

# TABELAS

## 1. Coeficientes Sinclair Femininos 2005-2008

PC = Peso Corporal da Atleta (em Kg)    CS = Coeficiente Sinclair

| PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS     | PC ⇒ CS         |
|---------|----------|---------|----------|---------|----------|---------|----------|-------------|-----------------|
| 28.0    | 2.827345 | 32.2    | 2.304954 | 36.4    | 1.962558 | 40.6    | 1.725445 | 44.8        | 1.554403        |
| 28.1    | 2.811870 | 32.3    | 2.295112 | 36.5    | 1.955893 | 40.7    | 1.720718 | 44.9        | 1.550930        |
| 28.2    | 2.796575 | 32.4    | 2.285368 | 36.6    | 1.949286 | 40.8    | 1.716026 | 45.0        | 1.547483        |
| 28.3    | 2.781457 | 32.5    | 2.275719 | 36.7    | 1.942735 | 40.9    | 1.711371 | 45.1        | 1.544059        |
| 28.4    | 2.766513 | 32.6    | 2.266165 | 36.8    | 1.936240 | 41.0    | 1.706751 | 45.2        | 1.540659        |
| 28.5    | 2.751740 | 32.7    | 2.256705 | 36.9    | 1.929801 | 41.1    | 1.702166 | 45.3        | 1.537282        |
| 28.6    | 2.737136 | 32.8    | 2.247337 | 37.0    | 1.923416 | 41.2    | 1.697617 | 45.4        | 1.533929        |
| 28.7    | 2.722698 | 32.9    | 2.238060 | 37.1    | 1.917086 | 41.3    | 1.693102 | 45.5        | 1.530599        |
| 28.8    | 2.708423 | 33.0    | 2.228872 | 37.2    | 1.910810 | 41.4    | 1.688621 | 45.6        | 1.527292        |
| 28.9    | 2.694309 | 33.1    | 2.219773 | 37.3    | 1.904587 | 41.5    | 1.684173 | 45.7        | 1.524007        |
| 29.0    | 2.680354 | 33.2    | 2.210762 | 37.4    | 1.898416 | 41.6    | 1.679760 | 45.8        | 1.520746        |
| 29.1    | 2.666555 | 33.3    | 2.201837 | 37.5    | 1.892296 | 41.7    | 1.675379 | 45.9        | 1.517506        |
| 29.2    | 2.652910 | 33.4    | 2.192997 | 37.6    | 1.886229 | 41.8    | 1.671032 | 46.0        | 1.514289        |
| 29.3    | 2.639416 | 33.5    | 2.184241 | 37.7    | 1.880211 | 41.9    | 1.666717 | 46.1        | 1.511093        |
| 29.4    | 2.626072 | 33.6    | 2.175569 | 37.8    | 1.874244 | 42.0    | 1.662434 | 46.2        | 1.507920        |
| 29.5    | 2.612874 | 33.7    | 2.166978 | 37.9    | 1.868327 | 42.1    | 1.658183 | 46.3        | 1.504768        |
| 29.6    | 2.599821 | 33.8    | 2.158468 | 38.0    | 1.862458 | 42.2    | 1.653963 | 46.4        | 1.501637        |
| 29.7    | 2.586911 | 33.9    | 2.150038 | 38.1    | 1.856638 | 42.3    | 1.649775 | 46.5        | 1.498527        |
| 29.8    | 2.574141 | 34.0    | 2.141687 | 38.2    | 1.850866 | 42.4    | 1.645618 | 46.6        | 1.495439        |
| 29.9    | 2.561509 | 34.1    | 2.133414 | 38.3    | 1.845141 | 42.5    | 1.641491 | 46.7        | 1.492371        |
| 30.0    | 2.549014 | 34.2    | 2.125218 | 38.4    | 1.839463 | 42.6    | 1.637395 | 46.8        | 1.489324        |
| 30.1    | 2.536654 | 34.3    | 2.117097 | 38.5    | 1.833832 | 42.7    | 1.633329 | 46.9        | 1.486297        |
| 30.2    | 2.524425 | 34.4    | 2.109052 | 38.6    | 1.828246 | 42.8    | 1.629293 | 47.0        | 1.483291        |
| 30.3    | 2.512328 | 34.5    | 2.101081 | 38.7    | 1.822706 | 42.9    | 1.625286 | 47.1        | 1.480305        |
| 30.4    | 2.500359 | 34.6    | 2.093183 | 38.8    | 1.817211 | 43.0    | 1.621308 | 47.2        | 1.477338        |
| 30.5    | 2.488516 | 34.7    | 2.085357 | 38.9    | 1.811760 | 43.1    | 1.617360 | 47.3        | 1.474392        |
| 30.6    | 2.476799 | 34.8    | 2.077602 | 39.0    | 1.806353 | 43.2    | 1.613440 | 47.4        | 1.471465        |
| 30.7    | 2.465205 | 34.9    | 2.069918 | 39.1    | 1.800989 | 43.3    | 1.609548 | 47.5        | 1.468557        |
| 30.8    | 2.453732 | 35.0    | 2.062304 | 39.2    | 1.795668 | 43.4    | 1.605684 | 47.6        | 1.465669        |
| 30.9    | 2.442379 | 35.1    | 2.054758 | 39.3    | 1.790390 | 43.5    | 1.601849 | 47.7        | 1.462800        |
| 31.0    | 2.431144 | 35.2    | 2.047280 | 39.4    | 1.785154 | 43.6    | 1.598040 | 47.8        | 1.459949        |
| 31.1    | 2.420026 | 35.3    | 2.039870 | 39.5    | 1.779960 | 43.7    | 1.594260 | 47.9        | 1.457118        |
| 31.2    | 2.409022 | 35.4    | 2.032525 | 39.6    | 1.774806 | 43.8    | 1.590506 | <b>48.0</b> | <b>1.454305</b> |
| 31.3    | 2.398131 | 35.5    | 2.025246 | 39.7    | 1.769694 | 43.9    | 1.586779 | 48.1        | 1.451511        |
| 31.4    | 2.387352 | 35.6    | 2.018032 | 39.8    | 1.764621 | 44.0    | 1.583078 | 48.2        | 1.448734        |
| 31.5    | 2.376682 | 35.7    | 2.010882 | 39.9    | 1.759589 | 44.1    | 1.579404 | 48.3        | 1.445976        |
| 31.6    | 2.366122 | 35.8    | 2.003795 | 40.0    | 1.754596 | 44.2    | 1.575756 | 48.4        | 1.443236        |
| 31.7    | 2.355668 | 35.9    | 1.996770 | 40.1    | 1.749642 | 44.3    | 1.572134 | 48.5        | 1.440514        |
| 31.8    | 2.345320 | 36.0    | 1.989808 | 40.2    | 1.744727 | 44.4    | 1.568538 | 48.6        | 1.437810        |
| 31.9    | 2.335076 | 36.1    | 1.982906 | 40.3    | 1.739850 | 44.5    | 1.564966 | 48.7        | 1.435123        |
| 32.0    | 2.324934 | 36.2    | 1.976064 | 40.4    | 1.735011 | 44.6    | 1.561420 | 48.8        | 1.432454        |
| 32.1    | 2.314894 | 36.3    | 1.969282 | 40.5    | 1.730210 | 44.7    | 1.557899 | 48.9        | 1.429802        |

