

Ἐπήρεια τῆς ἡλικίας.

Ἐπὶ τῆς ἀναπτύξεως τῆς δυνάμεως τῶν χειρῶν
 παρατηρηθεῖσα διὰ τοῦ δυναμομέτρου
 τοῦ Ρεγνιέρου.

| Ἡλικία εἰς ἔτη. | Ἀνδρική ἰσχὺς. | | | Γυναικεία ἰσχὺς. | | |
|--------------------|----------------|-----------|------------|------------------|-----------|------------|
| | 2 χεῖρες | χειρ δεξ. | χειρ ἀρις. | 2 χεῖρες | χειρ δεξ. | χειρ ἀρις. |
| | Κιλ. | Κιλ. | Κιλ. | Κιλ. | Κιλ. | Κιλ. |
| 6 | 10.3 | 4.0 | 2.0 | — | — | — |
| 7 | 14.0 | 7.0 | 4.0 | — | — | — |
| 8 | — | — | — | 11.8 | 3.6 | 2.8 |
| 9 | 20.0 | 8.5 | 5.0 | 15.5 | 4.7 | 4.0 |
| 10 | 26.0 | 9.8 | 8.4 | 16.2 | 5.6 | 4.8 |
| 11 | 29.2 | 10.7 | 9.2 | 19.5 | 8.2 | 6.7 |
| 12 | 33.6 | 13.9 | 11.7 | 23.0 | 10.1 | 7.0 |
| 13 | 39.8 | 16.6 | 15.0 | 26.7 | 11.0 | 8.1 |
| 14 | 47.9 | 21.4 | 18.8 | 33.4 | 13.6 | 11.3 |
| 15 | 57.1 | 27.8 | 22.6 | 35.6 | 15.0 | 14.1 |
| 16 | 63.9 | 32.3 | 26.8 | 37.7 | 17.3 | 16.5 |
| 17 | 71.0 | 36.2 | 31.9 | 40.9 | 20.7 | 18.2 |
| 18 | 79.2 | 38.6 | 35.0 | 43.6 | 20.7 | 19.0 |
| 19 | 79.4 | 38.4 | 35.0 | 44.9 | 21.6 | 19.7 |
| 20 | 84.3 | 39.5 | 37.2 | 45.2 | 22.0 | 19.4 |
| 21 | 86.4 | 43.0 | 38.0 | 47.0 | 23.5 | 20.5 |
| 25 | 88.7 | 44.1 | 40.0 | 50.0 | 24.5 | 21.6 |
| 30 | 89.0 | 44.7 | 41.3 | — | — | — |
| 40 | 87.0 | 41.3 | 38.3 | — | — | — |
| 50 | 74.0 | 36.4 | 33.0 | 47.0 | 23.2 | 20.0 |
| 60 | 56.0 | 30.3 | 26.0 | — | — | — |