1.90 m	12.5	13.9	15.2	16.6	18.0	19.4	20.8	22.2	23.5	24.9	26.3	27.7	30.5
1.85 m	13.1	14.6	16.1	17.5	19.0	20.5	21.9	23.4	24.8	26.3	27.8	29.2	32.1
1.80 m	13.9	15.4	17.0	18.5	20.1	21.6	23.1	24.7	26.2	27.8	29.3	30.9	34.0
1.75 m	14.7	16.3	18.0	19.6	21.2	22.9	24.5	26.1	27.8	29.4	31.0	32.7	35.9
1.70 m	15.6	17.3	19.0	20.8	22.5	24.2	26.0	27.7	29.4	31.1	32.9	34.6	38.1
1.65 m	16.5	18.4	20.2	22.0	23.9	25.7	27.5	29.4	31.2	33.1	34.9	36.7	40.4
1.60 m	17.6	19.5	21.5	23.4	25.4	27.3	29.3	31.3	33.2	35.2	37.1	39.1	43.0
1.55 m	18.7	20.8	22.9	25.0	27.1	29.1	31.2	33.3	35.4	37.5	39.5	41.6	45.8
1.50 m	20.0	22.2	24.4	26.7	28.9	31.1	33.3	35.6	37.8	40.0	42.2	44.4	48.9
1.45 m	21.4	23.8	26.2	28.5	30.9	33.3	35.7	38.0	40.4	42.8	45.2	47.6	52.3
1.40 m	23.0	25.5	28.1	30.6	33.2	35.7	38.3	40.8	43.4	45.9	48.5	51.0	56.1
1.35 m	24.7	27.4	30.2	32.9	35.7	38.4	41.2	43.9	46.6	49.4	52.1	54.9	60.4
1.30 m	26.6	29.6	32.5	35.5	38.5	41.4	44.4	47.3	50.3	53.3	56.2	59.2	65.1
1.25 m	28.8	32.0	35.2	38.4	41.6	44.8	48.0	51.2	54.4	57.6	60.8	64.0	70.4

120 kg	130 kg	140 kg
20.8	22.6	24.3
21.7	23.5	25.4
22.7	24.6	26.5
23.7	25.7	27.7
24.8	26.9	28.9
26.0	28.1	30.3
27.2	29.5	31.7
28.6	30.9	33.3
30.0	32.5	35.0
31.6	34.2	36.8
33.2	36.0	38.8
35.1	38.0	40.9
37.0	40.1	43.2
39.2	42.4	45.7
41.5	45.0	48.4
44.1	47.8	51.4
46.9	50.8	54.7
49.9	54.1	58.3
53.3	57.8	62.2
57.1	61.8	66.6
61.2	66.3	71.4
65.8	71.3	76.8
71.0	76.9	82.8
76.8	83.2	89.6