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| PC ⇒ CS     | PC ⇒ CS         | PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS     | PC ⇒ CS         | PC ⇒ CS     | PC ⇒ CS         | PC ⇒ CS     | PC ⇒ CS         |
|-------------|-----------------|---------|----------|-------------|-----------------|-------------|-----------------|-------------|-----------------|
| 49.0        | 1.427167        | 53.2    | 1.330289 | 57.4        | 1.255228        | 61.6        | 1.196330        | 65.8        | 1.149722        |
| 49.1        | 1.424549        | 53.3    | 1.328275 | 57.5        | 1.253656        | 61.7        | 1.195090        | 65.9        | 1.148738        |
| 49.2        | 1.421947        | 53.4    | 1.326273 | 57.6        | 1.252093        | 61.8        | 1.193857        | 66.0        | 1.147759        |
| 49.3        | 1.419363        | 53.5    | 1.324284 | 57.7        | 1.250539        | 61.9        | 1.192631        | 66.1        | 1.146785        |
| 49.4        | 1.416795        | 53.6    | 1.322306 | 57.8        | 1.248994        | 62.0        | 1.191412        | 66.2        | 1.145817        |
| 49.5        | 1.414244        | 53.7    | 1.320341 | 57.9        | 1.247458        | 62.1        | 1.190199        | 66.3        | 1.144854        |
| 49.6        | 1.411708        | 53.8    | 1.318387 | <b>58.0</b> | <b>1.245930</b> | 62.2        | 1.188993        | 66.4        | 1.143897        |
| 49.7        | 1.409189        | 53.9    | 1.316444 | 58.1        | 1.244411        | 62.3        | 1.187794        | 66.5        | 1.142944        |
| 49.8        | 1.406686        | 54.0    | 1.314514 | 58.2        | 1.242901        | 62.4        | 1.186601        | 66.6        | 1.141997        |
| 49.9        | 1.404199        | 54.1    | 1.312595 | 58.3        | 1.241400        | 62.5        | 1.185415        | 66.7        | 1.141055        |
| 50.0        | 1.401728        | 54.2    | 1.310687 | 58.4        | 1.239907        | 62.6        | 1.184236        | 66.8        | 1.140118        |
| 50.1        | 1.399273        | 54.3    | 1.308791 | 58.5        | 1.238423        | 62.7        | 1.183063        | 66.9        | 1.139186        |
| 50.2        | 1.396833        | 54.4    | 1.306906 | 58.6        | 1.236947        | 62.8        | 1.181896        | 67.0        | 1.138259        |
| 50.3        | 1.394408        | 54.5    | 1.305032 | 58.7        | 1.235479        | 62.9        | 1.180736        | 67.1        | 1.137337        |
| 50.4        | 1.391999        | 54.6    | 1.303170 | 58.8        | 1.234020        | <b>63.0</b> | <b>1.179583</b> | 67.2        | 1.136420        |
| 50.5        | 1.389605        | 54.7    | 1.301318 | 58.9        | 1.232569        | 63.1        | 1.178435        | 67.3        | 1.135508        |
| 50.6        | 1.387226        | 54.8    | 1.299477 | 59.0        | 1.231126        | 63.2        | 1.177294        | 67.4        | 1.134601        |
| 50.7        | 1.384862        | 54.9    | 1.297648 | 59.1        | 1.229691        | 63.3        | 1.176159        | 67.5        | 1.133699        |
| 50.8        | 1.382512        | 55.0    | 1.295829 | 59.2        | 1.228265        | 63.4        | 1.175031        | 67.6        | 1.132802        |
| 50.9        | 1.380178        | 55.1    | 1.294021 | 59.3        | 1.226846        | 63.5        | 1.173908        | 67.7        | 1.131909        |
| 51.0        | 1.377858        | 55.2    | 1.292223 | 59.4        | 1.225436        | 63.6        | 1.172792        | 67.8        | 1.131022        |
| 51.1        | 1.375552        | 55.3    | 1.290436 | 59.5        | 1.224033        | 63.7        | 1.171682        | 67.9        | 1.130139        |
| 51.2        | 1.373261        | 55.4    | 1.288660 | 59.6        | 1.222639        | 63.8        | 1.170578        | 68.0        | 1.129261        |
| 51.3        | 1.370984        | 55.5    | 1.286894 | 59.7        | 1.221252        | 63.9        | 1.169480        | 68.1        | 1.128388        |
| 51.4        | 1.368721        | 55.6    | 1.285138 | 59.8        | 1.219873        | 64.0        | 1.168388        | 68.2        | 1.127520        |
| 51.5        | 1.366472        | 55.7    | 1.283393 | 59.9        | 1.218502        | 64.1        | 1.167302        | 68.3        | 1.126656        |
| 51.6        | 1.364237        | 55.8    | 1.281658 | 60.0        | 1.217138        | 64.2        | 1.166222        | 68.4        | 1.125797        |
| 51.7        | 1.362016        | 55.9    | 1.279933 | 60.1        | 1.215782        | 64.3        | 1.165148        | 68.5        | 1.124943        |
| 51.8        | 1.359809        | 56.0    | 1.278218 | 60.2        | 1.214434        | 64.4        | 1.164080        | 68.6        | 1.124093        |
| 51.9        | 1.357615        | 56.1    | 1.276513 | 60.3        | 1.213093        | 64.5        | 1.163017        | 68.7        | 1.123248        |
| 52.0        | 1.355435        | 56.2    | 1.274818 | 60.4        | 1.211760        | 64.6        | 1.161961        | 68.8        | 1.122408        |
| 52.1        | 1.353268        | 56.3    | 1.273133 | 60.5        | 1.210434        | 64.7        | 1.160910        | 68.9        | 1.121572        |
| 52.2        | 1.351115        | 56.4    | 1.271457 | 60.6        | 1.209116        | 64.8        | 1.159865        | <b>69.0</b> | <b>1.120740</b> |
| 52.3        | 1.348974        | 56.5    | 1.269792 | 60.7        | 1.207805        | 64.9        | 1.158825        | 69.1        | 1.119913        |
| 52.4        | 1.346847        | 56.6    | 1.268136 | 60.8        | 1.206501        | 65.0        | 1.157792        | 69.2        | 1.119091        |
| 52.5        | 1.344733        | 56.7    | 1.266489 | 60.9        | 1.205205        | 65.1        | 1.156764        | 69.3        | 1.118273        |
| 52.6        | 1.342632        | 56.8    | 1.264852 | 61.0        | 1.203916        | 65.2        | 1.155741        | 69.4        | 1.117459        |
| 52.7        | 1.340543        | 56.9    | 1.263225 | 61.1        | 1.202634        | 65.3        | 1.154724        | 69.5        | 1.116650        |
| 52.8        | 1.338467        | 57.0    | 1.261607 | 61.2        | 1.201359        | 65.4        | 1.153713        | 69.6        | 1.115845        |
| 52.9        | 1.336404        | 57.1    | 1.259998 | 61.3        | 1.200091        | 65.5        | 1.152707        | 69.7        | 1.115045        |
| <b>53.0</b> | <b>1.334353</b> | 57.2    | 1.258399 | 61.4        | 1.198831        | 65.6        | 1.151706        | 69.8        | 1.114249        |
| 53.1        | 1.332315        | 57.3    | 1.256809 | 61.5        | 1.197577        | 65.7        | 1.150711        | 69.9        | 1.113457        |

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|---------|----------|-------------|-----------------|---------|----------|---------|----------|---------|----------|
| 70.0    | 1.112670 | 74.2        | 1.083195        | 78.4    | 1.059835 | 82.6    | 1.041485 | 86.8    | 1.027300 |
| 70.1    | 1.111886 | 74.3        | 1.082573        | 78.5    | 1.059343 | 82.7    | 1.041102 | 86.9    | 1.027007 |
| 70.2    | 1.111108 | 74.4        | 1.081954        | 78.6    | 1.058855 | 82.8    | 1.040721 | 87.0    | 1.026717 |
| 70.3    | 1.110333 | 74.5        | 1.081338        | 78.7    | 1.058369 | 82.9    | 1.040342 | 87.1    | 1.026428 |
| 70.4    | 1.109562 | 74.6        | 1.080726        | 78.8    | 1.057886 | 83.0    | 1.039966 | 87.2    | 1.026141 |
| 70.5    | 1.108796 | 74.7        | 1.080118        | 78.9    | 1.057406 | 83.1    | 1.039592 | 87.3    | 1.025856 |
| 70.6    | 1.108034 | 74.8        | 1.079512        | 79.0    | 1.056929 | 83.2    | 1.039221 | 87.4    | 1.025573 |
| 70.7    | 1.107276 | 74.9        | 1.078911        | 79.1    | 1.056454 | 83.3    | 1.038851 | 87.5    | 1.025292 |
| 70.8    | 1.106522 | <b>75.0</b> | <b>1.078312</b> | 79.2    | 1.055982 | 83.4    | 1.038484 | 87.6    | 1.025013 |
| 70.9    | 1.105772 | 75.1        | 1.077717        | 79.3    | 1.055513 | 83.5    | 1.038120 | 87.7    | 1.024736 |
| 71.0    | 1.105026 | 75.2        | 1.077125        | 79.4    | 1.055046 | 83.6    | 1.037757 | 87.8    | 1.024461 |
| 71.1    | 1.104285 | 75.3        | 1.076536        | 79.5    | 1.054583 | 83.7    | 1.037397 | 87.9    | 1.024188 |
| 71.2    | 1.103547 | 75.4        | 1.075951        | 79.6    | 1.054122 | 83.8    | 1.037039 | 88.0    | 1.023916 |
| 71.3    | 1.102814 | 75.5        | 1.075368        | 79.7    | 1.053663 | 83.9    | 1.036683 | 88.1    | 1.023647 |
| 71.4    | 1.102084 | 75.6        | 1.074790        | 79.8    | 1.053208 | 84.0    | 1.036330 | 88.2    | 1.023379 |
| 71.5    | 1.101358 | 75.7        | 1.074214        | 79.9    | 1.052755 | 84.1    | 1.035979 | 88.3    | 1.023113 |
| 71.6    | 1.100636 | 75.8        | 1.073641        | 80.0    | 1.052304 | 84.2    | 1.035629 | 88.4    | 1.022849 |
| 71.7    | 1.099919 | 75.9        | 1.073072        | 80.1    | 1.051856 | 84.3    | 1.035283 | 88.5    | 1.022587 |
| 71.8    | 1.099205 | 76.0        | 1.072506        | 80.2    | 1.051411 | 84.4    | 1.034938 | 88.6    | 1.022327 |
| 71.9    | 1.098495 | 76.1        | 1.071943        | 80.3    | 1.050969 | 84.5    | 1.034595 | 88.7    | 1.022069 |
| 72.0    | 1.097789 | 76.2        | 1.071383        | 80.4    | 1.050529 | 84.6    | 1.034255 | 88.8    | 1.021812 |
| 72.1    | 1.097086 | 76.3        | 1.070826        | 80.5    | 1.050091 | 84.7    | 1.033917 | 88.9    | 1.021558 |
| 72.2    | 1.096388 | 76.4        | 1.070273        | 80.6    | 1.049657 | 84.8    | 1.033581 | 89.0    | 1.021305 |
| 72.3    | 1.095693 | 76.5        | 1.069722        | 80.7    | 1.049224 | 84.9    | 1.033247 | 89.1    | 1.021054 |
| 72.4    | 1.095003 | 76.6        | 1.069175        | 80.8    | 1.048795 | 85.0    | 1.032915 | 89.2    | 1.020805 |
| 72.5    | 1.094316 | 76.7        | 1.068631        | 80.9    | 1.048368 | 85.1    | 1.032586 | 89.3    | 1.020557 |
| 72.6    | 1.093632 | 76.8        | 1.068090        | 81.0    | 1.047943 | 85.2    | 1.032258 | 89.4    | 1.020312 |
| 72.7    | 1.092953 | 76.9        | 1.067551        | 81.1    | 1.047521 | 85.3    | 1.031933 | 89.5    | 1.020068 |
| 72.8    | 1.092277 | 77.0        | 1.067016        | 81.2    | 1.047101 | 85.4    | 1.031610 | 89.6    | 1.019826 |
| 72.9    | 1.091605 | 77.1        | 1.066484        | 81.3    | 1.046684 | 85.5    | 1.031288 | 89.7    | 1.019586 |
| 73.0    | 1.090936 | 77.2        | 1.065955        | 81.4    | 1.046270 | 85.6    | 1.030969 | 89.8    | 1.019347 |
| 73.1    | 1.090271 | 77.3        | 1.065429        | 81.5    | 1.045858 | 85.7    | 1.030652 | 89.9    | 1.019110 |
| 73.2    | 1.089610 | 77.4        | 1.064906        | 81.6    | 1.045448 | 85.8    | 1.030337 | 90.0    | 1.018875 |
| 73.3    | 1.088953 | 77.5        | 1.064385        | 81.7    | 1.045041 | 85.9    | 1.030025 | 90.1    | 1.018642 |
| 73.4    | 1.088299 | 77.6        | 1.063868        | 81.8    | 1.044636 | 86.0    | 1.029714 | 90.2    | 1.018411 |
| 73.5    | 1.087648 | 77.7        | 1.063354        | 81.9    | 1.044234 | 86.1    | 1.029405 | 90.3    | 1.018181 |
| 73.6    | 1.087002 | 77.8        | 1.062842        | 82.0    | 1.043834 | 86.2    | 1.029098 | 90.4    | 1.017953 |
| 73.7    | 1.086358 | 77.9        | 1.062334        | 82.1    | 1.043437 | 86.3    | 1.028794 | 90.5    | 1.017727 |
| 73.8    | 1.085719 | 78.0        | 1.061828        | 82.2    | 1.043041 | 86.4    | 1.028491 | 90.6    | 1.017502 |
| 73.9    | 1.085083 | 78.1        | 1.061326        | 82.3    | 1.042649 | 86.5    | 1.028190 | 90.7    | 1.017279 |
| 74.0    | 1.084450 | 78.2        | 1.060826        | 82.4    | 1.042259 | 86.6    | 1.027892 | 90.8    | 1.017058 |
| 74.1    | 1.083821 | 78.3        | 1.060329        | 82.5    | 1.041871 | 86.7    | 1.027595 | 90.9    | 1.016839 |

