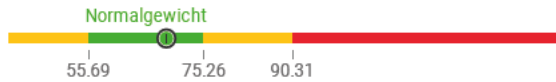


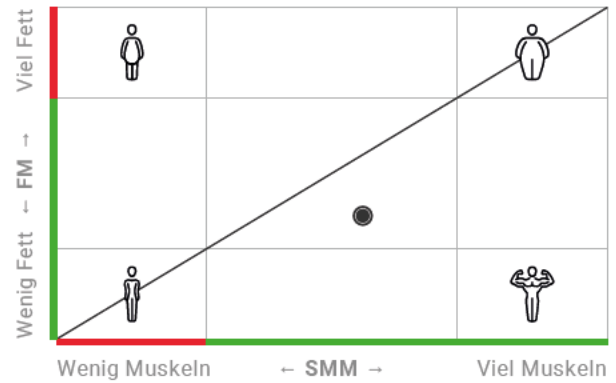
Gewicht

↗ **68.95 kg**



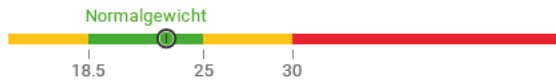
BMI:
22.9 kg/m²

Body Composition Chart - BCC



Body-Mass-Index - BMI

↗ **22.9 kg/m²**



Gewicht **68.95 kg** Größe **173.5 cm**

Taillenumfang - WC

→ **76.0 cm**



Viszerales Fett
0.4 Liter

Prozentuale Fettmasse FM %

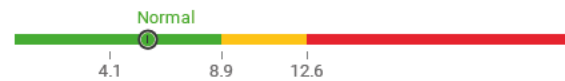
↘ **25.1 %**



Fettmasse: **17.28 kg** Fettmasse-Index (FMI): **5.7 kg/m²**

Fettmasse Index FMI

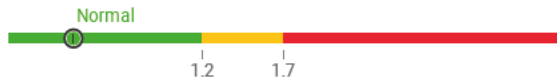
↘ **5.7 kg/m²**



Fettmasse: **17.28 kg** Prozentuale Fettmasse (FM%): **25.1 %**

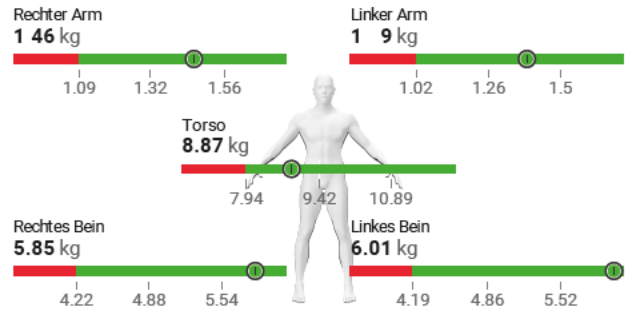
Viszerales Fett - VAT

↘ **0.4** Liter



Taillenumfang:
76 cm

Segmentale Skelettmuskelmasse



Gesamt skelettmuskelmasse:
23.57 kg

Fettfreie-Masse-Index - FFMI

↗ **17.2** kg/m²



Fettfreie Masse:
51.67 kg (74.9 %)

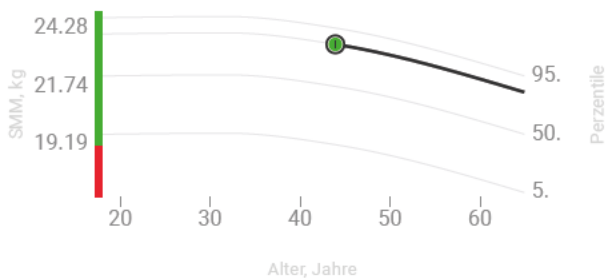
Skelettmuskelmasse - SMM



Prozentuale Skelettmuskelmasse:
34.2 %

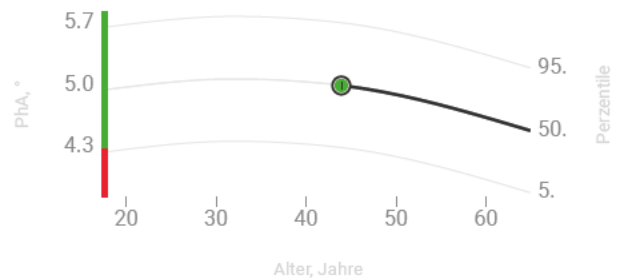
Skelettmuskelmasse in Abhängigkeit vom Alter SMM

↗ **23.57** kg **88.** Perzentile



Phasenwinkel PhA

↘ **5°** **50.** Perzentile



Wasser



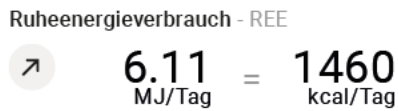
Gesamtkörperwasser (TBW): 55.4 % Extrazelluläres Wasser (ECW): 25 %

Wasserverhältnis - ECW / TBW



TBW: 38.5 Liter (55.4 %) ECW: 17.3 Liter (25 %)

Energieverbrauch - REE / TEE



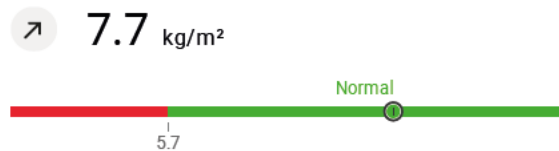
PAL: 1.7

TRU Body Score



Muscle Score: 80 Punkte Fat Score: 34 Punkte

Skelettmuskelmasse-Index der Extremitäten gemäß DXA - A...



Skelettmuskelmasse gemäß DXA entspricht der Weichteilmagermasse

Skelettmuskelmasse der Extremitäten:
23.22 kg (33.7 %)