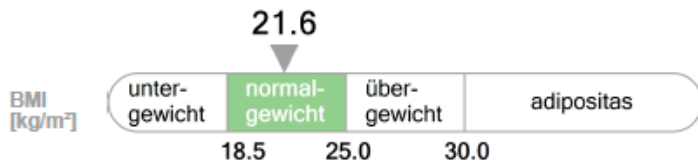


BMI

Gewicht:
64.00 kg

Größe:
1.720 m

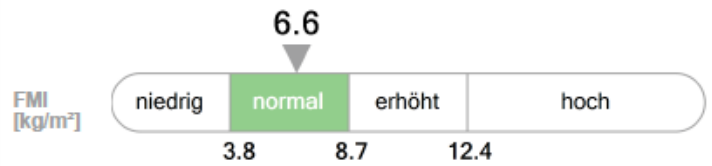
BMI:
21.63 kg/m²



Fettmasse

Fettmasse (FM):
19.39 kg (30.3 %)*

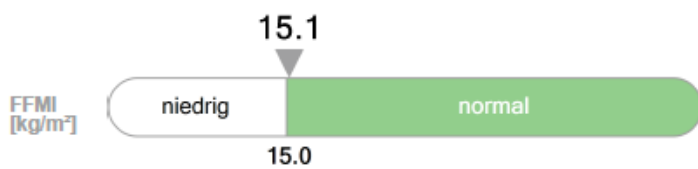
Fettmasse-Index (FMI):
6.6 kg/m²



Fettfreie Masse

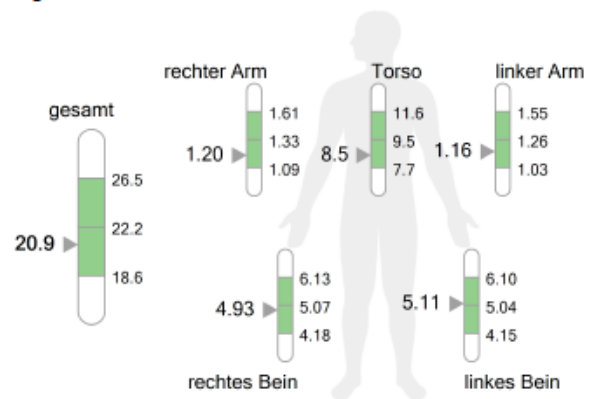
Fettfreie Masse (FFM):
44.61 kg (69.7 %)*

Fettfreie-Masse-Index (FFMI):
15.1 kg/m²



Skelettmuskelmasse

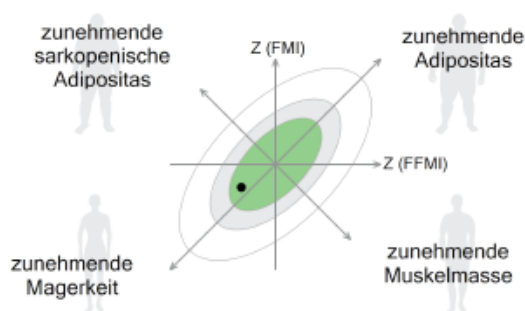
Skelettmuskelmasse (SMM):
20.90 kg



Body Composition Chart

Fettmasse-Index (FMI):
6.6 kg/m²

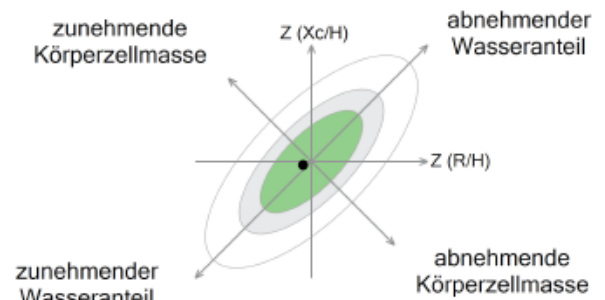
Fettfreie-Masse-Index (FFMI):
15.1 kg/m²



BIVA

Resistanz (R):
595.7 Ω

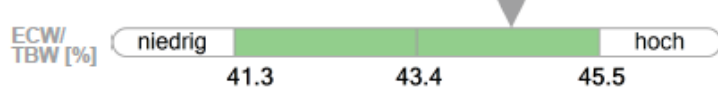
Reaktanz (Xc):
61.6 Ω



Wasser

Gesamtkörperwasser (TBW): 33.1 l (51.4 %)*
 Extrazelluläres Wasser (ECW): 14.7 l (22.9 %)*

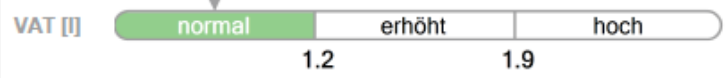
ECW/TBW:
 44.5 %



Viszerales Fett & Taillenumfang

Viszerales Fett (VAT):
 0.6 l

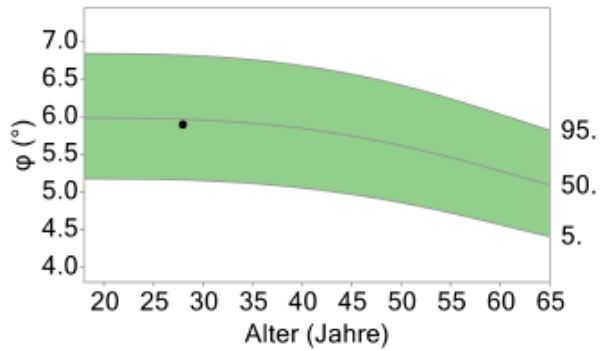
Taillenumfang (WC):
 0.74 m



Phasenwinkel

Phasenwinkel (φ):
 5.9°

Perzentile:
 45.



Energie

Gesamtenergieverbrauch:
 2285 kcal/ Tag

Empfohlene Energieaufnahme:

Physical Activity Level:
 1.6

Dauer:

Ruheenergieverbrauch:
 1428 kcal/ Tag

Therapieziel: