



Grundumsatz

Kilokalorien [kcal] / Berechnung des „Energieverbrauchs in Ruhe“ auf Basis der individuellen Körperzusammensetzung (Muskelmasse) mittels der BIA-Methode von EgoFit. Weitere Berechnungen unter www.egofit.de



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|--------------------|-----|-------|-------|-------|-----|
| Alter [Jahre] | <30 | 30-40 | 41-50 | 51-60 | >60 |
| Frauen Muskeln [%] | 38 | 36 | 34 | 30 | 28 |

| | | Gewicht [kg] | | | | | | | | | | | | | | | | | | | | |
|-----------------|-----------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|-----|
| | | 40 | 42 | 44 | 46 | 48 | 50 | 52 | 54 | 56 | 58 | 60 | 62 | 64 | 66 | 68 | 70 | 72 | 74 | 76 | 78 | |
| Muskelmasse [%] | 44 | 1281 2060 | 1322 2100 | 1363 2140 | 1403 2179 | 1434 2218 | 1482 2257 | 1522 2296 | 1562 2335 | 1503 2374 | 1643 2403 | 1681 2442 | 1711 2481 | 1750 2520 | 1791 2560 | 1831 2600 | 1870 2638 | 1910 2678 | 1951 2717 | 1991 2756 | 2028 2795 | |
| | 42 | 1245 1990 | 1282 2027 | 1320 2065 | 1358 2103 | 1396 2141 | 1433 2179 | 1471 2217 | 1509 2254 | 1547 2292 | 1584 2330 | 1622 2368 | 1660 2405 | 1698 2443 | 1735 2481 | 1773 2519 | 1801 2556 | 1839 2594 | 1876 2642 | 1914 2680 | 1952 2717 | |
| | 40 | 1210 1922 | 1246 1958 | 1282 1994 | 1318 2030 | 1354 2066 | 1390 2102 | 1426 2138 | 1462 2174 | 1498 2210 | 1533 2246 | 1569 2282 | 1604 2318 | 1640 2354 | 1675 2390 | 1711 2426 | 1747 2462 | 1783 2498 | 1819 2534 | 1855 2570 | 1891 2606 | |
| | 38 | 1175 1855 | 1208 1890 | 1242 1925 | 1275 1960 | 1308 1993 | 1341 2028 | 1375 2061 | 1409 2095 | 1442 2130 | 1477 2163 | 1510 2197 | 1543 2230 | 1577 2265 | 1610 2300 | 1643 2333 | 1677 2366 | 1710 2399 | 1745 2434 | 1780 2465 | 1815 2500 | |
| | 36 | 1139 1781 | 1171 1813 | 1203 1847 | 1235 1880 | 1267 1913 | 1300 1945 | 1330 1977 | 1362 2009 | 1394 2041 | 1425 2073 | 1460 2105 | 1492 2138 | 1523 2170 | 1555 2202 | 1587 2234 | 1619 2266 | 1650 2298 | 1682 2330 | 1715 2361 | 1748 2392 | |
| | 34 | 1103 1712 | 1133 1742 | 1163 1772 | 1193 1803 | 1225 1833 | 1255 1863 | 1286 1893 | 1317 1923 | 1348 1953 | 1379 1984 | 1410 2014 | 1440 2045 | 1471 2075 | 1501 2105 | 1531 2135 | 1561 2165 | 1591 2195 | 1622 2225 | 1652 2255 | 1682 2285 | |
| | 32 | 1067 1638 | 1096 1666 | 1125 1694 | 1154 1722 | 1184 1750 | 1213 1778 | 1242 1806 | 1271 1835 | 1300 1864 | 1329 1894 | 1359 1923 | 1388 1953 | 1416 1982 | 1444 2012 | 1472 2041 | 1500 2070 | 1528 2108 | 1556 2136 | 1584 2164 | 1610 2181 | |
| | 30 | 1031 1558 | 1058 1585 | 1085 1612 | 1112 1639 | 1138 1667 | 1165 1693 | 1192 1721 | 1219 1749 | 1245 1776 | 1272 1803 | 1299 1830 | 1326 1858 | 1352 1886 | 1379 1912 | 1406 1940 | 1433 1968 | 1460 1995 | 1486 2021 | 1513 2048 | 1540 2074 | |
| | 28 | 995 1495 | 1020 1520 | 1045 1545 | 1070 1570 | 1095 1595 | 1120 1620 | 1145 1645 | 1170 1670 | 1195 1695 | 1220 1720 | 1245 1745 | 1270 1770 | 1295 1795 | 1320 1820 | 1345 1845 | 1370 1870 | 1395 1895 | 1420 1920 | 1445 1945 | 1470 1970 | |
| | 26 | 959 1423 | 982 1446 | 1005 1469 | 1028 1492 | 1052 1515 | 1075 1538 | 1098 1562 | 1121 1585 | 1144 1608 | 1168 1631 | 1191 1654 | 1214 1677 | 1237 1700 | 1261 1724 | 1284 1747 | 1307 1770 | 1330 1794 | 1353 1817 | 1376 1841 | 1400 1865 | |
| | 24 | 924 1350 | 945 1371 | 966 1392 | 988 1414 | 1009 1435 | 1030 1456 | 1052 1477 | 1073 1499 | 1094 1520 | 1116 1541 | 1137 1563 | 1158 1584 | 1180 1606 | 1201 1627 | 1222 1648 | 1244 1670 | 1265 1692 | 1286 1713 | 1308 1735 | 1329 1758 | |
| | | | 80 | 82 | 84 | 86 | 88 | 90 | 92 | 94 | 96 | 98 | 100 | 102 | 104 | 106 | 108 | 110 | 112 | 114 | 116 | 118 |
| | | | Gewicht [kg] | | | | | | | | | | | | | | | | | | | |