

Age at Last Birthday (Men)																
Sum of 3 Skinfolds	19 and under	20 to 22	23 to 25	25 to 28	29 to 31	32 to 34	35 to 37	38 to 40	41 to 43	44 to 46	47 to 49	50 to 52	53 to 55	56 to 58	59 to 61	62 and over
8-10	0.9	1.3	1.6	2.0	2.3	2.7	3.0	3.3	3.7	4.0	4.4	4.7	5.1	5.4	5.8	6.1
11-13	1.9	2.3	2.6	3.0	3.3	3.7	4.0	4.3	4.7	5.0	5.4	5.7	6.1	6.4	6.8	7.1
14-16	2.9	3.3	3.6	3.9	4.3	4.6	5.0	5.3	5.7	6.0	6.4	6.7	7.1	7.4	7.8	8.1
17-19	3.9	4.2	4.6	4.9	5.3	5.6	6.0	6.3	6.7	7.0	7.4	7.7	8.1	8.4	8.7	9.1
20-22	4.8	5.2	5.5	5.9	6.2	6.6	6.9	7.3	7.6	8.0	8.3	8.7	9.0	9.4	9.7	10.1
23-25	5.8	6.2	6.5	6.8	7.2	7.5	7.9	8.2	8.6	8.9	9.3	9.6	10.0	10.3	10.7	11.0
26-28	6.8	7.1	7.5	7.8	8.1	8.5	8.8	9.2	9.5	9.9	10.2	10.6	10.9	11.3	11.6	12.0
29-31	7.7	8.0	8.4	8.7	9.1	9.4	9.8	10.1	10.5	10.8	11.2	11.5	11.9	12.2	12.6	12.9
32-34	8.6	9.0	9.3	9.7	10.0	10.4	10.7	11.1	11.4	11.8	12.1	12.4	12.8	13.1	13.5	13.8
35-37	9.5	9.9	10.2	10.6	10.9	11.3	11.6	12.0	12.3	12.7	13.0	13.4	13.7	14.1	14.4	14.8
38-40	10.5	10.8	11.2	11.5	11.8	12.2	12.5	12.9	13.2	13.6	13.9	14.3	14.6	15.0	15.3	15.7
41-43	11.4	11.7	12.1	12.4	12.7	13.1	13.4	13.8	14.1	14.5	14.8	15.2	15.5	15.9	16.2	16.6
44-46	12.2	12.6	12.9	13.3	13.6	14.0	14.3	14.7	15.0	15.4	15.7	16.1	16.4	16.8	17.1	17.5
47-49	13.1	13.5	13.8	14.2	14.5	14.9	15.2	15.5	15.9	16.2	16.6	16.9	17.3	17.6	18.0	18.3
50-52	14.0	14.3	14.7	15.0	15.4	15.7	16.1	16.4	16.8	17.1	17.5	17.8	18.2	18.5	18.8	19.2
53-55	14.8	15.2	15.5	15.9	16.2	16.6	16.9	17.3	17.6	18.0	18.3	18.7	19.0	19.4	19.7	20.1
56-58	15.7	16.0	16.4	16.7	17.1	17.4	17.8	18.1	18.5	18.8	19.2	19.5	19.9	20.2	20.6	20.9
59-61	16.5	16.9	17.2	17.6	17.9	18.3	18.6	19.0	19.3	19.7	20.0	20.4	20.7	21.0	21.4	21.7
62-64	17.4	17.7	18.1	18.4	18.8	19.1	19.4	19.8	20.1	20.5	20.8	21.2	21.5	21.9	22.2	22.6
65-67	18.2	18.5	18.9	19.2	19.6	19.9	20.3	20.6	21.0	21.3	21.7	22.0	22.4	22.7	23.0	23.4
68-70	19.0	19.3	19.7	20.0	20.4	20.7	21.1	21.4	21.8	22.1	22.5	22.8	23.2	23.5	23.9	24.2
71-73	19.8	20.1	20.5	20.8	21.2	21.5	21.9	22.2	22.6	22.9	23.3	23.6	24.0	24.3	24.7	25.0
74-76	20.6	20.9	21.3	21.6	22.0	22.2	22.7	23.0	23.4	23.7	24.1	24.4	24.8	25.1	25.4	25.8
77-79	21.4	21.7	22.1	22.4	22.8	23.1	23.4	23.8	24.1	24.5	24.8	25.2	25.5	25.9	26.2	26.6
80-82	22.1	22.5	22.8	23.2	23.5	23.9	24.2	24.6	24.9	25.3	25.6	26.0	26.3	26.6	27.0	27.3
83-85	22.9	23.2	23.6	23.9	24.3	24.6	25.0	25.3	25.7	26.0	26.4	26.7	27.1	27.4	27.8	28.1
86-88	23.6	24.0	24.3	24.7	25.0	25.4	25.7	26.1	26.4	26.8	27.1	27.5	27.8	28.2	28.5	28.9
89-91	24.4	24.7	25.1	25.4	25.8	26.1	26.5	26.8	27.2	27.5	27.9	28.2	28.6	28.9	29.2	29.6
92-94	25.1	25.5	25.8	26.2	26.5	26.9	27.2	27.5	27.9	28.2	28.6	28.9	29.3	29.6	30.0	30.3
95-97	25.8	26.2	26.5	26.9	27.2	27.6	27.9	28.3	28.6	29.0	29.3	29.7	30.0	30.4	30.7	31.1
98-100	26.6	26.9	27.3	27.6	27.9	28.3	28.6	29.0	29.3	29.7	30.0	30.4	30.7	31.1	31.4	31.8
101-103	27.3	27.6	28.0	28.3	28.6	29.0	29.3	29.7	30.0	30.4	30.7	31.1	31.4	31.8	32.1	32.5
104-106	27.9	28.3	28.6	29.0	29.3	29.7	30.0	30.4	30.7	31.1	31.4	31.8	32.1	32.5	32.8	33.2
107-109	28.6	29.0	29.3	29.7	30.0	30.4	30.7	31.1	31.4	31.8	32.1	32.4	32.8	33.1	33.5	33.8
110-112	29.3	29.6	30.0	30.3	30.7	31.0	31.4	31.7	32.1	32.4	32.8	33.1	33.5	33.8	34.2	34.5
113-115	30.0	30.3	30.7	31.0	31.3	31.7	32.0	32.4	32.7	33.1	33.4	33.8	34.1	34.5	34.8	35.2
116-118	30.6	31.0	31.3	31.6	32.0	32.3	32.7	33.0	33.4	33.7	34.1	34.4	34.8	35.1	35.5	35.8
119-121	31.3	31.6	32.0	32.3	32.6	33.0	33.3	33.7	34.0	34.4	34.7	35.1	35.4	35.8	36.1	36.5
122-124	31.9	32.2	32.6	32.9	33.3	33.6	34.0	34.3	34.7	35.0	35.4	35.7	36.1	36.4	36.7	37.1
125-127	32.5	32.9	33.2	33.5	33.9	34.2	34.6	34.9	35.3	35.6	36.0	36.3	36.7	37.0	37.4	37.7
128-130	33.1	33.5	33.8	34.2	34.5	34.9	35.2	35.5	35.9	36.2	36.6	36.9	37.3	37.6	38.0	38.5



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