

Height-for-age GIRLS

5 to 19 years (z-scores)



Year: Month	Month	L	M	S	SD	Z-scores (height in cm)						
						-3 SD	-2 SD	-1 SD	Median	1 SD	2 SD	3 SD
5: 1	61	1	109.6016	0.04355	4.7731	95.3	100.1	104.8	109.6	114.4	119.1	123.9
5: 2	62	1	110.1258	0.04364	4.8059	95.7	100.5	105.3	110.1	114.9	119.7	124.5
5: 3	63	1	110.6451	0.04373	4.8385	96.1	101.0	105.8	110.6	115.5	120.3	125.2
5: 4	64	1	111.1596	0.04382	4.8710	96.5	101.4	106.3	111.2	116.0	120.9	125.8
5: 5	65	1	111.6696	0.04390	4.9023	97.0	101.9	106.8	111.7	116.6	121.5	126.4
5: 6	66	1	112.1753	0.04399	4.9346	97.4	102.3	107.2	112.2	117.1	122.0	127.0
5: 7	67	1	112.6767	0.04407	4.9657	97.8	102.7	107.7	112.7	117.6	122.6	127.6
5: 8	68	1	113.1740	0.04415	4.9966	98.2	103.2	108.2	113.2	118.2	123.2	128.2
5: 9	69	1	113.6672	0.04423	5.0275	98.6	103.6	108.6	113.7	118.7	123.7	128.8
5:10	70	1	114.1565	0.04431	5.0583	99.0	104.0	109.1	114.2	119.2	124.3	129.3
5:11	71	1	114.6421	0.04439	5.0890	99.4	104.5	109.6	114.6	119.7	124.8	129.9
6: 0	72	1	115.1244	0.04447	5.1196	99.8	104.9	110.0	115.1	120.2	125.4	130.5
6: 1	73	1	115.6039	0.04454	5.1490	100.2	105.3	110.5	115.6	120.8	125.9	131.1
6: 2	74	1	116.0812	0.04461	5.1784	100.5	105.7	110.9	116.1	121.3	126.4	131.6
6: 3	75	1	116.5568	0.04469	5.2089	100.9	106.1	111.3	116.6	121.8	127.0	132.2
6: 4	76	1	117.0311	0.04475	5.2371	101.3	106.6	111.8	117.0	122.3	127.5	132.7
6: 5	77	1	117.5044	0.04482	5.2665	101.7	107.0	112.2	117.5	122.8	128.0	133.3
6: 6	78	1	117.9769	0.04489	5.2960	102.1	107.4	112.7	118.0	123.3	128.6	133.9
6: 7	79	1	118.4489	0.04495	5.3243	102.5	107.8	113.1	118.4	123.8	129.1	134.4
6: 8	80	1	118.9208	0.04502	5.3538	102.9	108.2	113.6	118.9	124.3	129.6	135.0
6: 9	81	1	119.3926	0.04508	5.3822	103.2	108.6	114.0	119.4	124.8	130.2	135.5
6:10	82	1	119.8648	0.04514	5.4107	103.6	109.0	114.5	119.9	125.3	130.7	136.1
6:11	83	1	120.3374	0.04520	5.4393	104.0	109.5	114.9	120.3	125.8	131.2	136.7
7: 0	84	1	120.8105	0.04525	5.4667	104.4	109.9	115.3	120.8	126.3	131.7	137.2
7: 1	85	1	121.2843	0.04531	5.4954	104.8	110.3	115.8	121.3	126.8	132.3	137.8
7: 2	86	1	121.7587	0.04536	5.5230	105.2	110.7	116.2	121.8	127.3	132.8	138.3

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						-3 SD	-2 SD	-1 SD	Median	1 SD	2 SD	3 SD
7: 3	87	1	122.2338	0.04542	5.5519	105.6	111.1	116.7	122.2	127.8	133.3	138.9
7: 4	88	1	122.7098	0.04547	5.5796	106.0	111.6	117.1	122.7	128.3	133.9	139.4
