

表6 最大酸素摂取量:性、年齢別平均と標準偏差(m=平均値、 σ =標準偏差、単位=ml/kg/min)

年 齢	男 性			女 性		
	m- σ	m	m+ σ	m- σ	m	m+ σ
20	34.1	43.9	53.6	27.1	36.2	45.3
21	33.9	43.5	53.2	27.0	36.0	45.1
22	33.6	43.2	52.8	26.9	35.9	44.9
23	33.3	42.8	52.3	26.7	35.7	44.8
24	33.1	42.5	51.9	26.6	35.6	44.6
25	32.8	42.2	51.6	26.5	35.4	44.4
26	32.6	41.9	51.2	26.4	35.3	44.2
27	32.4	41.6	50.8	26.2	35.1	44.0
28	32.1	41.3	50.5	26.1	35.0	43.9
29	31.9	41.0	50.1	26.0	34.8	43.7
30	31.7	40.7	49.8	25.9	34.7	43.5
31	31.5	40.5	49.5	25.7	34.5	43.4
32	31.3	40.2	49.2	25.6	34.4	43.2
33	31.1	40.0	48.9	25.5	34.2	43.0
34	30.9	39.7	48.6	25.4	34.1	42.9
35	30.7	39.5	48.3	25.2	33.9	42.7
36	30.5	39.3	48.0	25.1	33.8	42.6
37	30.4	39.1	47.8	25.0	33.6	42.4
38	30.2	38.9	47.5	24.8	33.5	42.3
39	30.0	38.7	47.3	24.7	33.3	42.1
40	29.9	38.5	47.1	24.6	33.2	42.0
41	29.7	38.3	46.9	24.5	33.1	41.8
42	29.6	38.1	46.7	24.3	32.9	41.7
43	29.5	38.0	46.5	24.2	32.8	41.6
44	29.3	37.8	46.3	24.1	32.7	41.4
45	29.2	37.7	46.1	23.9	32.5	41.3
46	29.1	37.5	46.0	23.8	32.4	41.2
47	29.0	37.4	45.8	23.7	32.2	41.0
48	28.9	37.3	45.7	23.5	32.1	40.9
49	28.8	37.2	45.6	23.4	32.0	40.8
50	28.7	37.1	45.5	23.3	31.8	40.7
51	28.6	37.0	45.4	23.1	31.7	40.5
52	28.5	36.9	45.3	23.0	31.6	40.4
53	28.5	36.8	45.2	22.9	31.4	40.3
54	28.4	36.8	45.1	22.7	31.3	40.2
55	28.3	36.7	45.1	22.6	31.2	40.1
56	28.3	36.6	45.0	22.5	31.1	40.0
57	28.2	36.6	45.0	22.3	30.9	39.9
58	28.2	36.6	45.0	22.2	30.8	39.8
59	28.1	36.5	44.9	22.1	30.7	39.6
60	28.1	36.5	44.9	21.9	30.6	39.5
61	28.1	36.5	45.0	21.8	30.4	39.4
62	28.1	36.5	45.0	21.7	30.3	39.4
63	28.1	36.5	45.0	21.5	30.2	39.3
64	28.1	36.6	45.0	21.4	30.1	39.2