BMI-Tabelle

BMI=(kg/m²), Gewicht in kg, Grösse in m

Grösse in m \ Gewicht in kg	44	46	48	50	52	54	56	58	60	62	64	66	68	70	72	74	76	78	80	82	84	86	88	90	92	94	96	98	100	102	104	106	108	110	112	114	116	118
1.60	17.2	18.0	18.8	19.5	20.3	21.1	21.9	22.7	23.4	24.2	25.0	25.8	26.6	27.3	28.1	28.9	29.7	30.5	31.3	32.0	32.8	33.6	34.4															
1.61		17.7	18.5	19.3	20.1	20.8	21.6	22.4	23.1	23.9	24.7	25.5	26.2	27.0	27.8	28.5	29.3	30.1	30.9	31.6	32.4	33.2	33.9	34.7														
1.62		17.5	18.3	19.1	19.8	20.6	21.3	22.1	22.9	23.6	24.4	25.1	25.9	26.7	27.4	28.2	29.0	29.7	30.5	31.2	32.0	32.8	33.5	34.3														
1.63		17.3	18.1	18.8	19.6	20.3	21.1	21.8	22.6	23.3	24.1	24.8	25.6	26.3	27.1	27.9	28.6	29.4	30.1	30.9	31.6	32.4	33.1	33.9	34.6													
1.64		17.1	17.8	18.6	19.3	20.1	20.8	21.6	22.3	23.1	23.8	24.5	25.3	26.0	26.8	27.5	28.3	29.0	29.7	30.5	31.2	32.0	32.7	33.5	34.2	34.9												
1.65			17.6	18.4	19.1	19.8	20.6	21.3	22.0	22.8	23.5	24.2	25.0	25.7	26.4	27.2	27.9	28.7	29.4	30.1	30.9	31.6	32.3	33.1	33.8	34.5												
1.66			17.4	18.1	18.9	19.6	20.3	21.0	21.8	22.5	23.2	24.0	24.7	25.4	26.1	26.9	27.6	28.3	29.0	29.8	30.5	31.2	31.9	32.7	33.4	34.1	34.8											
1.67			17.2	17.9	18.6	19.4	20.1	20.8	21.5	22.2	22.9	23.7	24.4	25.1	25.8	26.5	27.3	28.0	28.7	29.4	30.1	30.8	31.6	32.3	33.0	33.7	34.4											
1.68			17.0	17.7	18.4	19.1	19.8	20.5	21.3	22.0	22.7	23.4	24.1	24.8	25.5	26.2	26.9	27.6	28.3	29.1	29.8	30.5	31.2	31.9	32.6	33.3	34.0	34.7										
1.69				17.5	18.2	18.9	19.6	20.3	21.0	21.7	22.4	23.1	23.8	24.5	25.2	25.9	26.6	27.3	28.0	28.7	29.4	30.1	30.8	31.5	32.2	32.9	33.6	34.3										
1.70				17.3	18.0	18.7	19.4	20.1	20.8	21.5	22.1	22.8	23.5	24.2	24.9	25.6	26.3	27.0	27.7	28.4	29.1	29.8	30.4	31.1	31.8	32.5	33.2	33.9	34.6									
1.71				17.1	17.8	18.5	19.2	19.8	20.5	21.2	21.9	22.6	23.3	23.9	24.6	25.3	26.0	26.7	27.4	28.0	28.7	29.4	30.1	30.8	31.5	32.1	32.8	33.5	34.2	34.9								
1.72					17.6	18.3	18.9	19.6	20.3	21.0	21.6	22.3	23.0	23.7	24.3	25.0	25.7	26.4	27.0	27.7	28.4	29.1	29.7	30.4	31.1	31.8	32.4	33.1	33.8	34.5								
1.73					17.4	18.0	18.7	19.4	20.0	20.7	21.4	22.1	22.7	23.4	24.1	24.7	25.4	26.1	26.7	27.4	28.1	28.7	29.4	30.1	30.7	31.4	32.1	32.7	33.4	34.1	34.7							
1.74					17.2	17.8	18.5	19.2	19.8	20.5	21.1	21.8	22.5	23.1	23.8	24.4	25.1	25.8	26.4	27.1	27.7	28.4	29.1	29.7	30.4	31.0	31.7	32.4	33.0	33.7	34.4							
1.75						17.6	18.3	18.9	19.6	20.2	20.9	21.6	22.2	22.9	23.5	24.2	24.8	25.5	26.1	26.8	27.4	28.1	28.7	29.4	30.0	30.7	31.3	32.0	32.7	33.3	34.0	34.6						
1.76						17.4	18.1	18.7	19.4	20.0	20.7	21.3	22.0	22.6	23.2	23.9	24.5	25.2	25.8	26.5	27.1	27.8	28.4	29.1	29.7	30.3	31.0	31.6	32.3	32.9	33.6	34.2	34.9					
1.77						17.2	17.9	18.5	19.2	19.8	20.4	21.1	21.7	22.3	23.0	23.6	24.3	24.9	25.5	26.2	26.8	27.5	28.1	28.7	29.4	30.0	30.6	31.3	31.9	32.6	33.2	33.8	34.5					
1.78						17.0	17.7	18.3	18.9	19.6	20.2	20.8	21.5	22.1	22.7	23.4	24.0	24.6	25.2	25.9	26.5	27.1	27.8	28.4	29.0	29.7	30.3	30.9	31.6	32.2	32.8	33.5	34.1	34.7				
1.79							17.5	18.1	18.7	19.4	20.0	20.6	21.2	21.8	22.5	23.1	23.7	24.3	25.0	25.6	26.2	26.8	27.5	28.1	28.7	29.3	30.0	30.6	31.2	31.8	32.5	33.1	33.7	34.3	35.0			
1.80							17.3	17.9	18.5	19.1	19.8	20.4	21.0	21.6	22.2	22.8	23.5	24.1	24.7	25.3	25.9	26.5	27.2	27.8	28.4	29.0	29.6	30.2	30.9	31.5	32.1	32.7	33.3	34.0	34.6			
1.81							17.1	17.7	18.3	18.9	19.5	20.1	20.8	21.4	22.0	22.6	23.2	23.8	24.4	25.0	25.6	26.3	26.9	27.5	28.1	28.7	29.3	29.9	30.5	31.1	31.7	32.4	33.0	33.6	34.2	34.8		
1.82								17.5	18.1	18.7	19.3	19.9	20.5	21.1	21.7	22.3	22.9	23.5	24.2	24.8	25.4	26.0	26.6	27.2	27.8	28.4	29.0	29.6	30.2	30.8	31.4	32.0	32.6	33.2	33.8	34.4		
1.83								17.3	17.9	18.5	19.1	19.7	20.3	20.9	21.5	22.1	22.7	23.3	23.9	24.5	25.1	25.7	26.3	26.9	27.5	28.1	28.7	29.3	29.9	30.5	31.1	31.7	32.2	32.8	33.4	34.0	34.6	
1.84								17.1	17.7	18.3	18.9	19.5	20.1	20.7	21.3	21.9	22.4	23.0	23.6	24.2	24.8	25.4	26.0	26.6	27.2	27.8	28.4	28.9	29.5	30.1	30.7	31.3	31.9	32.5	33.1	33.7	34.3	34.9
1.85									17.5	18.1	18.7	19.3	19.9	20.5	21.0	21.6	22.2	22.8	23.4	24.0	24.5	25.1	25.7	26.3	26.9	27.5	28.0	28.6	29.2	29.8	30.4	31.0	31.6	32.1	32.7	33.3	33.9	34.5
1.86									17.3	17.9	18.5	19.1	19.7	20.2	20.8	21.4	22.0	22.5	23.1	23.7	24.3	24.9	25.4	26.0	26.6	27.2	27.7	28.3	28.9	29.5	30.1	30.6	31.2	31.8	32.4	33.0	33.5	34.1
1.87									17.2	17.7	18.3	18.9	19.4	20.0	20.6	21.2	21.7	22.3	22.9	23.4	24.0	24.6	25.2	25.7	26.3	26.9	27.5	28.0	28.6	29.2	29.7	30.3	30.9	31.5	32.0	32.6	33.2	33.7
1.88										17.5	18.1	18.7	19.2	19.8	20.4	20.9	21.5	22.1	22.6	23.2	23.8	24.3	24.9	25.5	26.0	26.6	27.2	27.7	28.3	28.9	29.4	30.0	30.6	31.1	31.7	32.3	32.8	33.4
1.89										17.4	17.9	18.5	19.0	19.6	20.2	20.7	21.3	21.8	22.4	23.0	23.5	24.1	24.6	25.2	25.8	26.3	26.9	27.4	28.0	28.6	29.1	29.7	30.2	30.8	31.4	31.9	32.5	33.0
1.90										17.2	17.7	18.3	18.8	19.4	19.9	20.5	21.1	21.6	22.2	22.7	23.3	23.8	24.4	24.9	25.5	26.0	26.6	27.1	27.7	28.3	28.8	29.4	29.9	30.5	31.0	31.6	32.1	32.7

Untergewicht (<20) — Normalgewicht (20-25) — Übergewicht (25-30) — Adipositas (>30)

Abnehmen ist einfach, Du musst nur motiviert bleiben durchzuhalten.

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