



	leef tijdsgroep						31 - 60 jaar						> 60 jaar											
	20 - 30 jaar			31 - 60 jaar			31 - 60 jaar			> 60 jaar			20-60 jaar			20-60 jaar								
	♀	♂	♀♂	♀	♂	♀♂	♀	♂	♀♂	♀	♂	♀♂	♀	♂	♀♂	♀	♂	♀♂						
Standaard	188.7	184.8	8.0	176.1	10.9	165.2	5.7	177.0	7.6	170.8	8.9	160.5	6.5	172.9	6.7	166.5	9.0	168.8	6.7	181.7	8.3	174.3	10.6	
1 lichaamslengte	157.8	153.3	8.0	144.2	10.5	135.2	5.2	145.7	7.3	140.2	8.2	131.6	6.0	142.5	6.3	136.9	8.2	136.5	6.3	170.5	8.1	163.4	10.2	
2 ooghoogte	138.1	131.5	6.1	115.3	7.4	101.8	4.3	109.9	5.7	105.6	6.5	98.5	4.7	106.7	5.2	102.5	6.4	103.4	5.1	113.4	5.9	108.4	9.4	
3 schouderhoogte	105.0	101.5	5.6	90.7	7.1	82.2	4.2	99.0	5.4	96.0	5.6	91.1	4.3	96.4	4.6	93.7	5.2	93.9	4.6	102.2	6.1	98.1	6.8	
4 ellebooghoogte	95.2	91.5	6.1	82.6	5.1	74.1	3.5	79.7	4.5	76.7	4.9	71.6	4.2	76.9	4.1	74.2	4.9	75.5	4.1	81.7	4.7	78.6	5.4	
5 heuphoogte	77.0	74.5	4.7	68.6	5.1	64.1	3.5	70.7	4.5	67.7	4.9	62.6	3.5	68.9	4.1	66.0	4.9	67.1	3.5	74.5	4.1	71.6	5.4	
6 vuistgriephoogte																								
Zittend	88.8	86.7	3.9	82.0	5.1	78.5	3.1	82.5	3.5	79.3	4.4	75.3	3.5	80.0	3.7	77.6	4.9	78.7	3.8	84.5	3.8	81.1	5.1	
7 kruin-zitvlakhoogte	77.9	76.2	3.2	74.2	4.7	70.8	3.1	76.1	3.5	73.7	4.1	70.3	3.5	75.1	3.5	72.1	4.5	73.2	3.4	80.3	3.7	77.0	4.7	
8 oog-zitvlakhoogte	58.2	56.4	3.4	53.1	3.8	50.5	2.9	55.2	3.1	52.7	3.8	50.4	3.0	55.6	3.1	52.9	4.0	54.7	3.1	62.1	3.2	59.8	4.0	
9 schouder-zitvlakhoogte	25.1	24.2	2.8	25.6	2.8	23.0	3.0	25.3	2.8	24.1	3.2	21.3	2.7	23.7	2.9	22.5	3.0	24.3	3.0	26.1	2.8	25.2	3.0	
10 elleboog-zitvlakhoogte	14.1	13.4	1.7	15.3	1.5	14.5	1.5	14.4	1.2	14.5	1.3	13.9	1.4	13.5	1.3	13.7	1.4	14.8	1.4	15.0	1.4	14.9	1.5	
11 di-zitvlakhoogte	44.1	42.5	4.9	37.1	4.6	34.1	2.6	38.1	3.2	35.6	3.7	32.6	2.7	37.3	2.8	34.8	3.5	36.6	2.6	40.1	2.9	37.8	4.0	
12 knieholte-vloerhoogte																								
Breedten	14.4	14.4	0.5	15.2	0.6	14.8	0.8	14.7	0.6	15.4	0.8	14.2	0.5	14.5	0.5	14.4	0.7	14.3	0.6	15.3	0.6	14.6	0.8	
13 hoofd breedte	42.2	42.3	47.0	2.5	44.4	3.4	42.4	2.8	46.1	2.4	44.1	3.2	41.3	2.3	44.8	2.1	43.0	2.8	42.1	2.4	46.8	2.4	44.5	3.4
14 breedte over schouders	44.3	44.3	3.7	48.8	3.6	46.4	4.3	47.2	4.3	50.2	3.8	48.6	4.3	47.1	4.2	49.5	3.8	48.3	4.2	45.7	4.3	49.9	3.9	
15 breedte over ellebogen	40.2	40.2	2.7	38.8	2.9	39.6	2.9	41.4	3.1	39.7	2.6	40.6	3.0	41.0	3.4	39.8	2.4	40.4	3.0	40.5	2.9	39.4	2.8	
16 heupbreedte zittend																								
Diepten	18.9	18.9	0.8	19.9	0.7	19.4	1.1	18.7	0.7	19.8	0.8	18.3	1.1	18.1	0.6	18.6	0.7	18.4	0.9	18.8	0.8	19.9	0.8	
17 hoofd diepte	32.5	32.5	1.9	36.4	2.0	34.3	2.8	32.1	1.5	36.2	2.1	33.9	2.4	31.8	1.8	34.7	1.8	33.2	2.3	32.2	1.7	35.9	2.2	
