

SCHWARTZ FORMULA								
BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
40	88.1840	1.31330	45	99.2070	1.1335	50	110.2300	0.9966
40.1	88.4045	1.30920	45.1	99.4275	1.1304	50.1	110.4505	0.9942
40.2	88.6249	1.30520	45.2	99.6479	1.1273	50.2	110.6709	0.9919
40.3	88.8454	1.30110	45.3	99.8684	1.1242	50.3	110.8914	0.9895
40.4	89.0658	1.29710	45.4	100.0888	1.1211	50.4	111.1118	0.9872
40.5	89.2863	1.29310	45.5	100.3093	1.1181	50.5	111.3323	0.9849
40.6	89.5068	1.28910	45.6	100.5298	1.1150	50.6	111.5528	0.9826
40.7	89.7272	1.28510	45.7	100.7502	1.1120	50.7	111.7732	0.9803
40.8	89.9477	1.28120	45.8	100.9707	1.1090	50.8	111.9937	0.9780
40.9	90.1681	1.27730	45.9	101.1911	1.1060	50.9	112.2141	0.9757
41	90.3886	1.27340	46	101.4116	1.1031	51	112.4346	0.9734
41.1	90.6091	1.26950	46.1	101.6321	1.1001	51.1	112.6551	0.9712
41.2	90.8295	1.26560	46.2	101.8525	1.0972	51.2	112.8755	0.9690
41.3	91.0500	1.26180	46.3	102.0730	1.0942	51.3	113.0960	0.9667
41.4	91.2704	1.25800	46.4	102.2934	1.0913	51.4	113.3164	0.9645
41.5	91.4909	1.25420	46.5	102.5139	1.0884	51.5	113.5369	0.9623
41.6	91.7114	1.25040	46.6	102.7344	1.0856	51.6	113.7574	0.9601
41.7	91.9318	1.24670	46.7	102.9548	1.0827	51.7	113.9778	0.9580
41.8	92.1523	1.24290	46.8	103.1753	1.0799	51.8	114.1983	0.9558
41.9	92.3727	1.23920	46.9	103.3957	1.0770	51.9	114.4187	0.9536
42	92.5932	1.23550	47	103.6162	1.0742	52	114.6392	0.9515
42.1	92.8137	1.23180	47.1	103.8367	1.0714	52.1	114.8597	0.9494
42.2	93.0341	1.22820	47.2	104.0571	1.0686	52.2	115.0801	0.9473
42.3	93.2546	1.22450	47.3	104.2776	1.0659	52.3	115.3006	0.9452
42.4	93.4750	1.22090	47.4	104.4980	1.0631	52.4	115.5210	0.9431
42.5	93.6955	1.21730	47.5	104.7185	1.0604	52.5	115.7415	0.9410
42.6	93.9160	1.21380	47.6	104.9390	1.0577	52.6	115.9620	0.9389
42.7	94.1364	1.21020	47.7	105.1594	1.0550	52.7	116.1824	0.9368
42.8	94.3569	1.20670	47.8	105.3799	1.0523	52.8	116.4029	0.9348
42.9	94.5773	1.20320	47.9	105.6003	1.0496	52.9	116.6233	0.9328
43	94.7978	1.19970	48	105.8208	1.0469	53	116.8438	0.9307
43.1	95.0183	1.19620	48.1	106.0413	1.0443	53.1	117.0643	0.9287
43.2	95.2387	1.19270	48.2	106.2617	1.0416	53.2	117.2847	0.9267
43.3	95.4592	1.18930	48.3	106.4822	1.0390	53.3	117.5052	0.9247
43.4	95.6796	1.18580	48.4	106.7026	1.0364	53.4	117.7256	0.9227
43.5	95.9001	1.18240	48.5	106.9231	1.0338	53.5	117.9461	0.9218
43.6	96.1206	1.17910	48.6	107.1436	1.0312	53.6	118.1666	0.9188
43.7	96.3410	1.17570	48.7	107.3640	1.0287	53.7	118.3870	0.9169
43.8	96.5615	1.17230	48.8	107.5845	1.0261	53.8	118.6075	0.9149
43.9	96.7819	1.16900	48.9	107.8049	1.0236	53.9	118.8279	0.9130
44	97.0024	1.16570	49	108.0254	1.0211	54	119.0484	0.9111
44.1	97.2229	1.16240	49.1	108.2459	1.0186	54.1	119.2689	0.9092
44.2	97.4433	1.15910	49.2	108.4663	1.0161	54.2	119.4893	0.9073
44.3	97.6638	1.15580	49.3	108.6868	1.0136	54.3	119.7098	0.9054
44.4	97.8842	1.15260	49.4	108.9072	1.0111	54.4	119.9302	0.9035
44.5	98.1047	1.14940	49.5	109.1277	1.0087	54.5	120.1507	0.9016
44.6	98.3252	1.14620	49.6	109.3482	1.0062	54.6	120.3712	0.8998
44.7	98.5456	1.14300	49.7	109.5686	1.0380	54.7	120.5916	0.8979
44.8	98.7661	1.13980	49.8	109.7891	1.0014	54.8	120.8121	0.8961
44.9	98.9865	1.13670	49.9	110.0095	0.9990	54.9	121.0325	0.8943

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BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
55	121.2530	0.8924	60	132.2760	0.8128	65	143.2990	0.7514
55.1	121.4735	0.8906	60.1	132.4965	0.8114	65.1	143.5195	0.7503
55.2	121.6939	0.8888	60.2	132.7169	0.8101	65.2	143.7399	0.7492
55.3	121.9144	0.8870	60.3	132.9374	0.8087	65.3	143.9604	0.7481
55.4	122.1348	0.8853	60.4	133.1578	0.8073	65.4	144.1808	0.7471
55.5	122.3553	0.8835	60.5	133.3783	0.8060	65.5	144.4013	0.7460
55.6	122.5758	0.8817	60.6	133.5988	0.8046	65.6	144.6218	0.7450
55.7	122.7962	0.8800	60.7	133.8192	0.8033	65.7	144.8422	0.7439
55.8	123.0167	0.8782	60.8	134.0397	0.8019	65.8	145.0627	0.7429
55.9	123.2371	0.8765	60.9	134.2601	0.8006	65.9	145.2831	0.7418
56	123.4576	0.8748	61	134.4806	0.7993	66	145.5036	0.7408
56.1	123.6781	0.8731	61.1	134.7011	0.7979	66.1	145.7241	0.7398
56.2	123.8985	0.8714	61.2	134.9215	0.7966	66.2	145.9445	0.7387
56.3	124.1190	0.8697	61.3	135.1420	0.7953	66.3	146.1650	0.7377
56.4	124.3394	0.8680	61.4	135.3624	0.7940	66.4	146.3854	0.7367
56.5	124.5599	0.8663	61.5	135.5829	0.7927	66.5	146.6059	0.7357