7: 5	89	1	123.1868	0.04551	5.6062	106.4	112.0	117.6	123.2	128.8	134.4	140.0
7: 6	90	1	123.6646	0.04556	5.6342	106.8	112.4	118.0	123.7	129.3	134.9	140.6
7: 7	91	1	124.1435	0.04561	5.6622	107.2	112.8	118.5	124.1	129.8	135.5	141.1
7: 8	92	1	124.6234	0.04565	5.6891	107.6	113.2	118.9	124.6	130.3	136.0	141.7
7: 9	93	1	125.1045	0.04569	5.7160	108.0	113.7	119.4	125.1	130.8	136.5	142.3
7:10	94	1	125.5869	0.04573	5.7431	108.4	114.1	119.8	125.6	131.3	137.1	142.8
7:11	95	1	126.0706	0.04577	5.7703	108.8	114.5	120.3	126.1	131.8	137.6	143.4
8: 0	96	1	126.5558	0.04581	5.7975	109.2	115.0	120.8	126.6	132.4	138.2	143.9
8: 1	97	1	127.0424	0.04585	5.8249	109.6	115.4	121.2	127.0	132.9	138.7	144.5
8: 2	98	1	127.5304	0.04588	5.8511	110.0	115.8	121.7	127.5	133.4	139.2	145.1
8: 3	99	1	128.0199	0.04591	5.8774	110.4	116.3	122.1	128.0	133.9	139.8	145.7
8: 4	100	1	128.5109	0.04594	5.9038	110.8	116.7	122.6	128.5	134.4	140.3	146.2
8: 5	101	1	129.0035	0.04597	5.9303	111.2	117.1	123.1	129.0	134.9	140.9	146.8
8: 6	102	1	129.4975	0.04600	5.9569	111.6	117.6	123.5	129.5	135.5	141.4	147.4
8: 7	103	1	129.9932	0.04602	5.9823	112.0	118.0	124.0	130.0	136.0	142.0	147.9
8: 8	104	1	130.4904	0.04604	6.0078	112.5	118.5	124.5	130.5	136.5	142.5	148.5
8: 9	105	1	130.9891	0.04607	6.0347	112.9	118.9	125.0	131.0	137.0	143.1	149.1
8:10	106	1	131.4895	0.04608	6.0590	113.3	119.4	125.4	131.5	137.5	143.6	149.7
8:11	107	1	131.9912	0.04610	6.0848	113.7	119.8	125.9	132.0	138.1	144.2	150.2
9: 0	108	1	132.4944	0.04612	6.1106	114.2	120.3	126.4	132.5	138.6	144.7	150.8
9: 1	109	1	132.9989	0.04613	6.1352	114.6	120.7	126.9	133.0	139.1	145.3	151.4
9: 2	110	1	133.5046	0.04614	6.1599	115.0	121.2	127.3	133.5	139.7	145.8	152.0
9: 3	111	1	134.0118	0.04615	6.1846	115.5	121.6	127.8	134.0	140.2	146.4	152.6

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9: 4	112	1	134.5202	0.04616	6.2095	115.9	122.1	128.3	134.5	140.7	146.9	153.1
9: 5	113	1	135.0299	0.04616	6.2330	116.3	122.6	128.8	135.0	141.3	147.5	153.7
9: 6	114	1	135.5410	0.04617	6.2579	116.8	123.0	129.3	135.5	141.8	148.1	154.3
9: 7	115	1	136.0533	0.04617	6.2816	117.2	123.5	129.8	136.1	142.3	148.6	154.9
9: 8	116	1	136.5670	0.04616	6.3039	117.7	124.0	130.3	136.6	142.9	149.2	155.5
9: 9	117	1	137.0821	0.04616	6.3277	118.1	124.4	130.8	137.1	143.4	149.7	156.1
9:10	118	1	137.5987	0.04616	6.3516	118.5	124.9	131.2	137.6	144.0	150.3	156.7