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| PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS               |
|---------|----------|---------|----------|---------|----------|---------|----------|-----------------------|
| 91.0    | 1.016621 | 95.2    | 1.008928 | 99.4    | 1.003807 | 103.6   | 1.000922 | <b>107.8 1.000000</b> |
| 91.1    | 1.016405 | 95.3    | 1.008778 | 99.5    | 1.003713 | 103.7   | 1.000878 |                       |
| 91.2    | 1.016191 | 95.4    | 1.008629 | 99.6    | 1.003621 | 103.8   | 1.000835 |                       |
| 91.3    | 1.015978 | 95.5    | 1.008482 | 99.7    | 1.003530 | 103.9   | 1.000794 |                       |
| 91.4    | 1.015767 | 95.6    | 1.008336 | 99.8    | 1.003440 | 104.0   | 1.000753 |                       |
| 91.5    | 1.015558 | 95.7    | 1.008191 | 99.9    | 1.003352 | 104.1   | 1.000714 |                       |
| 91.6    | 1.015350 | 95.8    | 1.008048 | 100.0   | 1.003265 | 104.2   | 1.000676 |                       |
| 91.7    | 1.015144 | 95.9    | 1.007906 | 100.1   | 1.003179 | 104.3   | 1.000638 |                       |
| 91.8    | 1.014940 | 96.0    | 1.007766 | 100.2   | 1.003094 | 104.4   | 1.000602 |                       |
| 91.9    | 1.014737 | 96.1    | 1.007627 | 100.3   | 1.003010 | 104.5   | 1.000567 |                       |
| 92.0    | 1.014536 | 96.2    | 1.007489 | 100.4   | 1.002928 | 104.6   | 1.000533 |                       |
| 92.1    | 1.014336 | 96.3    | 1.007353 | 100.5   | 1.002847 | 104.7   | 1.000500 |                       |
| 92.2    | 1.014138 | 96.4    | 1.007219 | 100.6   | 1.002767 | 104.8   | 1.000469 |                       |
| 92.3    | 1.013942 | 96.5    | 1.007085 | 100.7   | 1.002689 | 104.9   | 1.000438 |                       |
| 92.4    | 1.013747 | 96.6    | 1.006953 | 100.8   | 1.002611 | 105.0   | 1.000408 |                       |
| 92.5    | 1.013554 | 96.7    | 1.006823 | 100.9   | 1.002535 | 105.1   | 1.000380 |                       |
| 92.6    | 1.013363 | 96.8    | 1.006694 | 101.0   | 1.002460 | 105.2   | 1.000352 |                       |
| 92.7    | 1.013173 | 96.9    | 1.006566 | 101.1   | 1.002386 | 105.3   | 1.000326 |                       |
| 92.8    | 1.012985 | 97.0    | 1.006440 | 101.2   | 1.002314 | 105.4   | 1.000300 |                       |
| 92.9    | 1.012798 | 97.1    | 1.006315 | 101.3   | 1.002242 | 105.5   | 1.000276 |                       |
| 93.0    | 1.012613 | 97.2    | 1.006191 | 101.4   | 1.002172 | 105.6   | 1.000253 |                       |
| 93.1    | 1.012430 | 97.3    | 1.006069 | 101.5   | 1.002103 | 105.7   | 1.000231 |                       |
| 93.2    | 1.012248 | 97.4    | 1.005948 | 101.6   | 1.002035 | 105.8   | 1.000209 |                       |
| 93.3    | 1.012067 | 97.5    | 1.005828 | 101.7   | 1.001969 | 105.9   | 1.000189 |                       |
| 93.4    | 1.011888 | 97.6    | 1.005710 | 101.8   | 1.001903 | 106.0   | 1.000170 |                       |
| 93.5    | 1.011711 | 97.7    | 1.005593 | 101.9   | 1.001839 | 106.1   | 1.000152 |                       |
| 93.6    | 1.011535 | 97.8    | 1.005478 | 102.0   | 1.001776 | 106.2   | 1.000135 |                       |
| 93.7    | 1.011361 | 97.9    | 1.005363 | 102.1   | 1.001714 | 106.3   | 1.000119 |                       |
| 93.8    | 1.011188 | 98.0    | 1.005250 | 102.2   | 1.001653 | 106.4   | 1.000104 |                       |
| 93.9    | 1.011017 | 98.1    | 1.005139 | 102.3   | 1.001593 | 106.5   | 1.000090 |                       |
| 94.0    | 1.010847 | 98.2    | 1.005029 | 102.4   | 1.001535 | 106.6   | 1.000077 |                       |
| 94.1    | 1.010679 | 98.3    | 1.004920 | 102.5   | 1.001477 | 106.7   | 1.000065 |                       |
| 94.2    | 1.010513 | 98.4    | 1.004812 | 102.6   | 1.001421 | 106.8   | 1.000054 |                       |
| 94.3    | 1.010348 | 98.5    | 1.004706 | 102.7   | 1.001366 | 106.9   | 1.000044 |                       |
| 94.4    | 1.010184 | 98.6    | 1.004601 | 102.8   | 1.001312 | 107.0   | 1.000035 |                       |
| 94.5    | 1.010022 | 98.7    | 1.004497 | 102.9   | 1.001260 | 107.1   | 1.000027 |                       |
| 94.6    | 1.009861 | 98.8    | 1.004395 | 103.0   | 1.001208 | 107.2   | 1.000021 |                       |
| 94.7    | 1.009702 | 98.9    | 1.004293 | 103.1   | 1.001157 | 107.3   | 1.000015 |                       |
| 94.8    | 1.009544 | 99.0    | 1.004194 | 103.2   | 1.001108 | 107.4   | 1.000010 |                       |
| 94.9    | 1.009388 | 99.1    | 1.004095 | 103.3   | 1.001060 | 107.5   | 1.000006 |                       |
| 95.0    | 1.009233 | 99.2    | 1.003998 | 103.4   | 1.001013 | 107.6   | 1.000003 |                       |
| 95.1    | 1.009080 | 99.3    | 1.003902 | 103.5   | 1.000967 | 107.7   | 1.000001 |                       |

## 2. Coeficientes Sinclair Masculinos 2005-2008

PC = Peso Corporal do Atleta (em Kg)    CS = Coeficiente Sinclair

| PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS | PC ⇒ CS  | PC ⇒ CS |          |      |          |      |          |
|---------|----------|---------|----------|---------|----------|------|----------|------|----------|
| 32.0    | 2.747263 | 36.2    | 2.377196 | 40.4    | 2.109680 | 44.6 | 1.908942 | 48.8 | 1.753847 |
| 32.1    | 2.736848 | 36.3    | 2.369818 | 40.5    | 2.104230 | 44.7 | 1.904784 | 48.9 | 1.750591 |
| 32.2    | 2.726524 | 36.4    | 2.362496 | 40.6    | 2.098816 | 44.8 | 1.900650 | 49.0 | 1.747353 |
| 32.3    | 2.716290 | 36.5    | 2.355229 | 40.7    | 2.093439 | 44.9 | 1.896542 | 49.1 | 1.744133 |
| 32.4    | 2.706145 | 36.6    | 2.348018 | 40.8    | 2.088098 | 45.0 | 1.892458 | 49.2 | 1.740931 |
| 32.5    | 2.696087 | 36.7    | 2.340861 | 40.9    | 2.082793 | 45.1 | 1.888399 | 49.3 | 1.737746 |
| 32.6    | 2.686117 | 36.8    | 2.333758 | 41.0    | 2.077524 | 45.2 | 1.884365 | 49.4 | 1.734579 |
| 32.7    | 2.676232 | 36.9    | 2.326708 | 41.1    | 2.072290 | 45.3 | 1.880355 | 49.5 | 1.731429 |
| 32.8    | 2.666432 | 37.0    | 2.319711 | 41.2    | 2.067090 | 45.4 | 1.876369 | 49.6 | 1.728296 |
| 32.9    | 2.656715 | 37.1    | 2.312766 | 41.3    | 2.061925 | 45.5 | 1.872407 | 49.7 | 1.725181 |
| 33.0    | 2.647081 | 37.2    | 2.305873 | 41.4    | 2.056795 | 45.6 | 1.868468 | 49.8 | 1.722082 |
| 33.1    | 2.637529 | 37.3    | 2.299031 | 41.5    | 2.051698 | 45.7 | 1.864553 | 49.9 | 1.719000 |
| 33.2    | 2.628058 | 37.4    | 2.292240 | 41.6    | 2.046635 | 45.8 | 1.860661 | 50.0 | 1.715936 |
| 33.3    | 2.618666 | 37.5    | 2.285499 | 41.7    | 2.041605 | 45.9 | 1.856792 | 50.1 | 1.712887 |
| 33.4    | 2.609353 | 37.6    | 2.278807 | 41.8    | 2.036608 | 46.0 | 1.852947 | 50.2 | 1.709855 |
| 33.5    | 2.600118 | 37.7    | 2.272165 | 41.9    | 2.031643 | 46.1 | 1.849124 | 50.3 | 1.706840 |
| 33.6    | 2.590960 | 37.8    | 2.265571 | 42.0    | 2.026711 | 46.2 | 1.845323 | 50.4 | 1.703840 |
| 33.7    | 2.581879 | 37.9    | 2.259025 | 42.1    | 2.021811 | 46.3 | 1.841545 | 50.5 | 1.700857 |
| 33.8    | 2.572872 | 38.0    | 2.252527 | 42.2    | 2.016943 | 46.4 | 1.837788 | 50.6 | 1.697890 |
| 33.9    | 2.563940 | 38.1    | 2.246076 | 42.3    | 2.012106 | 46.5 | 1.834054 | 50.7 | 1.694939 |
| 34.0    | 2.555081 | 38.2    | 2.239671 | 42.4    | 2.007301 | 46.6 | 1.830342 | 50.8 | 1.692003 |
| 34.1    | 2.546295 | 38.3    | 2.233313 | 42.5    | 2.002526 | 46.7 | 1.826651 | 50.9 | 1.689083 |
| 34.2    | 2.537581 | 38.4    | 2.227000 | 42.6    | 1.997782 | 46.8 | 1.822982 | 51.0 | 1.686179 |
| 34.3    | 2.528937 | 38.5    | 2.220733 | 42.7    | 1.993069 | 46.9 | 1.819334 | 51.1 | 1.683290 |
| 34.4    | 2.520364 | 38.6    | 2.214510 | 42.8    | 1.988385 | 47.0 | 1.815707 | 51.2 | 1.680416 |
| 34.5    | 2.511861 | 38.7    | 2.208332 | 42.9    | 1.983732 | 47.1 | 1.812101 | 51.3 | 1.677558 |
| 34.6    | 2.503425 | 38.8    | 2.202198 | 43.0    | 1.979108 | 47.2 | 1.808516 | 51.4 | 1.674714 |
| 34.7    | 2.495058 | 38.9    | 2.196107 | 43.1    | 1.974513 | 47.3 | 1.804951 | 51.5 | 1.671886 |
| 34.8    | 2.486758 | 39.0    | 2.190059 | 43.2    | 1.969948 | 47.4 | 1.801407 | 51.6 | 1.669072 |
| 34.9    | 2.478524 | 39.1    | 2.184054 | 43.3    | 1.965411 | 47.5 | 1.797883 | 51.7 | 1.666274 |
| 35.0    | 2.470356 | 39.2    | 2.178091 | 43.4    | 1.960903 | 47.6 | 1.794379 | 51.8 | 1.663490 |
| 35.1    | 2.462252 | 39.3    | 2.172169 | 43.5    | 1.956423 | 47.7 | 1.790896 | 51.9 | 1.660720 |
| 35.2    | 2.454213 | 39.4    | 2.166289 | 43.6    | 1.951971 | 47.8 | 1.787432 | 52.0 | 1.657965 |
| 35.3    | 2.446237 | 39.5    | 2.160450 | 43.7    | 1.947547 | 47.9 | 1.783987 | 52.1 | 1.655224 |
| 35.4    | 2.438324 | 39.6    | 2.154652 | 43.8    | 1.943150 | 48.0 | 1.780562 | 52.2 | 1.652498 |
| 35.5    | 2.430473 | 39.7    | 2.148894 | 43.9    | 1.938781 | 48.1 | 1.777157 | 52.3 | 1.649785 |
| 35.6    | 2.422683 | 39.8    | 2.143176 | 44.0    | 1.934439 | 48.2 | 1.773770 | 52.4 | 1.647087 |
| 35.7    | 2.414954 | 39.9    | 2.137497 | 44.1    | 1.930124 | 48.3 | 1.770403 | 52.5 | 1.644402 |
| 35.8    | 2.407285 | 40.0    | 2.131857 | 44.2    | 1.925835 | 48.4 | 1.767055 | 52.6 | 1.641732 |
| 35.9    | 2.399675 | 40.1    | 2.126255 | 44.3    | 1.921573 | 48.5 | 1.763725 | 52.7 | 1.639075 |
| 36.0    | 2.392125 | 40.2    | 2.120692 | 44.4    | 1.917337 | 48.6 | 1.760414 | 52.8 | 1.636432 |
| 36.1    | 2.384632 | 40.3    | 2.115167 | 44.5    | 1.913127 | 48.7 | 1.757122 | 52.9 | 1.633802 |

PC = Peso Corporal do Atleta (em Kg)    CS = Coeficiente Sinclair

| PC ⇨ CS     | PC ⇨ CS         | PC ⇨ CS | PC ⇨ CS  | PC ⇨ CS     | PC ⇨ CS         | PC ⇨ CS     | PC ⇨ CS         | PC ⇨ CS | PC ⇨ CS  |
|-------------|-----------------|---------|----------|-------------|-----------------|-------------|-----------------|---------|----------|
| 53.0        | 1.631186        | 57.2    | 1.532321 | 61.4        | 1.451389        | 65.6        | 1.384280        | 69.8    | 1.328035 |
| 53.1        | 1.628583        | 57.3    | 1.530205 | 61.5        | 1.449644        | 65.7        | 1.382824        | 69.9    | 1.326809 |
| 53.2        | 1.625994        | 57.4    | 1.528099 | 61.6        | 1.447907        | 65.8        | 1.381375        | 70.0    | 1.325588 |
| 53.3        | 1.623417        | 57.5    | 1.526003 | 61.7        | 1.446178        | 65.9        | 1.379932        | 70.1    | 1.324372 |
| 53.4        | 1.620854        | 57.6    | 1.523916 | 61.8        | 1.444456        | 66.0        | 1.378494        | 70.2    | 1.323161 |
| 53.5        | 1.618304        | 57.7    | 1.521840 | 61.9        | 1.442742        | 66.1        | 1.377063        | 70.3    | 1.321954 |
| 53.6        | 1.615766        | 57.8    | 1.519773 | <b>62.0</b> | <b>1.441035</b> | 66.2        | 1.375638        | 70.4    | 1.320752 |
| 53.7        | 1.613242        | 57.9    | 1.517716 | 62.1        | 1.439336        | 66.3        | 1.374218        | 70.5    | 1.319555 |
| 53.8        | 1.610730        | 58.0    | 1.515669 | 62.2        | 1.437644        | 66.4        | 1.372805        | 70.6    | 1.318363 |
| 53.9        | 1.608231        | 58.1    | 1.513631 | 62.3        | 1.435960        | 66.5        | 1.371397        | 70.7    | 1.317175 |
| 54.0        | 1.605744        | 58.2    | 1.511602 | 62.4        | 1.434283        | 66.6        | 1.369995        | 70.8    | 1.315993 |
| 54.1        | 1.603270        | 58.3    | 1.509584 | 62.5        | 1.432614        | 66.7        | 1.368599        | 70.9    | 1.314814 |
| 54.2        | 1.600808        | 58.4    | 1.507574 | 62.6        | 1.430952        | 66.8        | 1.367209        | 71.0    | 1.313641 |
| 54.3        | 1.598359        | 58.5    | 1.505574 | 62.7        | 1.429297        | 66.9        | 1.365824        | 71.1    | 1.312472 |
| 54.4        | 1.595922        | 58.6    | 1.503583 | 62.8        | 1.427649        | 67.0        | 1.364445        | 71.2    | 1.311307 |
| 54.5        | 1.593496        | 58.7    | 1.501602 | 62.9        | 1.426008        | 67.1        | 1.363072        | 71.3    | 1.310147 |
| 54.6        | 1.591083        | 58.8    | 1.499629 | 63.0        | 1.424375        | 67.2        | 1.361705        | 71.4    | 1.308992 |
| 54.7        | 1.588682        | 58.9    | 1.497666 | 63.1        | 1.422749        | 67.3        | 1.360343        | 71.5    | 1.307841 |
| 54.8        | 1.586293        | 59.0    | 1.495712 | 63.2        | 1.421129        | 67.4        | 1.358986        | 71.6    | 1.306695 |
| 54.9        | 1.583916        | 59.1    | 1.493767 | 63.3        | 1.419517        | 67.5        | 1.357636        | 71.7    | 1.305553 |
| 55.0        | 1.581550        | 59.2    | 1.491830 | 63.4        | 1.417912        | 67.6        | 1.356290        | 71.8    | 1.304416 |
| 55.1        | 1.579196        | 59.3    | 1.489903 | 63.5        | 1.416313        | 67.7        | 1.354951        | 71.9    | 1.303283 |
| 55.2        | 1.576854        | 59.4    | 1.487984 | 63.6        | 1.414722        | 67.8        | 1.353616        | 72.0    | 1.302154 |
| 55.3        | 1.574523        | 59.5    | 1.486075 | 63.7        | 1.413137        | 67.9        | 1.352287        | 72.1    | 1.301030 |
| 55.4        | 1.572203        | 59.6    | 1.484174 | 63.8        | 1.411559        | 68.0        | 1.350964        | 72.2    | 1.299910 |
| 55.5        | 1.569895        | 59.7    | 1.482281 | 63.9        | 1.409988        | 68.1        | 1.349646        | 72.3    | 1.298795 |
| 55.6        | 1.567598        | 59.8    | 1.480398 | 64.0        | 1.408424        | 68.2        | 1.348333        | 72.4    | 1.297683 |
| 55.7        | 1.565312        | 59.9    | 1.478522 | 64.1        | 1.406866        | 68.3        | 1.347026        | 72.5    | 1.296576 |
| 55.8        | 1.563038        | 60.0    | 1.476656 | 64.2        | 1.405315        | 68.4        | 1.345724        | 72.6    | 1.295474 |
| 55.9        | 1.560774        | 60.1    | 1.474798 | 64.3        | 1.403771        | 68.5        | 1.344427        | 72.7    | 1.294376 |
| <b>56.0</b> | <b>1.558522</b> | 60.2    | 1.472948 | 64.4        | 1.402233        | 68.6        | 1.343135        | 72.8    | 1.293281 |
| 56.1        | 1.556280        | 60.3    | 1.471107 | 64.5        | 1.400702        | 68.7        | 1.341849        | 72.9    | 1.292192 |
| 56.2        | 1.554049        | 60.4    | 1.469273 | 64.6        | 1.399177        | 68.8        | 1.340568        | 73.0    | 1.291106 |
| 56.3        | 1.551829        | 60.5    | 1.467449 | 64.7        | 1.397659        | 68.9        | 1.339292        | 73.1    | 1.290024 |
| 56.4        | 1.549620        | 60.6    | 1.465632 | 64.8        | 1.396147        | <b>69.0</b> | <b>1.338021</b> | 73.2    | 1.288947 |
| 56.5        | 1.547421        | 60.7    | 1.463824 | 64.9        | 1.394641        | 69.1        | 1.336755        | 73.3    | 1.287874 |
| 56.6        | 1.545233        | 60.8    | 1.462023 | 65.0        | 1.393142        | 69.2        | 1.335494        | 73.4    | 1.286805 |
| 56.7        | 1.543055        | 60.9    | 1.460231 | 65.1        | 1.391650        | 69.3        | 1.334239        | 73.5    | 1.285740 |
| 56.8        | 1.540888        | 61.0    | 1.458447 | 65.2        | 1.390163        | 69.4        | 1.332988        | 73.6    | 1.284679 |
| 56.9        | 1.538731        | 61.1    | 1.456670 | 65.3        | 1.388683        | 69.5        | 1.331742        | 73.7    | 1.283622 |
| 57.0        | 1.536584        | 61.2    | 1.454902 | 65.4        | 1.387209        | 69.6        | 1.330502        | 73.8    | 1.282569 |
| 57.1        | 1.534448        | 61.3    | 1.453142 | 65.5        | 1.385741        | 69.7        | 1.329266        | 73.9    | 1.281520 |

