

Reference values for standardized exercise test. MEN

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	0.83
10	0.93
15	1.00
20	1.05
25	1.09

Age Men. Adult (>10 yrs)			
Age. yrs	Age factor (A)	Age. yrs	Age factor (A)
≤ 10	→		
11	1.95	46	2.47
12	2.10	47	2.45
13	2.22	48	2.43
14	2.32	49	2.40
15	2.40	50	2.38
16	2.47	51	2.36
17	2.53	52	2.33
18	2.57	53	2.31
19	2.61	54	2.28
20	2.65	55	2.26
21	2.67	56	2.24
22	2.69	57	2.21
23	2.71	58	2.19
24	2.72	59	2.16
25	2.73	60	2.14
26	2.74	61	2.11
27	2.74	62	2.08
28	2.74	63	2.06
29	2.73	64	2.03
30	2.73	65	2.01
31	2.72	66	1.98
32	2.71	67	1.96
33	2.70	68	1.93
34	2.69	69	1.90
35	2.68	70	1.88
36	2.66	71	1.85
37	2.65	72	1.83
38	2.63	73	1.80
39	2.61	74	1.77
40	2.59	75	1.75
41	2.58	76	1.72
42	2.56	77	1.70
43	2.54	78	1.67
44	2.51	79	1.64
45	2.49	80	1.62

Height Men. Adult (>10 yrs)			
Height. cm	Height factor (B)	Height. cm	Height factor (B)
→			
138	58.5	170	91.8
139	59.6	171	92.8
140	60.6	172	93.9
141	61.6	173	94.9
142	62.7	174	96.0
143	63.7	175	97.0
144	64.8	176	98.0
145	65.8	177	99.1
146	66.8	178	100.1
147	67.9	179	101.2
148	68.9	180	102.2
149	70.0	181	103.2
150	71.0	182	104.3
151	72.0	183	105.3
152	73.1	184	106.4
153	74.1	185	107.4
154	75.2	186	108.4
155	76.2	187	109.5
156	77.2	188	110.5
157	78.3	189	111.6
158	79.3	190	112.6
159	80.4	191	113.6
160	81.4	192	114.7
161	82.4	193	115.7
162	83.5	194	116.8
163	84.5	195	117.8
164	85.6	196	118.8
165	86.6	197	119.9
166	87.6	198	120.9
167	88.7	199	122.0
168	89.7	200	123.0
169	90.8		

Children. male (≤ 10 yrs)	
Height. cm	Height factor (B)
→ ↓	
126	85.5
127	88.4
128	91.3
129	94.1
130	97.0
131	99.9
132	102.7
133	105.6
134	108.5
135	111.3
136	114.2
137	117.1
138	119.9
139	122.8
140	125.7
141	128.5
142	131.4
143	134.3
144	137.1
145	140.0
146	142.9