9:11	119	1	138.1167	0.04615	6.3741	119.0	125.4	131.7	138.1	144.5	150.9	157.2
10: 0	120	1	138.6363	0.04614	6.3967	119.4	125.8	132.2	138.6	145.0	151.4	157.8
10: 1	121	1	139.1575	0.04612	6.4179	119.9	126.3	132.7	139.2	145.6	152.0	158.4
10: 2	122	1	139.6803	0.04611	6.4407	120.4	126.8	133.2	139.7	146.1	152.6	159.0
10: 3	123	1	140.2049	0.04609	6.4620	120.8	127.3	133.7	140.2	146.7	153.1	159.6
10: 4	124	1	140.7313	0.04607	6.4835	121.3	127.8	134.2	140.7	147.2	153.7	160.2
10: 5	125	1	141.2594	0.04605	6.5050	121.7	128.2	134.8	141.3	147.8	154.3	160.8
10: 6	126	1	141.7892	0.04603	6.5266	122.2	128.7	135.3	141.8	148.3	154.8	161.4
10: 7	127	1	142.3206	0.04600	6.5467	122.7	129.2	135.8	142.3	148.9	155.4	162.0
10: 8	128	1	142.8534	0.04597	6.5670	123.2	129.7	136.3	142.9	149.4	156.0	162.6
10: 9	129	1	143.3874	0.04594	6.5872	123.6	130.2	136.8	143.4	150.0	156.6	163.1
10:10	130	1	143.9222	0.04591	6.6075	124.1	130.7	137.3	143.9	150.5	157.1	163.7
10:11	131	1	144.4575	0.04588	6.6277	124.6	131.2	137.8	144.5	151.1	157.7	164.3
11: 0	132	1	144.9929	0.04584	6.6465	125.1	131.7	138.3	145.0	151.6	158.3	164.9
11: 1	133	1	145.5280	0.04580	6.6652	125.5	132.2	138.9	145.5	152.2	158.9	165.5
11: 2	134	1	146.0622	0.04576	6.6838	126.0	132.7	139.4	146.1	152.7	159.4	166.1
11: 3	135	1	146.5951	0.04571	6.7009	126.5	133.2	139.9	146.6	153.3	160.0	166.7

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11: 4	136	1	147.1262	0.04567	6.7193	127.0	133.7	140.4	147.1	153.8	160.6	167.3
11: 5	137	1	147.6548	0.04562	6.7360	127.4	134.2	140.9	147.7	154.4	161.1	167.9
11: 6	138	1	148.1804	0.04557	6.7526	127.9	134.7	141.4	148.2	154.9	161.7	168.4
11: 7	139	1	148.7023	0.04552	6.7689	128.4	135.2	141.9	148.7	155.5	162.2	169.0
11: 8	140	1	149.2197	0.04546	6.7835	128.9	135.7	142.4	149.2	156.0	162.8	169.6
11: 9	141	1	149.7322	0.04541	6.7993	129.3	136.1	142.9	149.7	156.5	163.3	170.1
11:10	142	1	150.2390	0.04535	6.8133	129.8	136.6	143.4	150.2	157.1	163.9	170.7
11:11	143	1	150.7394	0.04529	6.8270	130.3	137.1	143.9	150.7	157.6	164.4	171.2
12: 0	144	1	151.2327	0.04523	6.8403	130.7	137.6	144.4	151.2	158.1	164.9	171.8
12: 1	145	1	151.7182	0.04516	6.8516	131.2	138.0	144.9	151.7	158.6	165.4	172.3
12: 2	146	1	152.1951	0.04510	6.8640	131.6	138.5	145.3	152.2	159.1	165.9	172.8
12: 3	147	1	152.6628	0.04503	6.8744	132.0	138.9	145.8	152.7	159.5	166.4	173.3
12: 4	148	1	153.1206	0.04497	6.8858	132.5	139.3	146.2	153.1	160.0	166.9	173.8