PC = Peso Corporal do Atleta (em Kg)    CS = Coeficiente Sinclair

| PC          | ⇒ | CS              | PC   | ⇒ | CS       | PC          | ⇒ | CS              | PC   | ⇒ | CS       | PC          | ⇒ | CS              |
|-------------|---|-----------------|------|---|----------|-------------|---|-----------------|------|---|----------|-------------|---|-----------------|
| 74.0        |   | 1.280475        | 78.2 |   | 1.239961 | 82.4        |   | 1.205238        | 86.6 |   | 1.175331 | 90.8        |   | 1.149470        |
| 74.1        |   | 1.279434        | 78.3 |   | 1.239071 | 82.5        |   | 1.204473        | 86.7 |   | 1.174671 | 90.9        |   | 1.148898        |
| 74.2        |   | 1.278397        | 78.4 |   | 1.238185 | 82.6        |   | 1.203711        | 86.8 |   | 1.174013 | 91.0        |   | 1.148328        |
| 74.3        |   | 1.277364        | 78.5 |   | 1.237302 | 82.7        |   | 1.202952        | 86.9 |   | 1.173357 | 91.1        |   | 1.147761        |
| 74.4        |   | 1.276335        | 78.6 |   | 1.236422 | 82.8        |   | 1.202196        | 87.0 |   | 1.172704 | 91.2        |   | 1.147195        |
| 74.5        |   | 1.275310        | 78.7 |   | 1.235545 | 82.9        |   | 1.201442        | 87.1 |   | 1.172053 | 91.3        |   | 1.146631        |
| 74.6        |   | 1.274289        | 78.8 |   | 1.234671 | 83.0        |   | 1.200691        | 87.2 |   | 1.171404 | 91.4        |   | 1.146068        |
| 74.7        |   | 1.273272        | 78.9 |   | 1.233801 | 83.1        |   | 1.199942        | 87.3 |   | 1.170758 | 91.5        |   | 1.145508        |
| 74.8        |   | 1.272258        | 79.0 |   | 1.232934 | 83.2        |   | 1.199196        | 87.4 |   | 1.170114 | 91.6        |   | 1.144950        |
| 74.9        |   | 1.271248        | 79.1 |   | 1.232070 | 83.3        |   | 1.198453        | 87.5 |   | 1.169471 | 91.7        |   | 1.144393        |
| 75.0        |   | 1.270242        | 79.2 |   | 1.231209 | 83.4        |   | 1.197712        | 87.6 |   | 1.168832 | 91.8        |   | 1.143839        |
| 75.1        |   | 1.269240        | 79.3 |   | 1.230351 | 83.5        |   | 1.196974        | 87.7 |   | 1.168194 | 91.9        |   | 1.143286        |
| 75.2        |   | 1.268242        | 79.4 |   | 1.229496 | 83.6        |   | 1.196239        | 87.8 |   | 1.167558 | 92.0        |   | 1.142735        |
| 75.3        |   | 1.267247        | 79.5 |   | 1.228645 | 83.7        |   | 1.195506        | 87.9 |   | 1.166925 | 92.1        |   | 1.142186        |
| 75.4        |   | 1.266256        | 79.6 |   | 1.227796 | 83.8        |   | 1.194776        | 88.0 |   | 1.166294 | 92.2        |   | 1.141639        |
| 75.5        |   | 1.265269        | 79.7 |   | 1.226951 | 83.9        |   | 1.194048        | 88.1 |   | 1.165665 | 92.3        |   | 1.141094        |
| 75.6        |   | 1.264286        | 79.8 |   | 1.226109 | 84.0        |   | 1.193323        | 88.2 |   | 1.165038 | 92.4        |   | 1.140550        |
| 75.7        |   | 1.263306        | 79.9 |   | 1.225269 | 84.1        |   | 1.192600        | 88.3 |   | 1.164413 | 92.5        |   | 1.140009        |
| 75.8        |   | 1.262330        | 80.0 |   | 1.224433 | 84.2        |   | 1.191880        | 88.4 |   | 1.163791 | 92.6        |   | 1.139469        |
| 75.9        |   | 1.261357        | 80.1 |   | 1.223600 | 84.3        |   | 1.191162        | 88.5 |   | 1.163171 | 92.7        |   | 1.138931        |
| 76.0        |   | 1.260389        | 80.2 |   | 1.222769 | 84.4        |   | 1.190447        | 88.6 |   | 1.162552 | 92.8        |   | 1.138394        |
| 76.1        |   | 1.259423        | 80.3 |   | 1.221942 | 84.5        |   | 1.189735        | 88.7 |   | 1.161936 | 92.9        |   | 1.137860        |
| 76.2        |   | 1.258462        | 80.4 |   | 1.221118 | 84.6        |   | 1.189025        | 88.8 |   | 1.161322 | 93.0        |   | 1.137327        |
| 76.3        |   | 1.257504        | 80.5 |   | 1.220297 | 84.7        |   | 1.188317        | 88.9 |   | 1.160710 | 93.1        |   | 1.136797        |
| 76.4        |   | 1.256549        | 80.6 |   | 1.219478 | 84.8        |   | 1.187612        | 89.0 |   | 1.160100 | 93.2        |   | 1.136267        |
| 76.5        |   | 1.255598        | 80.7 |   | 1.218663 | 84.9        |   | 1.186909        | 89.1 |   | 1.159492 | 93.3        |   | 1.135740        |
| 76.6        |   | 1.254651        | 80.8 |   | 1.217850 | <b>85.0</b> |   | <b>1.186209</b> | 89.2 |   | 1.158887 | 93.4        |   | 1.135215        |
| 76.7        |   | 1.253707        | 80.9 |   | 1.217041 | 85.1        |   | 1.185511        | 89.3 |   | 1.158283 | 93.5        |   | 1.134691        |
| 76.8        |   | 1.252767        | 81.0 |   | 1.216234 | 85.2        |   | 1.184816        | 89.4 |   | 1.157681 | 93.6        |   | 1.134169        |
| 76.9        |   | 1.251830        | 81.1 |   | 1.215430 | 85.3        |   | 1.184123        | 89.5 |   | 1.157082 | 93.7        |   | 1.133649        |
| <b>77.0</b> |   | <b>1.250897</b> | 81.2 |   | 1.214629 | 85.4        |   | 1.183432        | 89.6 |   | 1.156484 | 93.8        |   | 1.133130        |
| 77.1        |   | 1.249967        | 81.3 |   | 1.213831 | 85.5        |   | 1.182744        | 89.7 |   | 1.155889 | 93.9        |   | 1.132613        |
| 77.2        |   | 1.249040        | 81.4 |   | 1.213036 | 85.6        |   | 1.182059        | 89.8 |   | 1.155295 | <b>94.0</b> |   | <b>1.132098</b> |
| 77.3        |   | 1.248117        | 81.5 |   | 1.212244 | 85.7        |   | 1.181375        | 89.9 |   | 1.154704 | 94.1        |   | 1.131585        |
| 77.4        |   | 1.247198        | 81.6 |   | 1.211454 | 85.8        |   | 1.180694        | 90.0 |   | 1.154114 | 94.2        |   | 1.131073        |
| 77.5        |   | 1.246281        | 81.7 |   | 1.210667 | 85.9        |   | 1.180016        | 90.1 |   | 1.153527 | 94.3        |   | 1.130563        |
| 77.6        |   | 1.245368        | 81.8 |   | 1.209883 | 86.0        |   | 1.179339        | 90.2 |   | 1.152941 | 94.4        |   | 1.130055        |
| 77.7        |   | 1.244459        | 81.9 |   | 1.209102 | 86.1        |   | 1.178665        | 90.3 |   | 1.152358 | 94.5        |   | 1.129549        |
| 77.8        |   | 1.243553        | 82.0 |   | 1.208324 | 86.2        |   | 1.177994        | 90.4 |   | 1.151776 | 94.6        |   | 1.129044        |
| 77.9        |   | 1.242650        | 82.1 |   | 1.207548 | 86.3        |   | 1.177325        | 90.5 |   | 1.151197 | 94.7        |   | 1.128541        |
| 78.0        |   | 1.241750        | 82.2 |   | 1.206775 | 86.4        |   | 1.176658        | 90.6 |   | 1.150619 | 94.8        |   | 1.128039        |
| 78.1        |   | 1.240854        | 82.3 |   | 1.206005 | 86.5        |   | 1.175993        | 90.7 |   | 1.150044 | 94.9        |   | 1.127539        |

