

Man	17-29	30-39	40-49	50+
15	4.8			
16	5.5			
17	6.2			
18	6.9			
19	7.5			
20	8.1	12.2	12.2	12.6
21	8.6	12.6	12.8	13.2
22	9.1	13.0	13.4	13.8
23	9.6	13.4	14.0	14.4
24	10.1	13.8	14.5	15.5
25	10.5	14.2	15.0	15.6
26	11.0	14.6	15.6	16.2
27	11.5	15.0	16.2	16.8
28	12.0	15.4	16.7	17.4
29	12.5	15.8	17.2	18.0
30	12.9	16.2	17.7	18.6
31	13.3	16.5	18.1	19.1
32	13.7	16.8	18.5	19.6
33	14.1	17.1	18.9	20.0
34	14.4	17.4	19.3	20.4
35	14.7	17.7	19.6	20.8
36	15.1	18.0	20.0	21.3
37	15.5	18.3	20.4	21.7
38	15.8	18.6	20.8	22.1
39	16.1	18.9	21.1	22.5
40	16.4	19.2	21.4	22.9
41	16.7	19.5	21.8	23.3
42	17.0	19.8	22.1	23.7
43	17.3	20.0	22.4	24.1
44	17.5	20.2	22.7	24.4
45	17.7	20.4	23.0	24.7
46	18.0	20.7	23.4	25.1
47	18.3	20.9	23.7	25.5
48	18.6	21.1	24.0	25.9
49	18.8	21.3	24.3	26.2
50	19.0	21.5	24.6	26.5
51	19.3	21.7	24.9	26.8
52	19.5	21.9	25.2	27.1
53	19.7	22.1	25.5	27.4
54	19.9	22.3	25.7	27.7
55	20.1	22.5	25.9	27.9
56	20.4	22.7	26.2	28.2
57	20.6	22.9	26.5	28.5
58	20.8	23.1	26.7	28.8
59	21.0	23.3	26.9	29.0
60	21.2	23.5	27.1	29.2
61	21.4	23.7	27.4	29.5
62	21.6	23.9	27.6	29.8
63	21.8	24.1	27.8	30.0
64	22.0	24.2	28.0	30.2

	17-29	30-39	40-49	50+
65	22.2	24.3	28.2	30.4
66	22.4	24.5	28.5	30.7
67	22.6	24.7	28.7	31.0
68	22.8	24.9	28.9	31.2
69	23.0	25.0	29.1	31.4
70	23.1	25.1	29.3	31.6
71	23.3	25.3	29.5	31.9
72	23.5	25.5	29.7	32.1
73	23.7	25.7	29.9	32.3
74	23.9	25.8	30.1	32.5
75	24.0	25.9	30.3	32.7
76	24.2	26.1	30.5	33.0
77	24.4	26.3	30.7	33.2
78	24.6	26.4	30.9	33.4
79	24.7	26.5	31.1	33.6
80	24.8	26.6	31.2	33.8
81	25.0	26.8	31.4	34.0
82	25.2	26.9	31.6	34.2
83	25.3	27.0	31.8	34.3
84	25.4	27.1	32.0	34.6
85	25.5	27.2	32.1	34.8
90	26.2	27.8	33.0	35.8
95	26.9	28.4	33.7	36.6
100	27.6	29.0	34.4	37.4
105	28.2	29.6	35.1	38.2
110	28.8	30.1	35.8	39.0
115	29.4	30.6	36.4	39.7
120	30.0	31.1	37.0	40.4
125	30.5	31.5	37.6	41.1
130	31.0	31.9	38.2	41.8
135	31.5	32.3	38.7	42.4
140	32.0	32.7	39.2	43.0
145	32.5	33.1	39.7	43.6
150	32.9	33.5	40.2	44.1
155	33.3	33.9	40.7	44.6
160	33.7	34.3	41.2	45.1
165	34.1	34.6	41.6	45.6
170	34.5	34.8	42.0	46.1
175	34.9			
180	35.3			
185	35.6			
190	35.9			

