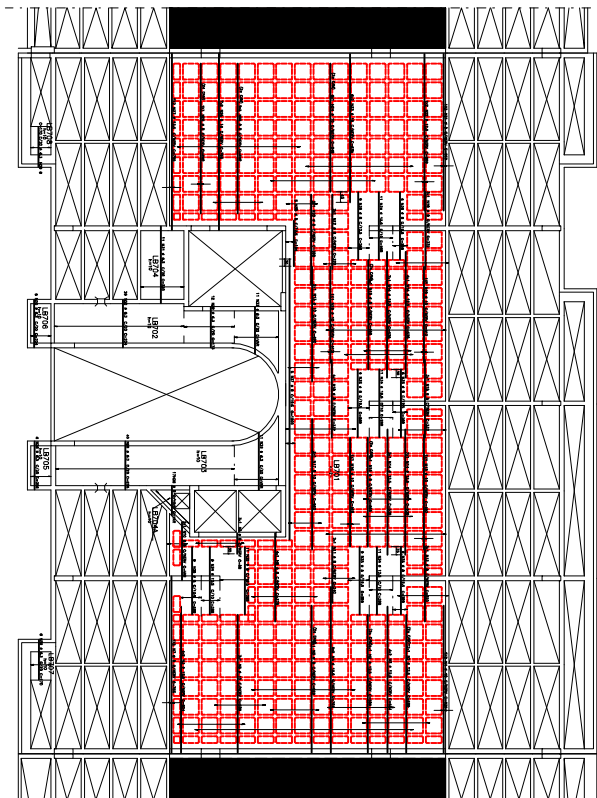
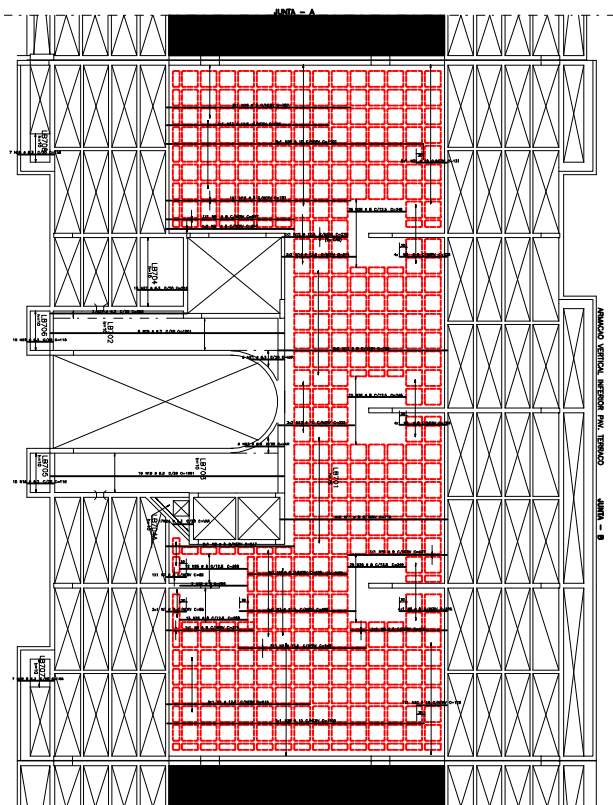
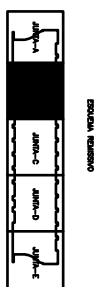
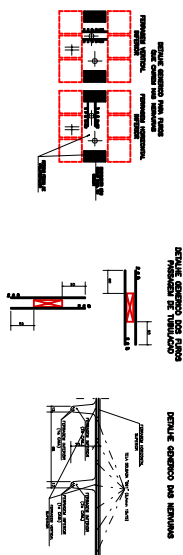


[illegible]

Age	Sex	Height (cm)	Weight (kg)	Body Fat (%)	Lean Body Mass (kg)	Lean Body Mass (lb)	Lean Body Mass (kg)
20	M	175	75	15	63.75	140.8	63.75
21	M	178	78	16	66.12	145.7	66.12
22	M	180	80	17	67.4	148.5	67.4
23	M	182	82	18	68.6	151.3	68.6
24	M	184	84	19	69.7	154.1	69.7
25	M	186	86	20	70.8	156.9	70.8
26	M	188	88	21	71.9	159.7	71.9
27	M	190	90	22	73.0	162.5	73.0
28	M	192	92	23	74.1	165.3	74.1
29	M	194	94	24	75.2	168.1	75.2
30	M	196	96	25	76.3	170.9	76.3
31	M	198	98	26	77.4	173.7	77.4
32	M	200	100	27	78.5	176.5	78.5
33	M	202	102	28	79.6	179.3	79.6
34	M	204	104	29	80.7	182.1	80.7
35	M	206	106	30	81.8	184.9	81.8
36	M	208	108	31	82.9	187.7	82.9
37	M	210	110	32	84.0	190.5	84.0
38	M	212	112	33	85.1	193.3	85.1
39	M	214	114	34	86.2	196.1	86.2
40	M	216	116	35	87.3	198.9	87.3
41	M	218	118	36	88.4	201.7	88.4
42	M	220	120	37	89.5	204.5	89.5
43	M	222	122	38	90.6	207.3	90.6
44	M	224	124	39	91.7	210.1	91.7
45	M	226	126	40	92.8	212.9	92.8
46	M	228	128	41	93.9	215.7	93.9
47	M	230	130	42	95.0	218.5	95.0
48	M	232	132	43	96.1	221.3	96.1
49	M	234	134	44	97.2	224.1	97.2
50	M	236	136	45	98.3	226.9	98.3
51	M	238	138	46	99.4	229.7	99.4
52	M	240	140	47	100.5	232.5	100.5
53	M	242	142	48	101.6	235.3	101.6
54	M	244	144	49	102.7	238.1	102.7
55	M	246	146	50	103.8	240.9	103.8
56	M	248	148	51	104.9	243.7	104.9
57	M	250	150	52	106.0	246.5	106.0
58	M	252	152	53	107.1	249.3	107.1
59	M	254	154	54	108.2	252.1	108.2
60	M	256	156	55	109.3	254.9	109.3
61	M	258	158	56	110.4	257.7	110.4
62	M	260	160	57	111.5	260.5	111.5
63	M	262	162	58	112.6	263.3	112.6
64	M	264	164	59	113.7	266.1	113.7
65	M	266	166	60	114.8	268.9	114.8
66	M	268	168	61	115.9	271.7	115.9
67	M	270	170	62	117.0	274.5	117.0
68	M	272	172	63	118.1	277.3	118.1
69	M	274	174	64	119.2	280.1	119.2
70	M	276	176	65	120.3	282.9	120.

EXCERVO:

— TODAS AS INTERFERÊNCIAS NO PROJETO ESTRUTURAL, COM OS SEUS IMPLICAÇÕES, ASSIM COMO AS CONDIÇÕES E OS ANTES DA FORMULAÇÃO DO PROJETO, E AVALIAÇÃO DO RISCO DE RESPONSABILIDADE TÉCNICA EM OBRA OU PÓS-RESPONSABILIDADE COMERCIALIZAÇÃO.

FCK = 40 MPa
EC = 30 GPd
A/c = 0,60

(valores de resistência mínima)
(dados pelo construtor)

FCK = 40 MPa
EC = 30 GPa
A/C = 0,60

[illegible]