|  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  | 140 cm (4’7”) | 145 cm (4’9”) | 150 cm (4’11”) | 155 cm (5’1”) | 160 cm (5’3”) | 165 cm (5’5”) | 170 cm (5’7”) | 175 cm (5’9”) | 180 cm (5’11”) |
| 50 kg | 1 ml | 1.1 ml | 1.2 ml | 1.3 ml |  |  |  |  |  |
| 55 kg | 1 ml | 1.1 ml | 1.2 ml | 1.2 ml | 1.4 ml |  |  |  |  |
| 60 kg | 1 ml | 1.1 ml | 1.1 ml | 1.2 ml | 1.4 ml | 1.4 ml |  |  |  |
| 65 kg | 1 ml | 1 ml | 1.1 ml | 1.2 ml | 1.3 ml | 1.4 ml | 1.5 ml |  |  |
| 70 kg | 0.9 ml | 1 ml | 1 ml | 1.2 ml | 1.3 ml | 1.4 ml | 1.5 ml | 1.5 ml |  |
| 75 kg |  | 1 ml | 1 ml | 1.1 ml | 1.3 ml | 1.4 ml | 1.4 ml | 1.5 ml | 1.6 ml |
| 80 kg |  | 1 ml | 1 ml | 1.1 ml | 1.2 ml | 1.4 ml | 1.4 ml | 1.5 ml | 1.6 ml |
| 85 kg |  |  | 1 ml | 1 ml | 1.2 ml | 1.3 ml | 1.4 ml | 1.5 ml | 1.5 ml |
| 90 kg |  |  | 1 ml | 1 ml | 1.1 ml | 1.3 ml | 1.3 ml | 1.5 ml | 1.5 ml |
| 95 kg |  |  |  | 1 ml | 1.1 ml | 1.2 ml | 1.3 ml | 1.4 ml | 1.5 ml |
| 100 kg |  |  |  | 1 ml | 1.1 ml | 1.1 ml | 1.3 ml | 1.4 ml | 1.4 ml |
| 105 kg |  |  |  |  | 1 ml | 1.1 ml | 1.3 ml | 1.4 ml | 1.4 ml |
| 110 kg |  |  |  |  |  | 1.1 ml | 1.3 ml | 1.4 ml | 1.4 ml |