12: 5	149	1	153.5678	0.04490	6.8952	132.9	139.8	146.7	153.6	160.5	167.4	174.3
12: 6	150	1	154.0041	0.04483	6.9040	133.3	140.2	147.1	154.0	160.9	167.8	174.7
12: 7	151	1	154.4290	0.04476	6.9122	133.7	140.6	147.5	154.4	161.3	168.3	175.2
12: 8	152	1	154.8423	0.04468	6.9184	134.1	141.0	147.9	154.8	161.8	168.7	175.6
12: 9	153	1	155.2437	0.04461	6.9254	134.5	141.4	148.3	155.2	162.2	169.1	176.0
12:10	154	1	155.6330	0.04454	6.9319	134.8	141.8	148.7	155.6	162.6	169.5	176.4
12:11	155	1	156.0101	0.04446	6.9362	135.2	142.1	149.1	156.0	162.9	169.9	176.8
13: 0	156	1	156.3748	0.04439	6.9415	135.6	142.5	149.4	156.4	163.3	170.3	177.2
13: 1	157	1	156.7269	0.04431	6.9446	135.9	142.8	149.8	156.7	163.7	170.6	177.6
13: 2	158	1	157.0666	0.04423	6.9471	136.2	143.2	150.1	157.1	164.0	171.0	177.9
13: 3	159	1	157.3936	0.04415	6.9489	136.5	143.5	150.4	157.4	164.3	171.3	178.2

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						-3 SD	-2 SD	-1 SD	Median	1 SD	2 SD	3 SD
13: 4	160	1	157.7082	0.04408	6.9518	136.9	143.8	150.8	157.7	164.7	171.6	178.6
13: 5	161	1	158.0102	0.04400	6.9524	137.2	144.1	151.1	158.0	165.0	171.9	178.9
13: 6	162	1	158.2997	0.04392	6.9525	137.4	144.4	151.3	158.3	165.3	172.2	179.2
13: 7	163	1	158.5771	0.04384	6.9520	137.7	144.7	151.6	158.6	165.5	172.5	179.4
13: 8	164	1	158.8425	0.04376	6.9509	138.0	144.9	151.9	158.8	165.8	172.7	179.7
13: 9	165	1	159.0961	0.04369	6.9509	138.2	145.2	152.1	159.1	166.0	173.0	179.9
13:10	166	1	159.3382	0.04361	6.9487	138.5	145.4	152.4	159.3	166.3	173.2	180.2
13:11	167	1	159.5691	0.04353	6.9460	138.7	145.7	152.6	159.6	166.5	173.5	180.4
14: 0	168	1	159.7890	0.04345	6.9428	139.0	145.9	152.8	159.8	166.7	173.7	180.6
14: 1	169	1	159.9983	0.04337	6.9391	139.2	146.1	153.1	160.0	166.9	173.9	180.8
14: 2	170	1	160.1971	0.04330	6.9365	139.4	146.3	153.3	160.2	167.1	174.1	181.0
14: 3	171	1	160.3857	0.04322	6.9319	139.6	146.5	153.5	160.4	167.3	174.2	181.2
14: 4	172	1	160.5643	0.04314	6.9267	139.8	146.7	153.6	160.6	167.5	174.4	181.3
14: 5	173	1	160.7332	0.04307	6.9228	140.0	146.9	153.8	160.7	167.7	174.6	181.5
14: 6	174	1	160.8927	0.04299	6.9168	140.1	147.1	154.0	160.9	167.8	174.7	181.6
14: 7	175	1	161.0430	0.04292	6.9120	140.3	147.2	154.1	161.0	168.0	174.9	181.8
14: 8	176	1	161.1845	0.04284	6.9051	140.5	147.4	154.3	161.2	168.1	175.0	181.9
14: 9	177	1	161.3176	0.04277	6.8996	140.6	147.5	154.4	161.3	168.2	175.1	182.0