56.6	124.7804	0.8646	61.6	135.8034	0.7915	66.6	146.8264	0.7347
56.7	125.0008	0.8630	61.7	136.0238	0.7902	66.7	147.0468	0.7337
56.8	125.2213	0.8613	61.8	136.2443	0.7889	66.8	147.2673	0.7327
56.9	125.4417	0.8597	61.9	136.4647	0.7876	66.9	147.4877	0.7317
57	125.6622	0.8580	62	136.6852	0.7864	67	147.7082	0.7307
57.1	125.8827	0.8564	62.1	136.9057	0.7851	67.1	147.9287	0.7297
57.2	126.1031	0.8548	62.2	137.1261	0.7839	67.2	148.1491	0.7287
57.3	126.3236	0.8532	62.3	137.3466	0.7826	67.3	148.3696	0.7278
57.4	126.5440	0.8516	62.4	137.5670	0.7814	67.4	148.5900	0.7268
57.5	126.7645	0.8500	62.5	137.7875	0.7802	67.5	148.8105	0.7258
57.6	126.9850	0.8484	62.6	138.0080	0.7789	67.6	149.0310	0.7249
57.7	127.2054	0.8468	62.7	138.2284	0.7777	67.7	149.2514	0.7239
57.8	127.4259	0.8453	62.8	138.4489	0.7765	67.8	149.4719	0.7230
57.9	127.6463	0.8437	62.9	138.6693	0.7753	67.9	149.6923	0.7220
58	127.8668	0.8422	63	138.8898	0.7741	68	149.9128	0.7211
58.1	128.0873	0.8406	63.1	139.1103	0.7729	68.1	150.1333	0.7201
58.2	128.3077	0.8391	63.2	139.3307	0.7717	68.2	150.3537	0.7192
58.3	128.5282	0.8376	63.3	139.5512	0.7706	68.3	150.5742	0.7183
58.4	128.7486	0.8361	63.4	139.7716	0.7694	68.4	150.7946	0.7174
58.5	128.9691	0.8345	63.5	139.9921	0.7682	68.5	151.0151	0.7164
58.6	129.1896	0.8330	63.6	140.2126	0.7671	68.6	151.2356	0.7155
58.7	129.4100	0.8316	63.7	140.4330	0.7659	68.7	151.4560	0.7146
58.8	129.6305	0.8301	63.8	140.6535	0.7647	68.8	151.6765	0.7137
58.9	129.8509	0.8286	63.9	140.8739	0.7636	68.9	151.8969	0.7128
59	130.0714	0.8271	64	141.0944	0.7625	69	152.1174	0.7119
59.1	130.2919	0.8257	64.1	141.3149	0.7613	69.1	152.3379	0.7110
59.2	130.5123	0.8242	64.2	141.5353	0.7602	69.2	152.5583	0.7101
59.3	130.7328	0.8228	64.3	141.7558	0.7591	69.3	152.7788	0.7092
59.4	130.9532	0.8213	64.4	141.9762	0.7580	69.4	152.9992	0.7083
59.5	131.1737	0.8199	64.5	142.1967	0.7568	69.5	153.2197	0.7074
59.6	131.3942	0.8185	64.6	142.4172	0.7557	69.6	153.4402	0.7066
59.7	131.6146	0.8170	64.7	142.6376	0.7545	69.7	153.6606	0.7057
59.8	131.8351	0.8156	64.8	142.8581	0.7535	69.8	153.8811	0.7048
59.9	132.0555	0.8142	64.9	143.0785	0.7524	69.9	154.1015	0.7040

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KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
70	154.3220	0.7031	75	165.3450	0.6645	80	176.3680	0.6329
70.1	154.5425	0.7022	75.1	165.5655	0.6638	80.1	176.5885	0.6324
70.2	154.7629	0.7014	75.2	165.7859	0.6631	80.2	176.8089	0.6318
70.3	154.9834	0.7005	75.3	166.0064	0.6624	80.3	177.0294	0.6312
70.4	155.2038	0.6997	75.4	166.2268	0.6617	80.4	177.2498	0.6307
70.5	155.4243	0.6989	75.5	166.4473	0.6610	80.5	177.4703	0.6301
70.6	155.6448	0.6980	75.6	166.6678	0.6603	80.6	177.6908	0.6295
70.7	155.8652	0.6972	75.7	166.888194	0.6597	80.7	177.9112	0.6290
70.8	156.0857	0.6964	75.8	167.1087	0.6590	80.8	178.1317	0.6284
70.9	156.3061	0.6955	75.9	167.329103	0.6583	80.9	178.3521	0.6279
71	156.5266	0.6947	76	167.549557	0.6577	81	178.5726	0.6273
71.1	156.7471	0.6939	76.1	167.7701	0.6570	81.1	178.7931	0.6268
71.2	156.9675	0.6931	76.2	167.9905	0.6563	81.2	179.0135	0.6262
71.3	157.1880	0.6923	76.3	168.2110	0.6557	81.3	179.2340	0.6257
71.4	157.4084	0.6914	76.4	168.431374	0.6550	81.4	179.454436	0.6251
71.5	157.6289	0.6906	76.5	168.6519	0.6543	81.5	179.674896	0.6246
71.6	157.8494	0.6898	76.6	168.8724	0.6537	81.6	179.895355	0.6241
71.7	158.0698	0.6890	76.7	169.0928	0.6530	81.7	180.115814	0.6235
71.8	158.2903	0.6882	76.8	169.3133	0.6524	81.8	180.336274	0.6230
71.9	158.5107	0.6874	76.9	169.533725	0.6517	81.9	180.556733	0.6224
72	158.7312	0.6867	77	169.754184	0.6511	82	180.777192	0.6219
72.1	158.9517	0.6859	77.1	169.9747	0.6505	82.1	180.9977	0.6214
72.2	159.1721	0.6851	77.2	170.195102	0.6498	82.2	181.218111	0.6209
72.3	159.3926	0.6843	77.3	170.415561	0.6492	82.3	181.43857	0.6203
72.4	159.6130	0.6835	77.4	170.6360	0.6486	82.4	181.6590	0.6198
72.5	159.8335	0.6828	77.5	170.856479	0.6479	82.5	181.879489	0.6193
72.6	160.0540	0.6820	77.6	171.0770	0.6473	82.6	182.1000	0.6188
72.7	160.274433	0.6812	77.7	171.297397	0.6467	82.7	182.320408	0.6183
72.8	160.494896	0.6805	77.8	171.517856	0.6461	82.8	182.540867	0.6177
72.9	160.7153	0.6797	77.9	171.738315	0.6454	82.9	182.761326	0.6172
73	160.935821	0.6789	78	171.9588	0.6448	83	182.981786	0.6167
73.1	161.156283	0.6782	78.1	172.1793	0.6442	83.1	183.2023	0.6162
73.2	161.376745	0.6774	78.2	172.399692	0.6436	83.2	183.422704	0.6157
73.3	161.597208	0.6767	78.3	172.620151	0.6430	83.3	183.643164	0.6152
73.4	161.8176	0.6760	78.4	172.84061	0.6424	83.4	183.8636	0.6147
73.5	162.038133	0.6752	78.5	173.061069	0.6418	83.5	184.084082	0.6142
73.6	162.2586	0.6745	78.6	173.2816	0.6412	83.6	184.3046	0.6137
73.7	162.479	0.6737	78.7	173.5020	0.6405	83.7	184.5250	0.6132
73.8	162.69952	0.6730	78.8	173.7225	0.6399	83.8	184.74546	0.6127
73.9	162.9199	0.6723	78.9	173.942905	0.6394	83.9	184.9659	0.6122
74	163.140445	0.6716	79	174.163364	0.6388	84	185.186379	0.6117
74.1	163.360907	0.6708	79.1	174.3839	0.6382	84.1	185.4069	0.6112
74.2	163.5813	0.6701	79.2	174.6043	0.6376	84.2	185.627298	0.6107
74.3	163.801832	0.6694	79.3	174.8248	0.6370	84.3	185.847757	0.6102
74.4	164.0222	0.6687	79.4	175.0452	0.6364	84.4	186.068216	0.6098
74.5	164.2427	0.6680	79.5	175.265659	0.6358	84.5	186.288676	0.6093
74.6	164.4632	0.6673	79.6	175.4862	0.6352	84.6	186.5092	0.6088
74.7	164.6836	0.6666	79.7	175.706577	0.6347	84.7	186.7296	0.6083
74.8	164.904144	0.6559	79.8	175.9271	0.6341	84.8	186.950054	0.6078
74.9	165.1245	0.6652	79.9	176.1475	0.6335	84.9	187.170513	0.6074

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BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
85	187.3910	0.6069	90	198.4140	0.5853	95	209.4370	0.5678
85.1	187.6115	0.6064	90.1	198.6345	0.5850	95.1	209.6575	0.5675
85.2	187.8319	0.6059	90.2	198.8549	0.5846	95.2	209.8779	0.5672
85.3	188.0524	0.6055	90.3	199.0754	0.5842	95.3	210.0984	0.5669
85.4	188.2728	0.6050	90.4	199.2958	0.5838	95.4	210.3188	0.5666
85.5	188.4933	0.6045	90.5	199.5163	0.5834	95.5	210.5393	0.5663
85.6	188.7138	0.6041	90.6	199.7368	0.5830	95.6	210.7598	0.5660
85.7	188.9342	0.6036	90.7	199.957194	0.5827	95.7	210.9802	0.5657
85.8	189.1547	0.6031	90.8	200.1777	0.5823	95.8	211.2007	0.5654
85.9	189.3751	0.6027	90.9	200.398103	0.5819	95.9	211.4211	0.5651
86	189.5956	0.6022	91	200.618557	0.5815	96	211.6416	0.5648
86.1	189.8161	0.6018	91.1	200.8391	0.5812	96.1	211.8621	0.5645
86.2	190.0365	0.6013	91.2	201.0595	0.5808	96.2	212.0825	0.5642
86.3	190.2570	0.6009	91.3	201.2800	0.5804	96.3	212.3030	0.5639
86.4	190.477436	0.6004	91.4	201.500374	0.5801	96.4	212.523445	0.5636
86.5	190.697896	0.6000	91.5	201.7209	0.5797	96.5	212.743905	0.5633
86.6	190.918355	0.5995	91.6	201.9414	0.5793	96.6	212.964365	0.5630
86.7	191.138814	0.5991	91.7	202.1618	0.5790	96.7	213.184825	0.5627
86.8	191.359274	0.5986	91.8	202.382268	0.5786	96.8	213.405285	0.5624
86.9	191.579733	0.5982	91.9	202.602727	0.5782	96.9	213.625745	0.5622
87	191.800192	0.5978	92	202.823186	0.5779	97	213.846205	0.5619
87.1	192.020652	0.5973	92.1	203.0437	0.5775	97.1	214.066666	0.5616
87.2	192.241111	0.5969	92.2	203.264104	0.5772	97.2	214.287126	0.5613
87.3	192.46157	0.5965	92.3	203.4846	0.5768	97.3	214.507586	0.5610
87.4	192.6820	0.5960	92.4	203.7050	0.5765	97.4	214.7280	0.5608
87.5	192.902489	0.5956	92.5	203.925482	0.5761	97.5	214.948506	0.5605
87.6	193.1230	0.5952	92.6	204.1460	0.5758	97.6	215.1690	0.5602
87.7	193.343408	0.5947	92.7	204.3664	0.5754	97.7	215.389426	0.5599
87.8	193.563867	0.5943	92.8	204.586859	0.5751	97.8	215.609886	0.5597
87.9	193.784326	0.5939	92.9	204.8073	0.5747	97.9	215.830347	0.5594
88	194.004786	0.5935	93	205.0278	0.5744	98	216.050807	0.5591
88.1	194.2253	0.5930	93.1	205.2483	0.5740	98.1	216.271267	0.5589
88.2	194.445704	0.5926	93.2	205.468696	0.5737	98.2	216.491727	0.5586
88.3	194.666164	0.5922	93.3	205.689155	0.5734	98.3	216.712187	0.5583
88.4	194.886623	0.5918	93.4	205.9096	0.5730	98.4	216.932647	0.5581
88.5	195.107082	0.5914	93.5	206.130073	0.5727	98.5	217.153107	0.5578
88.6	195.3276	0.5910	93.6	206.3506	0.5723	98.6	217.3736	0.5575
88.7	195.5480	0.5905	93.7	206.5710	0.5720	98.7	217.5940	0.5573
88.8	195.76846	0.5901	93.8	206.791451	0.5717	98.8	217.814488	0.5570
88.9	195.9889	0.5897	93.9	207.01191	0.5714	98.9	218.034948	0.5568
89	196.209379	0.5893	94	207.2324	0.5710	99	218.255408	0.5565
89.1	196.4299	0.5889	94.1	207.4529	0.5707	99.1	218.475868	0.5563
89.2	196.650298	0.5885	94.2	207.673287	0.5704	99.2	218.696328	0.5560
89.3	196.870757	0.5881	94.3	207.8938	0.5701	99.3	218.916789	0.5558
89.4	197.091216	0.5877	94.4	208.114205	0.5697	99.4	219.137249	0.5555
89.5	197.311676	0.5873	94.5	208.334665	0.5694	99.5	219.357709	0.5553
89.6	197.5322	0.5869	94.6	208.5552	0.5691	99.6	219.578169	0.5550
89.7	197.752595	0.5865	94.7	208.7756	0.5688	99.7	219.798629	0.5548
89.8	197.973054	0.5861	94.8	208.9961	0.5685	99.8	220.0191	0.5545
89.9	198.193513	0.5857	94.9	209.216501	0.5681	99.9	220.239549	0.5543

SCHWARTZ FORMULA								
BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
100	220.4600	0.5540	105	231.4830	0.5437	110	242.5060	0.5365
100.1	220.6805	0.5538	105.1	231.7035	0.5436	110.1	242.7265	0.5364
100.2	220.9009	0.5536	105.2	231.9239	0.5434	110.2	242.9469	0.5362
100.3	221.1214	0.5533	105.3	232.1444	0.5432	110.3	243.1674	0.5361
100.4	221.3418	0.5531	105.4	232.3648	0.5431	110.4	243.3878	0.5360
100.5	221.5623	0.5529	105.5	232.5853	0.5429	110.5	243.6083	0.5359
100.6	221.7828	0.5526	105.6	232.8058	0.5427	110.6	243.8288	0.5358
100.7	222.0032	0.5524	105.7	233.0262	0.5426	110.7	244.0492	0.5357
100.8	222.2237	0.5522	105.8	233.2467	0.5424	110.8	244.2697	0.5355
100.9	222.4441	0.5519	105.9	233.4671	0.5422	110.9	244.4901	0.5354
101	222.6646	0.5517	106	233.6875	0.5421	111	244.7105	0.5353
101.1	222.8851	0.5515	106.1	233.9080	0.5419	111.1	244.9310	0.5352
101.2	223.1055	0.5513	106.2	234.1285	0.5417	111.2	245.1515	0.5351
101.3	223.3260	0.5510	106.3	234.3490	0.5416	111.3	245.3720	0.5350
101.4	223.5464	0.5508	106.4	234.5694	0.5414	111.4	245.5924	0.5349
101.5	223.7668	0.5506	106.5	234.7898	0.5413	111.5	245.8128	0.5348
101.6	223.9874	0.5504	106.6	235.0104	0.5411	111.6	246.0334	0.5347
101.7	224.2079	0.5502	106.7	235.2308	0.5410	111.7	246.2538	0.5346
101.8	224.4283	0.5500	106.8	235.4512	0.5408	111.8	246.4742	0.5345
101.9	224.6487	0.5497	106.9	235.6717	0.5407	111.9	246.6947	0.5343
102	224.8691	0.5495	107	235.8921	0.5405	112	246.9151	0.5342
102.1	225.0896	0.5493	107.1	236.1127	0.5404	112.1	247.1357	0.5341
102.2	225.3101	0.5491	107.2	236.3331	0.5402	112.2	247.3560	0.5340
102.3	225.5306	0.5489	107.3	236.5536	0.5401	112.3	247.5765	0.5339
102.4	225.7510	0.5487	107.4	236.7740	0.5399	112.4	247.7970	0.5338
102.5	225.9714	0.5485	107.5	236.9944	0.5398	112.5	248.0174	0.5337
102.6	226.192	0.5483	107.6	237.2150	0.5396	112.6	248.2380	0.5336
102.7	226.4124	0.5481	107.7	237.4354	0.5395	112.7	248.4583	0.5335
102.8	226.6328	0.5479	107.8	237.6558	0.5393	112.8	248.6789	0.5334
102.9	226.8533	0.5477	107.9	237.8763	0.5392	112.9	248.8993	0.5333
103	227.0737	0.5475	108	238.0967	0.5391	113	249.1197	0.5332
103.1	227.2943	0.5473	108.1	238.3173	0.5389	113.1	249.3403	0.5331
103.2	227.5147	0.5471	108.2	238.5377	0.5388	113.2	249.5607	0.5330
103.3	227.7352	0.5469	108.3	238.7581	0.5386	113.3	249.7811	0.5329
103.4	227.9556	0.5467	108.4	238.9786	0.5385	113.4	250.0016	0.5328
103.5	228.1760	0.5465	108.5	239.1990	0.5384	113.5	250.2220	0.5328
103.6	228.3966	0.5463	108.6	239.4196	0.5382	113.6	250.4426	0.5327
103.7	228.6170	0.5461	108.7	239.6400	0.5381	113.7	250.6630	0.5326
103.8	228.8375	0.5459	108.8	239.8604	0.5380	113.8	250.8834	0.5325
103.9	229.0579	0.5457	108.9	240.0809	0.5378	113.9	251.1039	0.5324
104	229.2783	0.5455	109	240.3013	0.5377	114	251.3243	0.5323
104.1	229.4988	0.5454	109.1	240.5219	0.5376	114.1	251.5449	0.5322
104.2	229.7193	0.5452	109.2	240.7423	0.5375	114.2	251.7653	0.5321
104.3	229.9397	0.5450	109.3	240.9627	0.5373	114.3	251.9857	0.5320
104.4	230.1602	0.5448	109.4	241.1832	0.5372	114.4	252.2062	0.5319
104.5	230.3807	0.5446	109.5	241.4037	0.5371	114.5	252.4267	0.5318
104.6	230.6012	0.5444	109.6	241.6242	0.5370	114.6	252.6472	0.5317
104.7	230.8217	0.5443	109.7	241.8445	0.5368	114.7	252.8677	0.5316
104.8	231.0421	0.5441	109.8	242.0651	0.5367	114.8	253.0880	0.5316
104.9	231.2625	0.5439	109.9	242.2855	0.5366	114.9	253.3085	0.5315

SCHWARTZ FORMULA								
BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
115	253.5290	0.5314	120	264.5520	0.5270	125	275.5750	0.5210
115.1	253.7495	0.5313	120.1	264.7725	0.5269	125.1	275.7955	0.5208
115.2	253.9699	0.5312	120.2	264.9929	0.5268	125.2	276.0159	0.5207
115.3	254.1904	0.5311	120.3	265.2134	0.5267	125.3	276.2364	0.5206
115.4	254.4108	0.5310	120.4	265.4338	0.5266	125.4	276.4568	0.5205
115.5	254.6313	0.5309	120.5	265.6543	0.5265	125.5	276.6773	0.5204
115.6	254.8518	0.5309	120.6	265.8748	0.5264	125.6	276.8978	0.5202
115.7	255.0722	0.5308	120.7	266.0951	0.5263	125.7	277.1182	0.5201
115.8	255.2927	0.5307	120.8	266.3157	0.5262	125.8	277.3387	0.5200