PC = Peso Corporal do Atleta (em Kg)    CS = Coeficiente Sinclair

| PC   | ⇒ | CS       | PC    | ⇒ | CS       | PC           | ⇒ | CS              | PC    | ⇒ | CS       | PC    | ⇒ | CS       |
|------|---|----------|-------|---|----------|--------------|---|-----------------|-------|---|----------|-------|---|----------|
| 95.0 |   | 1.127041 | 99.2  |   | 1.107549 | 103.4        |   | 1.090588        | 107.6 |   | 1.075825 | 111.8 |   | 1.062983 |
| 95.1 |   | 1.126545 | 99.3  |   | 1.107117 | 103.5        |   | 1.090212        | 107.7 |   | 1.075498 | 111.9 |   | 1.062698 |
| 95.2 |   | 1.126050 | 99.4  |   | 1.106687 | 103.6        |   | 1.089838        | 107.8 |   | 1.075172 | 112.0 |   | 1.062415 |
| 95.3 |   | 1.125557 | 99.5  |   | 1.106258 | 103.7        |   | 1.089464        | 107.9 |   | 1.074847 | 112.1 |   | 1.062133 |
| 95.4 |   | 1.125065 | 99.6  |   | 1.105830 | 103.8        |   | 1.089092        | 108.0 |   | 1.074523 | 112.2 |   | 1.061851 |
| 95.5 |   | 1.124576 | 99.7  |   | 1.105404 | 103.9        |   | 1.088721        | 108.1 |   | 1.074200 | 112.3 |   | 1.061571 |
| 95.6 |   | 1.124087 | 99.8  |   | 1.104979 | 104.0        |   | 1.088351        | 108.2 |   | 1.073879 | 112.4 |   | 1.061291 |
| 95.7 |   | 1.123601 | 99.9  |   | 1.104556 | 104.1        |   | 1.087983        | 108.3 |   | 1.073558 | 112.5 |   | 1.061012 |
| 95.8 |   | 1.123116 | 100.0 |   | 1.104134 | 104.2        |   | 1.087616        | 108.4 |   | 1.073238 | 112.6 |   | 1.060735 |
| 95.9 |   | 1.122632 | 100.1 |   | 1.103714 | 104.3        |   | 1.087250        | 108.5 |   | 1.072920 | 112.7 |   | 1.060458 |
| 96.0 |   | 1.122150 | 100.2 |   | 1.103295 | 104.4        |   | 1.086885        | 108.6 |   | 1.072602 | 112.8 |   | 1.060182 |
| 96.1 |   | 1.121670 | 100.3 |   | 1.102877 | 104.5        |   | 1.086521        | 108.7 |   | 1.072286 | 112.9 |   | 1.059907 |
| 96.2 |   | 1.121192 | 100.4 |   | 1.102460 | 104.6        |   | 1.086159        | 108.8 |   | 1.071971 | 113.0 |   | 1.059633 |
| 96.3 |   | 1.120715 | 100.5 |   | 1.102045 | 104.7        |   | 1.085797        | 108.9 |   | 1.071656 | 113.1 |   | 1.059360 |
| 96.4 |   | 1.120239 | 100.6 |   | 1.101632 | 104.8        |   | 1.085437        | 109.0 |   | 1.071343 | 113.2 |   | 1.059088 |
| 96.5 |   | 1.119765 | 100.7 |   | 1.101220 | 104.9        |   | 1.085079        | 109.1 |   | 1.071031 | 113.3 |   | 1.058816 |
| 96.6 |   | 1.119293 | 100.8 |   | 1.100809 | <b>105.0</b> |   | <b>1.084721</b> | 109.2 |   | 1.070720 | 113.4 |   | 1.058546 |
| 96.7 |   | 1.118823 | 100.9 |   | 1.100399 | 105.1        |   | 1.084364        | 109.3 |   | 1.070409 | 113.5 |   | 1.058277 |
| 96.8 |   | 1.118353 | 101.0 |   | 1.099991 | 105.2        |   | 1.084009        | 109.4 |   | 1.070100 | 113.6 |   | 1.058008 |
| 96.9 |   | 1.117886 | 101.1 |   | 1.099584 | 105.3        |   | 1.083655        | 109.5 |   | 1.069792 | 113.7 |   | 1.057741 |
| 97.0 |   | 1.117420 | 101.2 |   | 1.099179 | 105.4        |   | 1.083302        | 109.6 |   | 1.069485 | 113.8 |   | 1.057474 |
| 97.1 |   | 1.116955 | 101.3 |   | 1.098774 | 105.5        |   | 1.082950        | 109.7 |   | 1.069179 | 113.9 |   | 1.057208 |
| 97.2 |   | 1.116492 | 101.4 |   | 1.098372 | 105.6        |   | 1.082600        | 109.8 |   | 1.068874 | 114.0 |   | 1.056943 |
| 97.3 |   | 1.116031 | 101.5 |   | 1.097970 | 105.7        |   | 1.082250        | 109.9 |   | 1.068570 | 114.1 |   | 1.056679 |
| 97.4 |   | 1.115571 | 101.6 |   | 1.097570 | 105.8        |   | 1.081902        | 110.0 |   | 1.068267 | 114.2 |   | 1.056416 |
| 97.5 |   | 1.115113 | 101.7 |   | 1.097171 | 105.9        |   | 1.081555        | 110.1 |   | 1.067965 | 114.3 |   | 1.056154 |
| 97.6 |   | 1.114656 | 101.8 |   | 1.096773 | 106.0        |   | 1.081208        | 110.2 |   | 1.067664 | 114.4 |   | 1.055892 |
| 97.7 |   | 1.114201 | 101.9 |   | 1.096377 | 106.1        |   | 1.080864        | 110.3 |   | 1.067364 | 114.5 |   | 1.055632 |
| 97.8 |   | 1.113747 | 102.0 |   | 1.095982 | 106.2        |   | 1.080520        | 110.4 |   | 1.067065 | 114.6 |   | 1.055372 |
| 97.9 |   | 1.113295 | 102.1 |   | 1.095589 | 106.3        |   | 1.080177        | 110.5 |   | 1.066767 | 114.7 |   | 1.055114 |
| 98.0 |   | 1.112844 | 102.2 |   | 1.095196 | 106.4        |   | 1.079836        | 110.6 |   | 1.066470 | 114.8 |   | 1.054856 |
| 98.1 |   | 1.112394 | 102.3 |   | 1.094805 | 106.5        |   | 1.079495        | 110.7 |   | 1.066174 | 114.9 |   | 1.054599 |
| 98.2 |   | 1.111947 | 102.4 |   | 1.094415 | 106.6        |   | 1.079156        | 110.8 |   | 1.065879 | 115.0 |   | 1.054343 |
| 98.3 |   | 1.111500 | 102.5 |   | 1.094027 | 106.7        |   | 1.078818        | 110.9 |   | 1.065585 | 115.1 |   | 1.054088 |
| 98.4 |   | 1.111055 | 102.6 |   | 1.093640 | 106.8        |   | 1.078481        | 111.0 |   | 1.065292 | 115.2 |   | 1.053833 |
| 98.5 |   | 1.110612 | 102.7 |   | 1.093254 | 106.9        |   | 1.078145        | 111.1 |   | 1.065000 | 115.3 |   | 1.053580 |
| 98.6 |   | 1.110170 | 102.8 |   | 1.092869 | 107.0        |   | 1.077810        | 111.2 |   | 1.064709 | 115.4 |   | 1.053327 |
| 98.7 |   | 1.109730 | 102.9 |   | 1.092486 | 107.1        |   | 1.077477        | 111.3 |   | 1.064419 | 115.5 |   | 1.053076 |
| 98.8 |   | 1.109291 | 103.0 |   | 1.092104 | 107.2        |   | 1.077144        | 111.4 |   | 1.064130 | 115.6 |   | 1.052825 |
| 98.9 |   | 1.108853 | 103.1 |   | 1.091723 | 107.3        |   | 1.076813        | 111.5 |   | 1.063841 | 115.7 |   | 1.052575 |
| 99.0 |   | 1.108417 | 103.2 |   | 1.091343 | 107.4        |   | 1.076482        | 111.6 |   | 1.063554 | 115.8 |   | 1.052325 |
| 99.1 |   | 1.107982 | 103.3 |   | 1.090965 | 107.5        |   | 1.076153        | 111.7 |   | 1.063268 | 115.9 |   | 1.052077 |