Vrouw	17-29	30-39	40-49	50+
15	10.5			
16	11.3			
17	12.0			
18	12.7			
19	13.4			
20	14.1	17.0	19.8	21.4
21	14.7	17.5	20.3	22.0
22	15.3	18.0	20.8	22.5
23	15.8	18.5	21.3	23.0
24	16.3	19.0	21.8	23.5
25	16.8	19.4	22.2	24.0
26	17.4	19.9	22.7	24.6
27	18.0	20.4	23.2	24.1
28	18.5	20.9	23.7	25.6
29	19.0	21.4	24.1	26.1
30	19.5	21.8	24.5	26.6
31	19.9	22.2	24.9	27.0
32	20.3	22.6	25.3	27.4
33	20.7	23.0	25.7	27.8
34	21.1	23.4	26.1	28.2
35	21.5	23.7	26.4	28.5
36	21.9	24.1	26.8	28.9
37	22.3	24.5	27.2	29.3
38	22.7	24.9	27.6	29.7
39	23.1	25.2	27.9	30.0
40	23.4	25.5	28.2	30.3
41	23.8	25.8	28.5	30.7
42	24.1	16.1	28.8	31.0
43	24.4	26.4	29.1	31.3
44	24.7	26.7	29.4	31.6
45	25.0	26.9	29.6	31.9
46	25.3	27.2	29.9	32.2
47	25.6	27.5	30.2	32.5
48	25.9	27.8	30.5	32.8
49	26.2	28.0	30.8	33.1
50	26.5	28.2	31.0	33.4
51	26.8	28.5	31.3	33.7
52	27.1	28.8	31.5	34.0
53	27.4	29.0	31.7	34.2
54	27.6	29.2	31.9	34.4
55	27.8	29.4	32.1	34.6
56	28.1	29.7	32.4	34.9
57	28.4	30.0	32.6	35.1
58	28.7	30.2	32.8	35.3
59	28.9	30.4	33.0	35.5
60	29.1	30.6	33.2	35.7
61	29.4	30.8	33.4	35.9
62	29.6	31.0	33.6	36.1
63	29.8	31.2	33.8	36.3
64	30.3	31.4	34.0	36.5

	17-29	30-39	40-49	50+
65	30.2	31.6	34.1	36.7
66	30.4	31.8	34.3	36.9
67	30.6	32.0	34.5	37.1
68	30.8	33.2	34.7	37.3
69	31.0	32.5	35.0	37.5
70	31.2	32.5	35.0	37.7
71	31.4	32.7	35.2	37.9
72	31.6	32.9	35.4	38.1
73	31.8	33.1	35.6	38.3
74	32.0	33.3	35.8	38.5
75	32.2	33.4	35.9	38.7
76	32.4	33.6	36.1	38.9
77	32.6	33.8	36.3	39.1
78	32.8	34.0	36.5	39.3
79	33.0	34.2	36.6	39.5
80	33.1	34.3	36.7	39.6
81	33.3	34.5	36.9	39.8
82	33.5	34.7	37.1	40.0
83	33.7	34.9	37.3	40.2
84	33.9	35.0	37.4	40.3
85	34.0	35.1	37.5	40.4
90	34.8	35.8	38.3	41.2
95	35.8	36.5	39.0	41.9
100	36.4	37.2	39.7	42.6
105	37.1	37.9	40.4	43.3
110	37.8	38.6	41.0	43.9
115	38.4	39.1	41.5	44.5
120	39.0	39.6	42.0	45.1
125	39.6	40.1	42.5	45.7
130	40.2	40.6	43.0	46.2
135	40.8	41.1	43.5	46.7
140	41.3	41.6	44.0	47.2
145	41.8	42.1	44.5	47.7
150	42.3	42.6	45.0	48.2
155	42.8	43.1	45.4	48.7
160	43.3	43.6	45.8	49.2
165	43.7	44.0	46.2	49.6
170	44.1	44.4	46.6	50.0
175		44.8	47.0	50.4
180		45.2	47.4	50.8
185		45.6	47.8	51.2
190		45.9	48.2	51.6
195		46.2	48.5	52.0
200		46.5	48.8	52.4
205			49.1	52.7
210			49.4	53.0

Durnin & Womersley tabel

Het gemiddelde van 3 metingen, som van de huidplooiën:  
 1) Biceps (op de helft van de schouder elleboog-schouder afstand aan de voorzijde van de bovenarm)  
 2) Triceps op de helft van de schouder elleboog-schouder afstand aan de achterzijde van de bovenarm)  
 3) Scapula (evenwijdig aan de scapula onderrand)  
 4) Buik, 2,5 cm naast navel, horizontaal

Opmerking

Bij het opvolgen van de huidplooiën is het meer precies als de huidplooiën op zich worden vergeleken (en niet steeds om te zetten naar een vetpercentage)