

Reference values for standardized exercise test. WOMEN

Predicted values (W_{pred}) for maximal physical work capacity are calculated as the product of an age factor (A), a height factor (B) and a work load factor (C).	
Age factor (A)	
Height factor (B)	
Work load factor (C)	
$(W_{pred})=A*B*C$	

Work load increase used (men), W/min	Factor (C)
5	0.89
10	1.00
15	1.07
20	1.12
25	1.16

Age Women. Adult (>10 yrs)			
Age, yrs	Age factor (A)	Age, yrs	Age factor (A)
≤ 10	→		
11	1.48	46	1.56
12	1.54	47	1.54
13	1.59	48	1.53
14	1.63	49	1.51
15	1.67	50	1.50
16	1.70	51	1.48
17	1.72	52	1.47
18	1.74	53	1.45
19	1.75	54	1.44
20	1.76	55	1.42
21	1.77	56	1.41
22	1.77	57	1.39
23	1.77	58	1.38
24	1.77	59	1.36
25	1.77	60	1.35
26	1.77	61	1.33
27	1.77	62	1.32
28	1.76	63	1.30
29	1.75	64	1.29
30	1.75	65	1.27
31	1.74	66	1.25
32	1.73	67	1.24
33	1.72	68	1.22
34	1.71	69	1.21
35	1.70	70	1.19
36	1.69	71	1.18
37	1.68	72	1.16
38	1.67	73	1.15
39	1.65	74	1.13
40	1.64	75	1.12
41	1.63	76	1.10
42	1.61	77	1.09
43	1.60	78	1.07
44	1.59	79	1.06
45	1.57	80	1.04

Height Women. Adult (>10 yrs)			
Height, cm	Height factor (B)	Height, cm	Height factor (B)
→			
148	81.6	170	104.0
149	82.6	171	105.1
150	83.6	172	106.1
151	84.7	173	107.1
152	85.7	174	108.1
153	86.7	175	109.1
154	87.7	176	110.2
155	88.7	177	111.2
156	89.8	178	112.2
157	90.8	179	113.2
158	91.8	180	114.2
159	92.8	181	115.3
160	93.8	182	116.3
161	94.9	183	117.3
162	95.9	184	118.3
163	96.9		
164	97.9		
165	98.9		
166	100.0		
167	101.0		
168	102.0		
169	103.0		

Children, female (≤ 10 yrs)	
Height, cm	Height factor (B)
→ ↓	
127	71.5
128	74.2
129	76.8
130	79.5
131	82.1
132	84.8
133	87.4
134	90.1
135	92.7
136	95.4
137	98.0
138	100.7
139	103.3
140	106.0
141	108.6
142	111.3
143	113.9
144	116.6
145	119.2
146	121.9