**PC = Peso Corporal do Atleta (em Kg)    CS = Coeficiente Sinclair**

| PC    | CS       | PC    | CS       | PC    | CS       | PC    | CS       | PC    | CS       |
|-------|----------|-------|----------|-------|----------|-------|----------|-------|----------|
| 116.0 | 1.051830 | 120.2 | 1.042170 | 124.4 | 1.033837 | 128.6 | 1.026691 | 132.8 | 1.020607 |
| 116.1 | 1.051583 | 120.3 | 1.041957 | 124.5 | 1.033654 | 128.7 | 1.026534 | 132.9 | 1.020475 |
| 116.2 | 1.051337 | 120.4 | 1.041744 | 124.6 | 1.033471 | 128.8 | 1.026378 | 133.0 | 1.020342 |
| 116.3 | 1.051092 | 120.5 | 1.041532 | 124.7 | 1.033289 | 128.9 | 1.026222 | 133.1 | 1.020211 |
| 116.4 | 1.050848 | 120.6 | 1.041322 | 124.8 | 1.033108 | 129.0 | 1.026067 | 133.2 | 1.020080 |
| 116.5 | 1.050605 | 120.7 | 1.041111 | 124.9 | 1.032927 | 129.1 | 1.025913 | 133.3 | 1.019949 |
| 116.6 | 1.050362 | 120.8 | 1.040902 | 125.0 | 1.032747 | 129.2 | 1.025759 | 133.4 | 1.019819 |
| 116.7 | 1.050121 | 120.9 | 1.040693 | 125.1 | 1.032568 | 129.3 | 1.025606 | 133.5 | 1.019689 |
| 116.8 | 1.049880 | 121.0 | 1.040485 | 125.2 | 1.032389 | 129.4 | 1.025453 | 133.6 | 1.019560 |
| 116.9 | 1.049640 | 121.1 | 1.040278 | 125.3 | 1.032211 | 129.5 | 1.025301 | 133.7 | 1.019432 |
| 117.0 | 1.049401 | 121.2 | 1.040071 | 125.4 | 1.032033 | 129.6 | 1.025150 | 133.8 | 1.019304 |
| 117.1 | 1.049163 | 121.3 | 1.039865 | 125.5 | 1.031856 | 129.7 | 1.024999 | 133.9 | 1.019176 |
| 117.2 | 1.048925 | 121.4 | 1.039660 | 125.6 | 1.031680 | 129.8 | 1.024849 | 134.0 | 1.019050 |
| 117.3 | 1.048688 | 121.5 | 1.039456 | 125.7 | 1.031505 | 129.9 | 1.024699 | 134.1 | 1.018923 |
| 117.4 | 1.048452 | 121.6 | 1.039252 | 125.8 | 1.031330 | 130.0 | 1.024550 | 134.2 | 1.018797 |
| 117.5 | 1.048217 | 121.7 | 1.039049 | 125.9 | 1.031156 | 130.1 | 1.024402 | 134.3 | 1.018672 |
| 117.6 | 1.047983 | 121.8 | 1.038847 | 126.0 | 1.030982 | 130.2 | 1.024254 | 134.4 | 1.018547 |
| 117.7 | 1.047750 | 121.9 | 1.038646 | 126.1 | 1.030809 | 130.3 | 1.024107 | 134.5 | 1.018423 |
| 117.8 | 1.047517 | 122.0 | 1.038445 | 126.2 | 1.030637 | 130.4 | 1.023960 | 134.6 | 1.018299 |
| 117.9 | 1.047285 | 122.1 | 1.038245 | 126.3 | 1.030465 | 130.5 | 1.023814 | 134.7 | 1.018176 |
| 118.0 | 1.047054 | 122.2 | 1.038046 | 126.4 | 1.030294 | 130.6 | 1.023668 | 134.8 | 1.018053 |
| 118.1 | 1.046824 | 122.3 | 1.037847 | 126.5 | 1.030124 | 130.7 | 1.023523 | 134.9 | 1.017931 |
| 118.2 | 1.046595 | 122.4 | 1.037649 | 126.6 | 1.029954 | 130.8 | 1.023379 | 135.0 | 1.017809 |
| 118.3 | 1.046366 | 122.5 | 1.037452 | 126.7 | 1.029785 | 130.9 | 1.023235 | 135.1 | 1.017688 |
| 118.4 | 1.046138 | 122.6 | 1.037256 | 126.8 | 1.029617 | 131.0 | 1.023091 | 135.2 | 1.017568 |
| 118.5 | 1.045911 | 122.7 | 1.037060 | 126.9 | 1.029449 | 131.1 | 1.022949 | 135.3 | 1.017448 |
| 118.6 | 1.045685 | 122.8 | 1.036865 | 127.0 | 1.029282 | 131.2 | 1.022806 | 135.4 | 1.017328 |
| 118.7 | 1.045459 | 122.9 | 1.036670 | 127.1 | 1.029115 | 131.3 | 1.022665 | 135.5 | 1.017209 |
| 118.8 | 1.045235 | 123.0 | 1.036477 | 127.2 | 1.028949 | 131.4 | 1.022524 | 135.6 | 1.017090 |
| 118.9 | 1.045011 | 123.1 | 1.036284 | 127.3 | 1.028784 | 131.5 | 1.022383 | 135.7 | 1.016972 |
| 119.0 | 1.044788 | 123.2 | 1.036091 | 127.4 | 1.028619 | 131.6 | 1.022243 | 135.8 | 1.016855 |
| 119.1 | 1.044565 | 123.3 | 1.035900 | 127.5 | 1.028455 | 131.7 | 1.022104 | 135.9 | 1.016737 |
| 119.2 | 1.044344 | 123.4 | 1.035709 | 127.6 | 1.028292 | 131.8 | 1.021965 | 136.0 | 1.016621 |
| 119.3 | 1.044123 | 123.5 | 1.035519 | 127.7 | 1.028129 | 131.9 | 1.021827 | 136.1 | 1.016505 |
| 119.4 | 1.043903 | 123.6 | 1.035329 | 127.8 | 1.027966 | 132.0 | 1.021689 | 136.2 | 1.016389 |
| 119.5 | 1.043683 | 123.7 | 1.035140 | 127.9 | 1.027805 | 132.1 | 1.021552 | 136.3 | 1.016274 |
| 119.6 | 1.043465 | 123.8 | 1.034952 | 128.0 | 1.027644 | 132.2 | 1.021415 | 136.4 | 1.016160 |
| 119.7 | 1.043247 | 123.9 | 1.034765 | 128.1 | 1.027483 | 132.3 | 1.021279 | 136.5 | 1.016045 |
| 119.8 | 1.043030 | 124.0 | 1.034578 | 128.2 | 1.027324 | 132.4 | 1.021144 | 136.6 | 1.015932 |
| 119.9 | 1.042814 | 124.1 | 1.034392 | 128.3 | 1.027164 | 132.5 | 1.021009 | 136.7 | 1.015819 |
| 120.0 | 1.042599 | 124.2 | 1.034206 | 128.4 | 1.027006 | 132.6 | 1.020875 | 136.8 | 1.015706 |
| 120.1 | 1.042384 | 124.3 | 1.034022 | 128.5 | 1.026848 | 132.7 | 1.020741 | 136.9 | 1.015594 |

