



<i>M</i>	<i>s</i>	<i>h</i>	<i>H</i>	<i>ØD</i>
M 4	7	6.0	9.5	11.0
M 5	8	5.5	10.0	11.0
M 6	10	6.5	13.0	13.0
M 8	13	8.5	16.5	17.0
M10	16	9.5	19.0	21.0
M10	17	9.5	19.0	21.0
M12	18	11.0	21.0	23.0
M12	19	11.0	21.5	23.5
M14	22	12.0	24.0	27.0
M16	24	13.5	26.0	29.0
M18	27	17.0	30.5	33.5
M20	30	18.0	33.5	37.0
M22	32	19.0	36.0	39.5
M24	36	20.0	39.5	44.0
M27	41	22.5	46.0	50.0
M30	46	24.5	51.5	56.0
M33	50	28.0	56.0	60.5
M36	55	29.0	58.0	66.0
M39	60	33.5	61.0	72.0
M42	65	34.5	66.0	77.0
M45	70	33.0	73.0	84.0