115.9	255.5131	0.5306	120.9	266.5361	0.5261	125.9	277.5591	0.5199
116	255.7336	0.5305	121	266.7565	0.5260	126	277.7796	0.5198
116.1	255.9541	0.5304	121.1	266.9771	0.5259	126.1	278.0001	0.5198
116.2	256.1745	0.5303	121.2	267.1975	0.5258	126.2	278.2205	0.5196
116.3	256.3950	0.5302	121.3	267.4180	0.5257	126.3	278.4410	0.5194
116.4	256.6154	0.5302	121.4	267.6383	0.5256	126.4	278.6614	0.5193
116.5	256.8358	0.5301	121.5	267.8589	0.5255	126.5	278.8819	0.5192
116.6	257.0563	0.5300	121.6	268.0794	0.5254	126.6	279.1023	0.5190
116.7	257.2768	0.5299	121.7	268.2997	0.5253	126.7	279.3228	0.5189
116.8	257.4972	0.5298	121.8	268.5202	0.5251	126.8	279.5432	0.5188
116.9	257.7177	0.5297	121.9	268.7407	0.5250	126.9	279.7637	0.5187
117	257.9381	0.5296	122	268.9611	0.5249	127	279.9842	0.5186
117.1	258.1586	0.5296	122.1	269.1817	0.5248	127.1	280.2046	0.5184
117.2	258.3791	0.5295	122.2	269.4021	0.5247	127.2	280.4251	0.5183
117.3	258.5995	0.5294	122.3	269.6226	0.5246	127.3	280.6455	0.5182
117.4	258.8200	0.5293	122.4	269.8430	0.5245	127.4	280.8660	0.5181
117.5	259.0404	0.5292	122.5	270.0634	0.5243	127.5	281.0865	0.5180
117.6	259.2610	0.5291	122.6	270.2840	0.5242	127.6	281.3070	0.5178
117.7	259.4814	0.5290	122.7	270.5043	0.5241	127.7	281.5274	0.5177
117.8	259.7018	0.5290	122.8	270.7249	0.5240	127.8	281.7478	0.5176
117.9	259.9223	0.5289	122.9	270.9453	0.5239	127.9	281.9683	0.5175
118	260.1427	0.5288	123	271.1658	0.5237	128	282.1887	0.5174
118.1	260.3633	0.5287	123.1	271.3863	0.5236	128.1	282.4092	0.5172
118.2	260.5837	0.5286	123.2	271.6067	0.5235	128.2	282.6297	0.5171
118.3	260.8041	0.5285	123.3	271.8272	0.5234	128.3	282.8501	0.5170
118.4	261.0246	0.5284	123.4	272.0477	0.5232	128.4	283.0706	0.5169
118.5	261.2450	0.5283	123.5	272.2681	0.5231	128.5	283.2911	0.5168
118.6	261.4656	0.5283	123.6	272.4886	0.5230	128.6	283.5116	0.5168
118.7	261.6860	0.5282	123.7	272.7090	0.5228	128.7	283.7320	0.5166
118.8	261.9064	0.5281	123.8	272.9295	0.5227	128.8	283.9524	0.5164
118.9	262.1269	0.5280	123.9	273.1498	0.5226	128.9	284.1729	0.5163
119	262.3473	0.5279	124	273.3704	0.5224	129	284.3934	0.5162
119.1	262.5679	0.5278	124.1	273.5909	0.5223	129.1	284.6138	0.5160
119.2	262.7882	0.5277	124.2	273.8113	0.5221	129.2	284.8343	0.5159
119.3	263.0087	0.5276	124.3	274.0318	0.5220	129.3	285.0547	0.5158
119.4	263.2291	0.5275	124.4	274.2522	0.5219	129.4	285.2752	0.5157
119.5	263.4496	0.5274	124.5	274.4727	0.5217	129.5	285.4957	0.5156
119.6	263.6702	0.5274	124.6	274.6932	0.5216	129.6	285.7161	0.5154
119.7	263.8905	0.5273	124.7	274.9136	0.5214	129.7	285.9366	0.5153
119.8	264.1105	0.5272	124.8	275.1341	0.5213	129.8	286.1571	0.5152
119.9	264.3315	0.5271	124.9	275.3545	0.5211	129.9	286.3775	0.5151

SCHWARTZ FORMULA								
BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
130	286.5980	0.51500	135	297.6210	0.50900	140	308.6440	0.50350
130.1	286.8185	0.51488	135.1	297.8415	0.50889	140.1	308.8645	0.50339
130.2	287.0389	0.51476	135.2	298.0619	0.50878	140.2	309.0849	0.50328
130.3	287.2594	0.51464	135.3	298.2824	0.50867	140.3	309.3054	0.50317
130.4	287.4798	0.51452	135.4	298.5028	0.50856	140.4	309.5258	0.50306
130.5	287.7003	0.51440	135.5	298.72331	0.50845	140.5	309.7463	0.50295
130.6	287.9208	0.51428	135.6	298.94377	0.50834	140.6	309.9668	0.50284
130.7	288.1412	0.51416	135.7	299.16423	0.50823	140.7	310.1872	0.50273
130.8	288.3617	0.51404	135.8	299.3847	0.50812	140.8	310.4077	0.50262
130.9	288.5821	0.51392	135.9	299.6051	0.50801	140.9	310.6281	0.50251
131	288.802604	0.51380	136	299.82561	0.50790	141	310.848604	0.50240
131.1	289.023064	0.51368	136.1	300.04607	0.50779	141.1	311.069064	0.50229
131.2	289.243524	0.51356	136.2	300.2665	0.50768	141.2	311.289524	0.50218
131.3	289.4640	0.51344	136.3	300.4870	0.50757	141.3	311.5100	0.50207
131.4	289.684444	0.51332	136.4	300.7074	0.50746	141.4	311.730444	0.50196
131.5	289.904904	0.51320	136.5	300.92791	0.50735	141.5	311.950904	0.50185
131.6	290.125364	0.51308	136.6	301.1484	0.50724	141.6	312.171364	0.50174
131.7	290.345824	0.51296	136.7	301.36883	0.50713	141.7	312.3918	0.50163
131.8	290.5663	0.51284	136.8	301.58929	0.50702	141.8	312.6123	0.50152
131.9	290.786744	0.51272	136.9	301.8097	0.50691	141.9	312.832744	0.50141
132	291.007204	0.51260	137	302.0302	0.50680	142	313.053204	0.50130
132.1	291.227664	0.51248	137.1	302.25067	0.50669	142.1	313.273664	0.50119
132.2	291.4481	0.51236	137.2	302.47113	0.50658	142.2	313.494124	0.50108
132.3	291.668584	0.51224	137.3	302.69159	0.50647	142.3	313.714584	0.50097
132.4	291.8890	0.51212	137.4	302.9120	0.50636	142.4	313.9350	0.50086
132.5	292.109504	0.51200	137.5	303.13251	0.50625	142.5	314.155504	0.50075
132.6	292.3300	0.51188	137.6	303.3530	0.50614	142.6	314.3760	0.50064
132.7	292.5504	0.51176	137.7	303.57343	0.50603	142.7	314.5964	0.50053
132.8	292.770884	0.51164	137.8	303.7939	0.50592	142.8	314.816884	0.50042
132.9	292.991344	0.51152	137.9	304.0143	0.50581	142.9	315.037344	0.50031
133	293.211804	0.51140	138	304.23481	0.50570	143	315.257804	0.50020
133.1	293.4323	0.51128	138.1	304.45527	0.50559	143.1	315.478264	0.50009
133.2	293.652724	0.51116	138.2	304.6757	0.50548	143.2	315.698724	0.49998
133.3	293.873184	0.51104	138.3	304.89619	0.50537	143.3	315.919184	0.49987
133.4	294.093644	0.51092	138.4	305.1166	0.50526	143.4	316.139644	0.49976
133.5	294.314104	0.51080	138.5	305.33711	0.50515	143.5	316.3601	0.49965
133.6	294.5346	0.51068	138.6	305.5576	0.50504	143.6	316.5806	0.49954
133.7	294.75504	0.51056	138.7	305.7780	0.50493	143.7	316.8010	0.49943
133.8	294.975484	0.51044	138.8	305.99849	0.50482	143.8	317.021484	0.49932
133.9	295.195944	0.51032	138.9	306.2189	0.50471	143.9	317.241944	0.49921
134	295.4164	0.51020	139	306.4394	0.50460	144	317.462404	0.49910
134.1	295.636864	0.51008	139.1	306.65987	0.50449	144.1	317.682864	0.49899
134.2	295.857324	0.50996	139.2	306.88033	0.50438	144.2	317.903324	0.49888
134.3	296.077784	0.50984	139.3	307.10079	0.50427	144.3	318.123784	0.49877
134.4	296.298244	0.50972	139.4	307.3212	0.50416	144.4	318.3442	0.49866
134.5	296.5187	0.50960	139.5	307.54171	0.50405	144.5	318.5647	0.49855
134.6	296.739164	0.50948	139.6	307.76217	0.50394	144.6	318.785164	0.49844
134.7	296.959624	0.50936	139.7	307.98263	0.50383	144.7	319.005624	0.49833
134.8	297.180084	0.50924	139.8	308.2031	0.50372	144.8	319.226084	0.49822
134.9	297.4005	0.50912	139.9	308.4235	0.50361	144.9	319.446544	0.49811

SCHWARTZ FORMULA								
BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
145	319.6670	0.4980	150	330.6900	0.4930	155	341.7130	0.48800
145.1	319.8875	0.4979	150.1	330.9105	0.4929	155.1	341.9335	0.48791
145.2	320.1079	0.4978	150.2	331.1309	0.4928	155.2	342.1539	0.48782
145.3	320.3284	0.4977	150.3	331.3514	0.4927	155.3	342.3744	0.48773
145.4	320.5488	0.4976	150.4	331.5718	0.4926	155.4	342.5948	0.48764
145.5	320.7693	0.4975	150.5	331.7923	0.4925	155.5	342.8153	0.48755
145.6	320.9898	0.4974	150.6	332.0128	0.4924	155.6	343.0358	0.48746
145.7	321.2102	0.4973	150.7	332.2332	0.4923	155.7	343.2562	0.48737
145.8	321.4307	0.4972	150.8	332.453689	0.4922	155.8	343.4767	0.48728
145.9	321.6511	0.4971	150.9	332.6741	0.4921	155.9	343.697133	0.48719
146	321.871604	0.4970	151	332.894611	0.4920	156	343.917592	0.48710
146.1	322.092064	0.4969	151.1	333.115071	0.4919	156.1	344.13805	0.48701
146.2	322.312524	0.4968	151.2	333.335532	0.4918	156.2	344.358508	0.48692
146.3	322.5330	0.4967	151.3	333.5560	0.4917	156.3	344.5790	0.48683
146.4	322.753444	0.4966	151.4	333.7764	0.4916	156.4	344.799425	0.48674
146.5	322.973904	0.4965	151.5	333.996914	0.4915	156.5	345.019883	0.48665
146.6	323.194364	0.4964	151.6	334.217375	0.4914	156.6	345.2404	0.48656
146.7	323.414824	0.4963	151.7	334.437836	0.4913	156.7	345.4608	0.48647
146.8	323.6353	0.4962	151.8	334.658296	0.4912	156.8	345.681258	0.48638
146.9	323.855744	0.4961	151.9	334.8787	0.4911	156.9	345.901717	0.48629
147	324.076204	0.4960	152	335.0992	0.4910	157	346.122175	0.48620
147.1	324.296664	0.4959	152.1	335.3197	0.4909	157.1	346.3427	0.48611
147.2	324.517124	0.4958	152.2	335.540139	0.4908	157.2	346.563092	0.48602
147.3	324.737584	0.4957	152.3	335.7606	0.4907	157.3	346.78355	0.48593
147.4	324.9580	0.4956	152.4	335.9810	0.4906	157.4	347.0040	0.48584
147.5	325.178504	0.4955	152.5	336.201521	0.4905	157.5	347.224467	0.48575
147.6	325.3990	0.4954	152.6	336.4220	0.4904	157.6	347.4450	0.48566
147.7	325.6194	0.4953	152.7	336.6424	0.4903	157.7	347.665383	0.48557
147.8	325.839884	0.4952	152.8	336.8629	0.4902	157.8	347.8859	0.48548
147.9	326.060344	0.4951	152.9	337.0833	0.4901	157.9	348.1063	0.48539
148	326.280804	0.4950	153	337.303825	0.4900	158	348.326758	0.48530
148.1	326.501264	0.4949	153.1	337.524286	0.4899	158.1	348.5473	0.48521