**PC = Peso Corporal do Atleta (em Kg)    CS = Coeficiente Sinclair**

| PC    | CS       | PC    | CS       | PC    | CS       | PC    | CS       | PC    | CS       |
|-------|----------|-------|----------|-------|----------|-------|----------|-------|----------|
| 137.0 | 1.015482 | 141.2 | 1.011225 | 145.4 | 1.007754 | 149.6 | 1.005001 | 153.8 | 1.002904 |
| 137.1 | 1.015371 | 141.3 | 1.011133 | 145.5 | 1.007680 | 149.7 | 1.004944 | 153.9 | 1.002861 |
| 137.2 | 1.015261 | 141.4 | 1.011042 | 145.6 | 1.007607 | 149.8 | 1.004887 | 154.0 | 1.002819 |
| 137.3 | 1.015151 | 141.5 | 1.010951 | 145.7 | 1.007534 | 149.9 | 1.004830 | 154.1 | 1.002778 |
| 137.4 | 1.015041 | 141.6 | 1.010861 | 145.8 | 1.007462 | 150.0 | 1.004774 | 154.2 | 1.002736 |
| 137.5 | 1.014932 | 141.7 | 1.010772 | 145.9 | 1.007390 | 150.1 | 1.004718 | 154.3 | 1.002695 |
| 137.6 | 1.014823 | 141.8 | 1.010682 | 146.0 | 1.007318 | 150.2 | 1.004662 | 154.4 | 1.002655 |
| 137.7 | 1.014715 | 141.9 | 1.010593 | 146.1 | 1.007247 | 150.3 | 1.004607 | 154.5 | 1.002614 |
| 137.8 | 1.014607 | 142.0 | 1.010505 | 146.2 | 1.007176 | 150.4 | 1.004553 | 154.6 | 1.002574 |
| 137.9 | 1.014500 | 142.1 | 1.010417 | 146.3 | 1.007106 | 150.5 | 1.004498 | 154.7 | 1.002535 |
| 138.0 | 1.014393 | 142.2 | 1.010330 | 146.4 | 1.007036 | 150.6 | 1.004444 | 154.8 | 1.002495 |
| 138.1 | 1.014287 | 142.3 | 1.010243 | 146.5 | 1.006966 | 150.7 | 1.004391 | 154.9 | 1.002456 |
| 138.2 | 1.014181 | 142.4 | 1.010156 | 146.6 | 1.006897 | 150.8 | 1.004337 | 155.0 | 1.002417 |
| 138.3 | 1.014076 | 142.5 | 1.010070 | 146.7 | 1.006828 | 150.9 | 1.004284 | 155.1 | 1.002379 |
| 138.4 | 1.013971 | 142.6 | 1.009984 | 146.8 | 1.006760 | 151.0 | 1.004232 | 155.2 | 1.002341 |
| 138.5 | 1.013867 | 142.7 | 1.009899 | 146.9 | 1.006692 | 151.1 | 1.004180 | 155.3 | 1.002303 |
| 138.6 | 1.013763 | 142.8 | 1.009814 | 147.0 | 1.006624 | 151.2 | 1.004128 | 155.4 | 1.002266 |
| 138.7 | 1.013659 | 142.9 | 1.009729 | 147.1 | 1.006557 | 151.3 | 1.004076 | 155.5 | 1.002229 |
| 138.8 | 1.013556 | 143.0 | 1.009645 | 147.2 | 1.006490 | 151.4 | 1.004025 | 155.6 | 1.002192 |
| 138.9 | 1.013454 | 143.1 | 1.009561 | 147.3 | 1.006424 | 151.5 | 1.003974 | 155.7 | 1.002156 |
| 139.0 | 1.013352 | 143.2 | 1.009478 | 147.4 | 1.006357 | 151.6 | 1.003924 | 155.8 | 1.002120 |
| 139.1 | 1.013250 | 143.3 | 1.009395 | 147.5 | 1.006292 | 151.7 | 1.003874 | 155.9 | 1.002084 |
| 139.2 | 1.013149 | 143.4 | 1.009313 | 147.6 | 1.006226 | 151.8 | 1.003824 | 156.0 | 1.002049 |
| 139.3 | 1.013049 | 143.5 | 1.009231 | 147.7 | 1.006162 | 151.9 | 1.003775 | 156.1 | 1.002014 |
| 139.4 | 1.012949 | 143.6 | 1.009150 | 147.8 | 1.006097 | 152.0 | 1.003726 | 156.2 | 1.001979 |
| 139.5 | 1.012849 | 143.7 | 1.009069 | 147.9 | 1.006033 | 152.1 | 1.003677 | 156.3 | 1.001945 |
| 139.6 | 1.012750 | 143.8 | 1.008988 | 148.0 | 1.005969 | 152.2 | 1.003629 | 156.4 | 1.001911 |
| 139.7 | 1.012651 | 143.9 | 1.008908 | 148.1 | 1.005906 | 152.3 | 1.003581 | 156.5 | 1.001877 |
| 139.8 | 1.012553 | 144.0 | 1.008828 | 148.2 | 1.005843 | 152.4 | 1.003533 | 156.6 | 1.001843 |
| 139.9 | 1.012455 | 144.1 | 1.008748 | 148.3 | 1.005780 | 152.5 | 1.003486 | 156.7 | 1.001810 |
| 140.0 | 1.012358 | 144.2 | 1.008669 | 148.4 | 1.005718 | 152.6 | 1.003439 | 156.8 | 1.001777 |
| 140.1 | 1.012261 | 144.3 | 1.008591 | 148.5 | 1.005656 | 152.7 | 1.003393 | 156.9 | 1.001745 |
| 140.2 | 1.012164 | 144.4 | 1.008513 | 148.6 | 1.005595 | 152.8 | 1.003347 | 157.0 | 1.001713 |
| 140.3 | 1.012068 | 144.5 | 1.008435 | 148.7 | 1.005534 | 152.9 | 1.003301 | 157.1 | 1.001681 |
| 140.4 | 1.011973 | 144.6 | 1.008358 | 148.8 | 1.005473 | 153.0 | 1.003255 | 157.2 | 1.001649 |
| 140.5 | 1.011878 | 144.7 | 1.008281 | 148.9 | 1.005413 | 153.1 | 1.003210 | 157.3 | 1.001618 |
| 140.6 | 1.011783 | 144.8 | 1.008204 | 149.0 | 1.005353 | 153.2 | 1.003165 | 157.4 | 1.001587 |
| 140.7 | 1.011689 | 144.9 | 1.008128 | 149.1 | 1.005293 | 153.3 | 1.003121 | 157.5 | 1.001557 |
| 140.8 | 1.011595 | 145.0 | 1.008053 | 149.2 | 1.005234 | 153.4 | 1.003077 | 157.6 | 1.001527 |
| 140.9 | 1.011502 | 145.1 | 1.007977 | 149.3 | 1.005175 | 153.5 | 1.003033 | 157.7 | 1.001497 |
| 141.0 | 1.011409 | 145.2 | 1.007902 | 149.4 | 1.005117 | 153.6 | 1.002990 | 157.8 | 1.001467 |
| 141.1 | 1.011317 | 145.3 | 1.007828 | 149.5 | 1.005059 | 153.7 | 1.002947 | 157.9 | 1.001438 |

PC = Peso Corporal do Atleta (em Kg)    CS = Coeficiente Sinclair

| PC ⇨ CS | PC ⇨ CS  | PC ⇨ CS | PC ⇨ CS  | PC ⇨ CS      |                 |
|---------|----------|---------|----------|--------------|-----------------|
| 158.0   | 1.001409 | 162.2   | 1.000468 | 166.4        | 1.000038        |
| 158.1   | 1.001380 | 162.3   | 1.000452 | 166.5        | 1.000033        |
| 158.2   | 1.001352 | 162.4   | 1.000436 | 166.6        | 1.000029        |
| 158.3   | 1.001324 | 162.5   | 1.000420 | 166.7        | 1.000025        |
| 158.4   | 1.001296 | 162.6   | 1.000405 | 166.8        | 1.000022        |
| 158.5   | 1.001269 | 162.7   | 1.000390 | 166.9        | 1.000019        |
| 158.6   | 1.001241 | 162.8   | 1.000376 | 167.0        | 1.000016        |
| 158.7   | 1.001215 | 162.9   | 1.000361 | 167.1        | 1.000013        |
| 158.8   | 1.001188 | 163.0   | 1.000347 | 167.2        | 1.000010        |
| 158.9   | 1.001162 | 163.1   | 1.000334 | 167.3        | 1.000008        |
| 159.0   | 1.001136 | 163.2   | 1.000320 | 167.4        | 1.000006        |
| 159.1   | 1.001111 | 163.3   | 1.000307 | 167.5        | 1.000005        |
| 159.2   | 1.001085 | 163.4   | 1.000294 | 167.6        | 1.000003        |
| 159.3   | 1.001060 | 163.5   | 1.000282 | 167.7        | 1.000002        |
| 159.4   | 1.001036 | 163.6   | 1.000269 | 167.8        | 1.000001        |
| 159.5   | 1.001011 | 163.7   | 1.000257 | 167.9        | 1.000000        |
| 159.6   | 1.000987 | 163.8   | 1.000246 | 168.0        | 1.000000        |
| 159.7   | 1.000964 | 163.9   | 1.000234 | <b>168.1</b> | <b>1.000000</b> |
| 159.8   | 1.000940 | 164.0   | 1.000223 |              |                 |
| 159.9   | 1.000917 | 164.1   | 1.000212 |              |                 |
| 160.0   | 1.000894 | 164.2   | 1.000201 |              |                 |
| 160.1   | 1.000872 | 164.3   | 1.000191 |              |                 |
| 160.2   | 1.000850 | 164.4   | 1.000181 |              |                 |
| 160.3   | 1.000828 | 164.5   | 1.000171 |              |                 |
| 160.4   | 1.000806 | 164.6   | 1.000162 |              |                 |
| 160.5   | 1.000785 | 164.7   | 1.000153 |              |                 |
| 160.6   | 1.000764 | 164.8   | 1.000144 |              |                 |
| 160.7   | 1.000743 | 164.9   | 1.000135 |              |                 |
| 160.8   | 1.000723 | 165.0   | 1.000127 |              |                 |
| 160.9   | 1.000702 | 165.1   | 1.000118 |              |                 |
| 161.0   | 1.000683 | 165.2   | 1.000111 |              |                 |
| 161.1   | 1.000663 | 165.3   | 1.000103 |              |                 |
| 161.2   | 1.000644 | 165.4   | 1.000096 |              |                 |
| 161.3   | 1.000625 | 165.5   | 1.000089 |              |                 |
| 161.4   | 1.000606 | 165.6   | 1.000082 |              |                 |
| 161.5   | 1.000588 | 165.7   | 1.000075 |              |                 |
| 161.6   | 1.000570 | 165.8   | 1.000069 |              |                 |
| 161.7   | 1.000552 | 165.9   | 1.000063 |              |                 |
| 161.8   | 1.000535 | 166.0   | 1.000058 |              |                 |
| 161.9   | 1.000517 | 166.1   | 1.000052 |              |                 |
| 162.0   | 1.000500 | 166.2   | 1.000047 |              |                 |
| 162.1   | 1.000484 | 166.3   | 1.000042 |              |                 |