

PREGLED IDEALNE TEŽINE I DOPUŠTENE TJELESNE TEŽINE  
NOGOMETNIH SUDACA HNS-a

<i>Visina tijela u cm</i>	<i>ITT</i>	<i>Dopuštena težina + 10% od ITT</i>	<i>Zaokružena dopuštena težina</i>
160	57,5	63,2	63,0
161	58,25	64,0	64,0
162	59,0	64,9	65,0
163	59,75	65,7	66,0
164	60,5	66,5	67,0
165	61,25	67,4	67,0
166	62,0	68,2	68,0
167	62,75	69,0	69,0
168	63,5	69,9	70,0
169	64,25	70,7	71,0
170	65,0	71,5	72,0
171	65,75	72,3	72,0
172	66,5	73,2	73,0
173	67,25	74,0	74,0
174	68,0	74,8	75,0
175	68,75	75,6	76,0
176	69,5	76,5	77,0
177	70,25	77,3	77,0
178	71,0	78,1	78,0
179	71,75	78,9	79,0
180	72,5	79,8	80,0
181	73,25	80,6	81,0
182	74,0	81,4	81,0
183	74,75	82,2	82,0
184	75,5	83,0	83,0
185	76,25	83,9	84,0
186	77,0	84,7	85,0
187	77,75	85,5	86,0
188	78,5	86,4	86,0
189	79,25	87,2	87,0
190	80,0	88,0	88,0
191	80,75	88,9	89,0
192	81,5	89,7	90,0
193	82,25	90,5	91,0
194	83,0	91,3	91,0
195	83,75	92,1	92,0
196	84,5	93,0	93,0
197	85,25	93,8	94,0
198	86,0	94,6	95,0
199	86,75	95,4	95,0
200	87,5	105,0	96,0

**Reference za mjerenje potkožnog masnog tkiva kod sudaca:**  
(based on Jackson & Pollock)

< 12	<b>Odlično</b>
12-14.9	<b>Vrlo dobro</b>
15-17.9	<b>Dobar</b>
18-19.9	<i>Zadovoljavajuće</i>
> 20	<i>Nezadovoljavajuće!</i>

**Reference za mjerenje potkožnog masnog tkiva kod sutkinja:**  
(based on Jackson & Pollock)

< 18	<b>Odlično</b>
18-22	<b>Vrlo dobro</b>
22-25	<b>Dobar</b>
25-29	<i>Zadovoljavajuće</i>
> 29	<i>Nezadovoljavajuće!</i>