148.2	326.721724	0.4948	153.2	337.744746	0.4898	158.2	348.7677	0.48512
148.3	326.942184	0.4947	153.3	337.965207	0.4897	158.3	348.9882	0.48503
148.4	327.162644	0.4946	153.4	338.1856	0.4896	158.4	349.208592	0.48494
148.5	327.383104	0.4945	153.5	338.4061	0.4895	158.5	349.42905	0.48485
148.6	327.6036	0.4944	153.6	338.626589	0.4894	158.6	349.6496	0.48476
148.7	327.8240	0.4943	153.7	338.8470	0.4893	158.7	349.8700	0.48467
148.8	328.044484	0.4942	153.8	339.067511	0.4892	158.8	350.0905	0.48458
148.9	328.264944	0.4941	153.9	339.2879	0.4891	158.9	350.310883	0.48449
149	328.485404	0.4940	154	339.508432	0.4890	159	350.5314	0.48440
149.1	328.705864	0.4939	154.1	339.7289	0.4889	159.1	350.7519	0.48431
149.2	328.926324	0.4938	154.2	339.9493	0.4888	159.2	350.972258	0.48422
149.3	329.146784	0.4937	154.3	340.169814	0.4887	159.3	351.1928	0.48413
149.4	329.367244	0.4936	154.4	340.3902	0.4886	159.4	351.413175	0.48404
149.5	329.5877	0.4935	154.5	340.610736	0.4885	159.5	351.6337	0.48395
149.6	329.808164	0.4934	154.6	340.831196	0.4884	159.6	351.8542	0.48386
149.7	330.028624	0.4933	154.7	341.0516	0.4883	159.7	352.07455	0.48377
149.8	330.249084	0.4932	154.8	341.2721	0.4882	159.8	352.2951	0.48368
149.9	330.469544	0.4931	154.9	341.4925	0.4881	159.9	352.515467	0.48359

SCHWARTZ FORMULA								
BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
160	352.7360	0.48350	165	363.7590	0.47900	170	374.7820	0.47450
160.1	352.9565	0.48341	165.1	363.9795	0.47891	170.1	375.0025	0.47441
160.2	353.1769	0.48332	165.2	364.1999	0.47882	170.2	375.2229	0.47432
160.3	353.3974	0.48323	165.3	364.4204	0.47873	170.3	375.4434	0.47423
160.4	353.6178	0.48314	165.4	364.6408	0.47864	170.4	375.6638	0.47414
160.5	353.8383	0.48305	165.5	364.8613	0.47855	170.5	375.8843	0.47405
160.6	354.0588	0.48296	165.6	365.0818	0.47846	170.6	376.1048	0.47396
160.7	354.2792	0.48287	165.7	365.3022	0.47837	170.7	376.3252	0.47387
160.8	354.499689	0.48278	165.8	365.522689	0.47828	170.8	376.545689	0.47378
160.9	354.7201	0.48269	165.9	365.7431	0.47819	170.9	376.7661	0.47369
161	354.940611	0.48260	166	365.963611	0.47810	171	376.986611	0.47360
161.1	355.1611	0.48251	166.1	366.1841	0.47801	171.1	377.207071	0.47351
161.2	355.381532	0.48242	166.2	366.404532	0.47792	171.2	377.427532	0.47342
161.3	355.6020	0.48233	166.3	366.6250	0.47783	171.3	377.6480	0.47333
161.4	355.8224	0.48224	166.4	366.8454	0.47774	171.4	377.8684	0.47324
161.5	356.042914	0.48215	166.5	367.065914	0.47765	171.5	378.088914	0.47315
161.6	356.263375	0.48206	166.6	367.286375	0.47756	171.6	378.309375	0.47306
161.7	356.483836	0.48197	166.7	367.506836	0.47747	171.7	378.529836	0.47297
161.8	356.7043	0.48188	166.8	367.7273	0.47738	171.8	378.750296	0.47288
161.9	356.9247	0.48179	166.9	367.9477	0.47729	171.9	378.9707	0.47279
162	357.145218	0.48170	167	368.168218	0.47720	172	379.191218	0.47270
162.1	357.3657	0.48161	167.1	368.3887	0.47711	172.1	379.4117	0.47261
162.2	357.586139	0.48152	167.2	368.609139	0.47702	172.2	379.632139	0.47252
162.3	357.8066	0.48143	167.3	368.8296	0.47693	172.3	379.8526	0.47243
162.4	358.0270	0.48134	167.4	369.0500	0.47684	172.4	380.0730	0.47234
162.5	358.2475	0.48125	167.5	369.2705	0.47675	172.5	380.293521	0.47225
162.6	358.4680	0.48116	167.6	369.4910	0.47666	172.6	380.5140	0.47216
162.7	358.688443	0.48107	167.7	369.711443	0.47657	172.7	380.734443	0.47207
162.8	358.9089	0.48098	167.8	369.9319	0.47648	172.8	380.9549	0.47198
162.9	359.1293	0.48089	167.9	370.1523	0.47639	172.9	381.1753	0.47189
163	359.349825	0.48080	168	370.372825	0.47630	173	381.395825	0.47180
163.1	359.570286	0.48071	168.1	370.593286	0.47621	173.1	381.616286	0.47171
163.2	359.7907	0.48062	168.2	370.8137	0.47612	173.2	381.836746	0.47162
163.3	360.011207	0.48053	168.3	371.034207	0.47603	173.3	382.057207	0.47153
163.4	360.2316	0.48044	168.4	371.2546	0.47594	173.4	382.2776	0.47144
163.5	360.4521	0.48035	168.5	371.4751	0.47585	173.5	382.4981	0.47135
163.6	360.672589	0.48026	168.6	371.695589	0.47576	173.6	382.718589	0.47126
163.7	360.8930	0.48017	168.7	371.9160	0.47567	173.7	382.9390	0.47117
163.8	361.113511	0.48008	168.8	372.136511	0.47558	173.8	383.159511	0.47108
163.9	361.3339	0.47999	168.9	372.3569	0.47549	173.9	383.3799	0.47099
164	361.554432	0.47990	169	372.577432	0.47540	174	383.600432	0.47090
164.1	361.774893	0.47981	169.1	372.797893	0.47531	174.1	383.820893	0.47081