18 elleboog-vuistgriepdiepte	67.6	67.6	3.6	76.3	4.3	71.6	5.8	68.8	3.4	74.6	4.7	71.5	5.0	68.8	3.8	74.4	4.3	71.5	4.9	68.2	3.5	75.8	4.5	
19 armlengte-vuistgriepdiepte	23.6	23.6	3.2	25.0	3.5	24.2	3.4	23.9	3.8	29.9	3.5	29.5	3.7	31.3	3.9	31.3	3.2	31.3	3.6	26.3	4.8	27.7	4.5	
20 buikdiepte zittend	29.8	29.8	3.0	28.7	3.1	29.4	3.1	31.0	4.2	30.0	3.9	30.8	4.0	31.1	3.3	30.0	2.6	30.9	3.2	30.3	3.3	29.9	3.8	
21 borstdiepte	49.7	49.7	2.8	52.2	3.0	50.8	3.2	49.9	2.7	50.3	2.7	50.1	2.7	49.2	2.7	49.9	2.5	49.6	2.7	49.5	2.6	51.5	2.9	
22 bil-knieholte diepte	61.0	61.0	3.2	65.1	3.3	62.9	3.8	61.3	2.8	63.1	3.2	62.2	3.1	61.0	3.0	62.5	2.8	61.7	3.0	60.9	3.0	64.5	3.2	
23 bil-knie diepte																								
Hand	17.7	17.7	0.8	19.7	1.1	18.6	1.4	17.9	0.8	19.4	1.0	18.6	1.2	17.8	0.9	19.1	1.0	18.4	1.2	17.8	0.8	19.6	1.1	
24 handlengte	8.9	8.9	0.4	9.7	0.9	9.3	0.6	11.9	0.5	10.3	0.9	9.4	0.6	11.1	0.5	10.3	0.8	9.3	0.6	11.2	0.5	10.3	0.9	
25 handbreedte met duim	7.9	7.9	0.4	9.1	0.5	8.4	0.8	8.1	0.4	9.4	0.6	8.1	0.4	9.0	0.5	8.5	0.6	8.0	0.4	9.1	0.5	8.5	0.7	
26 handbreedte zonder duim	2.0	2.0	0.1	2.3	0.2	2.1	0.1	2.5	0.2	2.3	0.2	2.1	0.2	2.4	0.2	2.3	0.2	2.1	0.2	2.4	0.2	2.2	0.2	
27 duimbreedte	1.5	1.5	0.3	1.8	0.1	1.6	0.2	1.6	0.1	1.9	0.1	1.8	0.2	1.7	0.2	1.8	0.2	1.6	0.2	1.8	0.2	1.7	0.2	
28 wijsvingerbreedte	2.5	2.5	0.3	2.8	0.2	2.4	0.6	2.7	0.5	2.9	0.3	2.6	0.6	2.7	0.5	2.9	0.3	2.8	0.6	2.7	0.5	2.9	0.3	
29 handdikte																								
Voet	24.0	24.0	1.1	26.9	1.5	25.3	2.0	24.5	1.1	26.6	1.5	25.5	1.7	24.3	1.2	26.7	1.3	25.4	1.7	24.2	1.1	26.8	1.5	
30 voellengte	9.1	9.1	0.5	10.1	0.6	9.6	0.7	9.4	0.6	10.1	0.6	9.7	0.7	9.4	0.6	10.0	0.6	9.7	0.7	9.2	0.5	10.1	0.6	
31 voetbreedte	66.5	66.5	9.6	80.8	14.3	73.1	13.9	70.5	11.4	82.3	12.0	76.1	13.1	69.6	10.9	78.3	9.5	73.8	11.1	68.1	11.4	83.1	13.5	
32 lichaamsgewicht (kg)																								
Omvang	55	55	1.7	57.3	1.8	56.2	2.5	55.1	1.5	57.6	1.7	56.4	2.2	55.2	1.7	56.8	1.8	56	2.5	55.1	1.6	57.5	1.7	
a hooft	42.9	42.9	3.2	47.6	3.4	45.3	4.3	44.7	3.5	49.7	3.7	47.2	5	45.8	3.3	48.3	3.2	47.1	4.6	44.2	3.4	49.2	3.5	
b nekbas	94.8	94.8	9.7	96.3	7.3	95.6	11.9	101.3	11.9	104.4	10.2	102.9	15.5	113	13.5	103.8	11.1	108.4	17.2	99.7	11.4	102.4	9.5	
c borst	79.0	79.0	11.0	85.8	8.0	82.4	13.3	86.3	13.0	94.9	10.8	90.6	16.7	97.0	13.8	95.8	11.7	96.4	17.9	84.5	12.5	92.6	10.1	
d taille	104.1	104.1	9.6	101.4	6.9	102.8	11.6	106.6	9.4	103.1	7.6	104.9	11.9	110.7	11.5	100.4	8.5	105.6	14.0	106.0	9.5	102.7	7.4	
e heupen																								

DiNed 2004: Ontwerp relevante maten van volwassen Nederlanders (1997) (Dirken, TUD; Steenbekkers, WUR; Daanen, TNO; Voorbij NEN; Molenbroek, TUD).