

MALONE FORMULA

BODYWEIGHT			BODYWEIGHT			BODYWEIGHT			BODYWEIGHT		
KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR	KILOS	LBS	FACTOR
40.82373	90	1.1756	63.50358	140	0.8202	86.18343	190	0.6521	108.8633	240	0.5725
41.27733	91	1.1645	63.95718	141	0.8159	86.63703	191	0.6492	109.3169	241	0.5714
41.73093	92	1.1557	64.41078	142	0.8105	87.09063	192	0.6464	109.7705	242	0.5700
42.18452	93	1.1450	64.86437	143	0.8052	87.54423	193	0.6442	110.2241	243	0.5693
42.63812	94	1.1365	65.31797	144	0.8010	87.99782	194	0.6415	110.6777	244	0.5686
43.09172	95	1.1261	65.77157	145	0.7959	88.45142	195	0.6387	111.1313	245	0.5681
43.54531	96	1.1180	66.22517	146	0.7918	88.90502	196	0.6366	111.5849	246	0.5671
43.99891	97	1.1079	66.67876	147	0.7867	89.35861	197	0.6339	112.0385	247	0.5669
44.45251	98	1.0980	67.13236	148	0.7827	89.81221	198	0.6317	112.4921	248	0.5662
44.90611	99	1.0930	67.58596	149	0.7769	90.26581	199	0.6300	112.9457	249	0.5656
45.35970	100	1.0807	68.03955	150	0.7737	90.71940	200	0.6286	113.3993	250	0.5649
45.81330	101	1.0732	68.49315	151	0.7697	91.17300	201	0.6269			
46.26690	102	1.0657	68.94675	152	0.7666	91.62660	202	0.6256			
46.72049	103	1.0566	69.40034	153	0.7627	92.08020	203	0.6239			
47.17409	104	1.0494	69.85394	154	0.7596	92.53379	204	0.6226			
47.62769	105	1.0405	70.30754	155	0.7565	92.98739	205	0.6209			
48.08128	106	1.0336	70.76114	156	0.7520	93.44099	206	0.6196			
48.53488	107	1.0250	71.21473	157	0.7490	93.89459	207	0.6180			
48.98848	108	1.0165	71.66833	158	0.7453	94.34818	208	0.6167			
49.44208	109	1.0098	72.12193	159	0.7431	94.80178	209	0.6151			
49.89567	110	1.0016	72.57552	160	0.7387	95.25538	210	0.6134			
50.34927	111	0.9952	73.02912	161	0.7358	95.70897	211	0.6122			
50.80287	112	0.9872	73.48272	162	0.7322	96.16257	212	0.6109			
51.25646	113	0.9809	73.93631	163	0.7293	96.61617	213	0.6093			
51.71006	114	0.9731	74.38991	164	0.7258	97.06976	214	0.6077			
52.16366	115	0.9670	74.84351	165	0.7230	97.52336	215	0.6064			
52.61725	116	0.9595	75.29711	166	0.7196	97.97696	216	0.6049			
53.07085	117	0.9538	75.75070	167	0.7168	98.43055	217	0.6036			
53.52445	118	0.9462	76.20430	168	0.7134	98.88415	218	0.6021			
53.97805	119	0.9390	76.65790	169	0.7107	99.33775	219	0.6008			
54.43164	120	0.9333	77.11149	170	0.7074	99.79135	220	0.5993			
54.88524	121	0.9263	77.56509	171	0.7040	100.2449	221	0.5981			
55.33884	122	0.9208	78.01869	172	0.7014	100.6985	222	0.5965			
55.79243	123	0.9110	78.47229	173	0.6981	101.1521	223	0.5953			
56.24603	124	0.9086	78.92588	174	0.6956	101.6057	224	0.5938			
56.69963	125	0.9019	79.37948	175	0.6923	102.0593	225	0.5926			
57.15323	126	0.8980	79.83308	176	0.6898	102.5129	226	0.5911			
57.60682	127	0.8902	80.28667	177	0.6868	102.9665	227	0.5896			
58.06042	128	0.8851	80.74027	178	0.6811	103.4201	228	0.5884			
58.51402	129	0.8788	81.19387	179	0.6810	103.8737	229	0.5869			
58.96761	130	0.8738	81.64746	180	0.6786	104.3273	230	0.5858			
59.42121	131	0.8676	82.10106	181	0.6755	104.7809	231	0.5843			
59.87481	132	0.8628	82.55466	182	0.6731	105.2345	232	0.5831			
60.32840	133	0.8568	83.00826	183	0.6701	105.6881	233	0.5817			
60.78200	134	0.8508	83.46185	184	0.6671	106.1417	234	0.5805			
61.23560	135	0.8462	83.91545	185	0.6618	106.5953	235	0.5791			
61.68920	136	0.8101	84.36905	186	0.6618	107.0489	236	0.5779			
62.14279	137	0.8358	84.82264	187	0.6595	107.5025	237	0.5765			
62.59639	138	0.8302	85.27624	188	0.6566	107.9561	238	0.5754			
63.04999	139	0.8257	85.72984	189	0.6543	108.4097	239	0.5740			

MASTER FORMULA	
AGE	FACTOR
33	1.000
40	1.000
41	1.003
42	1.009
43	1.018
44	1.031
45	1.048
46	1.069
47	1.092
48	1.117
49	1.144
50	1.173
51	1.204
52	1.239
53	1.281
54	1.330
55	1.380
56	1.430
57	1.480
58	1.535
59	1.590
60	1.645
61	1.700
62	1.755
63	1.810
64	1.865
65	1.920
66	1.970
67	2.010
68	2.030
69	2.048
70	2.062
71	2.070
72	2.076
73	2.080
74	2.082
75	2.083
76	2.084
77	2.085
78	2.086
79	2.087
80	2.088