164.2	361.9953	0.47972	169.2	373.0183	0.47522	174.2	384.0413	0.47072
164.3	362.215814	0.47963	169.3	373.238814	0.47513	174.3	384.261814	0.47063
164.4	362.4362	0.47954	169.4	373.4592	0.47504	174.4	384.4822	0.47054
164.5	362.656736	0.47945	169.5	373.679736	0.47495	174.5	384.702736	0.47045
164.6	362.8772	0.47936	169.6	373.9002	0.47486	174.6	384.923196	0.47036
164.7	363.0976	0.47927	169.7	374.1206	0.47477	174.7	385.1436	0.47027
164.8	363.318118	0.47918	169.8	374.341118	0.47468	174.8	385.364118	0.47018
164.9	363.5385	0.47909	169.9	374.5615	0.47459	174.9	385.5845	0.47009

SCHWARTZ FORMULA								
BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
175	385.8050	0.47000	180	396.8280	0.46550	185	407.8510	0.46100
175.1	386.0255	0.46991	180.1	397.048469	0.46541	185.1	408.071473	0.46091
175.2	386.2459	0.46982	180.2	397.268929	0.46532	185.2	408.291933	0.46082
175.3	386.4664	0.46973	180.3	397.489389	0.46523	185.3	408.512393	0.46073
175.4	386.6868	0.46964	180.4	397.709849	0.46514	185.4	408.732853	0.46064
175.5	386.9073	0.46955	180.5	397.930309	0.46505	185.5	408.953313	0.46055
175.6	387.1278	0.46946	180.6	398.150769	0.46496	185.6	409.173773	0.46046
175.7	387.3482	0.46937	180.7	398.3712	0.46487	185.7	409.3942	0.46037
175.8	387.568689	0.46928	180.8	398.591689	0.46478	185.8	409.614694	0.46028
175.9	387.7891	0.46919	180.9	398.812149	0.46469	185.9	409.835154	0.46019
176	388.009611	0.46910	181	399.032609	0.46460	186	410.055614	0.46010
176.1	388.230071	0.46901	181.1	399.253069	0.46451	186.1	410.276074	0.46001
176.2	388.450532	0.46892	181.2	399.47353	0.46442	186.2	410.496534	0.45992
176.3	388.6710	0.46883	181.3	399.6940	0.46433	186.3	410.7170	0.45983
176.4	388.8914	0.46874	181.4	399.9144	0.46424	186.4	410.9375	0.45974
176.5	389.111914	0.46865	181.5	400.13491	0.46415	186.5	411.157914	0.45965
176.6	389.332375	0.46856	181.6	400.35537	0.46406	186.6	411.378374	0.45956
176.7	389.552836	0.46847	181.7	400.57583	0.46397	186.7	411.598834	0.45947
176.8	389.773296	0.46838	181.8	400.79629	0.46388	186.8	411.819294	0.45938
176.9	389.9937	0.46829	181.9	401.01675	0.46379	186.9	412.039755	0.45929
177	390.214218	0.46820	182	401.23721	0.46370	187	412.260215	0.45920
177.1	390.4347	0.46811	182.1	401.4577	0.46361	187.1	412.4807	0.45911
177.2	390.655139	0.46802	182.2	401.67813	0.46352	187.2	412.701135	0.45902
177.3	390.8756	0.46793	182.3	401.898591	0.46343	187.3	412.921595	0.45893
177.4	391.0960	0.46784	182.4	402.1191	0.46334	187.4	413.1421	0.45884
177.5	391.316521	0.46775	182.5	402.339511	0.46325	187.5	413.362515	0.45875
177.6	391.5370	0.46766	182.6	402.5600	0.46316	187.6	413.5830	0.45866
177.7	391.757443	0.46757	182.7	402.780431	0.46307	187.7	413.803435	0.45857
177.8	391.9779	0.46748	182.8	403.0009	0.46298	187.8	414.0239	0.45848
177.9	392.1983	0.46739	182.9	403.221351	0.46289	187.9	414.244355	0.45839
178	392.418825	0.46730	183	403.441811	0.46280	188	414.464816	0.45830
178.1	392.639286	0.46721	183.1	403.662271	0.46271	188.1	414.685276	0.45821
178.2	392.859746	0.46712	183.2	403.882731	0.46262	188.2	414.905736	0.45812
178.3	393.080207	0.46703	183.3	404.103191	0.46253	188.3	415.126196	0.45803
178.4	393.3006	0.46694	183.4	404.323652	0.46244	188.4	415.346656	0.45794
178.5	393.5211	0.46685	183.5	404.5441	0.46235	188.5	415.5671	0.45785
178.6	393.741589	0.46676	183.6	404.764572	0.46226	188.6	415.787576	0.45776
178.7	393.9620	0.46667	183.7	404.9850	0.46217	188.7	416.0080	0.45767
178.8	394.182511	0.46658	183.8	405.205492	0.46208	188.8	416.228496	0.45758
178.9	394.4029	0.46649	183.9	405.4260	0.46199	188.9	416.4490	0.45749
179	394.623432	0.46640	184	405.646412	0.46190	189	416.669416	0.45740
179.1	394.843893	0.46631	184.1	405.866872	0.46181	189.1	416.889877	0.45731
179.2	395.0643	0.46622	184.2	406.0873	0.46172	189.2	417.1103	0.45722
179.3	395.284814	0.46613	184.3	406.307792	0.46163	189.3	417.330797	0.45713
179.4	395.5052	0.46604	184.4	406.5283	0.46154	189.4	417.5513	0.45704
179.5	395.725736	0.46595	184.5	406.748712	0.46145	189.5	417.771717	0.45695
179.6	395.946196	0.46586	184.6	406.969173	0.46136	189.6	417.992177	0.45686
179.7	396.1666	0.46577	184.7	407.189633	0.46127	189.7	418.212637	0.45677
179.8	396.387118	0.46568	184.8	407.410093	0.46118	189.8	418.433097	0.45668
179.9	396.6075	0.46559	184.9	407.630553	0.46109	189.9	418.653557	0.45659