

<b>1</b>	<b>182 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
05.08	74	56.7	7.6	70
14.11	74	57	7.1	71
30.12	73	59.2	6.9	72.1
7.03	75	58.1	6.3	73.9
17.05	74.5	57.4	7.5	70.5

<b>2</b>	<b>188 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
20.08	83	58.4	7.0	73
8.10	82	56.3	7.7	70.3
14.11	82	56.0	11	69
03.01	82.4	58.2	9.9	63.9
07.03	83	57.4	9.2	66

<b>3</b>	<b>180 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
<b>11.07</b>	<b>82.6</b>			
<b>14.07</b>	<b>83.8</b>			
<b>18.07</b>	<b>81.7</b>			
<b>21.07</b>	<b>81.2</b>			
25.07	82	60.4	7.0	70
<b>18.10</b>	<b>80.6</b>	<b>59.7</b>	<b>6.4</b>	<b>74</b>
15.11	81.4	60.4	7.0	70
18.12	80.6	59.6	7.6	70.6
31.01	80	58.1	8.1	69
12.02	79.2	62.1	6.5	75
28.02	81	57	7.0	72
02.03	82	60	7.0	72.5

<b>4</b>	<b>180 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
06.08	78	55.5	6.8	72.7
03.01	76.5	61.3	5.9	75.5
7.03	77.5	59.1	6.0	75.1
10.05	80	59.2	5.6	70.9

<b>5</b>	<b>183 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
09.06	84	55.6	7.7	70.6
05.08	81	59.3	6.9	72.6
30.12	82	58.8	6.7	73.4
10.05	83	58.8	7.5	70.9

<b>6</b>	<b>184 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
01.07	73	60.5	7.1	71.3
06.08	73	63.1	5.9	75.2
14.11			6.0	
30.12	72	61.3	7.4	70.5
7.03	71	59.5	7.3	70.7
15.05	73	59.4	7.0	71.8

<b>7</b>	<b>181 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
7.07.	82	60	8.0	70
<b>11.07</b>	<b>84</b>			
<b>14.07</b>	<b>84.1</b>			
<b>18.07</b>	<b>83</b>			
<b>21.07</b>	<b>82.7</b>			
25.7.	82.7	5.8	8.2	73
15.11.	81.9			
03.01.	81.7	55.3	10.8	61
16.01.	82	53.7	10.7	62.7
12.02.	80.6	61	6.7	73
28.02.	81	53.5	10.3	62

<b>8</b>	<b>183 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
7.07	78	59.8	7.7	70
<b>11.07</b>	<b>78.1</b>			
<b>14.07</b>	<b>77.5</b>			
<b>18.07</b>	<b>77.7</b>			
<b>21.07</b>	<b>77.9</b>			
18.10	78	56	9.5	64
30.11	77.5	58	8.3	68
18.12	78	60.7	7.5	70.8
16.01	78	56.3	10.5	61
31.01	78	58.8	8.9	66.6
12.02	78	58,6	8.7	67
28.02	78	56.5	8.1	68.9

<b>9</b>	<b>190 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
05.06	92	58.3	5.6	77.3
16.08	90	55.7	6.6	74
14.11			6.3	
03.01	90.2	54	8.5	69
7.03	91	56.2	7.7	71
10.05	92	58.3	6.9	73.4
<b>11.07</b>	<b>92.7</b>			

<b>10</b>	<b>185 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
<b>11.07</b>	<b>83.3</b>			
<b>14.07</b>	<b>83.5</b>			
<b>18.07</b>	<b>82.8</b>			
<b>21.07</b>	<b>82.9</b>			
25.7	82.9	56.5	7.7	70.5
18.10	82	58.3	7.7	70
15.11	81.3			
30.11	81.6	53.2	8.0	68
18.12	83	55.8	7.9	70
16.01	80	55.1	9.3	65.4
31.01	81	55.7	7.7	70
16.3	81	63.4	6.5	73.9

<b>11</b>	<b>183 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
12.04	76	62	6.5	72.5
05.07	77	59.5	7.7	69.9
05.08	77	57.1	9.0	64.6
30.12	77	59.1	8.1	68.8
06.07	79	60.4	8.4	68.1
25.7	77.5	63.3	7.3	71.2
10.10	79	57.2	9.1	66
03.01	80	61	6.7	73
16.01	78.5	62.8	5.3	77

<b>12</b>	<b>189 cm</b>			
Date	Weight	Active Mass	Fat Mass	Hydration
11.07	86	59	7.1	72.4
06.08	85	56.1	8.6	63.9
14.11			10.3	
03.01	86.9	58.8	7.1	72.4
7.03	86.9	57.1	8.8	67.3
25.10	84.4	60	5.0	75
03.01	87	57.9	6.4	74.7
16.01	86.9	55.2	8.3	66.7