14:10	178	1	161.4425	0.04270	6.8936	140.8	147.7	154.5	161.4	168.3	175.2	182.1
14:11	179	1	161.5596	0.04263	6.8873	140.9	147.8	154.7	161.6	168.4	175.3	182.2
15: 0	180	1	161.6692	0.04255	6.8790	141.0	147.9	154.8	161.7	168.5	175.4	182.3
15: 1	181	1	161.7717	0.04248	6.8721	141.2	148.0	154.9	161.8	168.6	175.5	182.4
15: 2	182	1	161.8673	0.04241	6.8648	141.3	148.1	155.0	161.9	168.7	175.6	182.5
15: 3	183	1	161.9564	0.04235	6.8589	141.4	148.2	155.1	162.0	168.8	175.7	182.5

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15: 4	184	1	162.0393	0.04228	6.8510	141.5	148.3	155.2	162.0	168.9	175.7	182.6
15: 5	185	1	162.1164	0.04221	6.8429	141.6	148.4	155.3	162.1	169.0	175.8	182.6
15: 6	186	1	162.1880	0.04214	6.8346	141.7	148.5	155.4	162.2	169.0	175.9	182.7
15: 7	187	1	162.2542	0.04208	6.8277	141.8	148.6	155.4	162.3	169.1	175.9	182.7
15: 8	188	1	162.3154	0.04201	6.8189	141.9	148.7	155.5	162.3	169.1	176.0	182.8
15: 9	189	1	162.3719	0.04195	6.8115	141.9	148.7	155.6	162.4	169.2	176.0	182.8
15:10	190	1	162.4239	0.04189	6.8039	142.0	148.8	155.6	162.4	169.2	176.0	182.8
15:11	191	1	162.4717	0.04182	6.7946	142.1	148.9	155.7	162.5	169.3	176.1	182.9
16: 0	192	1	162.5156	0.04176	6.7867	142.2	148.9	155.7	162.5	169.3	176.1	182.9
16: 1	193	1	162.5560	0.04170	6.7786	142.2	149.0	155.8	162.6	169.3	176.1	182.9
16: 2	194	1	162.5933	0.04164	6.7704	142.3	149.1	155.8	162.6	169.4	176.1	182.9
16: 3	195	1	162.6276	0.04158	6.7621	142.3	149.1	155.9	162.6	169.4	176.2	182.9
16: 4	196	1	162.6594	0.04152	6.7536	142.4	149.2	155.9	162.7	169.4	176.2	182.9
16: 5	197	1	162.6890	0.04147	6.7467	142.4	149.2	155.9	162.7	169.4	176.2	182.9
16: 6	198	1	162.7165	0.04141	6.7381	142.5	149.2	156.0	162.7	169.5	176.2	182.9
16: 7	199	1	162.7425	0.04136	6.7310	142.5	149.3	156.0	162.7	169.5	176.2	182.9
16: 8	200	1	162.7670	0.04130	6.7223	142.6	149.3	156.0	162.8	169.5	176.2	182.9
16: 9	201	1	162.7904	0.04125	6.7151	142.6	149.4	156.1	162.8	169.5	176.2	182.9
16:10	202	1	162.8126	0.04119	6.7063	142.7	149.4	156.1	162.8	169.5	176.2	182.9
16:11	203	1	162.8340	0.04114	6.6990	142.7	149.4	156.1	162.8	169.5	176.2	182.9
17: 0	204	1	162.8545	0.04109	6.6917	142.8	149.5	156.2	162.9	169.5	176.2	182.9
17: 1	205	1	162.8743	0.04104	6.6844	142.8	149.5	156.2	162.9	169.6	176.2	182.9
17: 2	206	1	162.8935	0.04099	6.6770	142.9	149.5	156.2	162.9	169.6	176.2	182.9
17: 3	207	1	162.9120	0.04094	6.6696	142.9	149.6	156.2	162.9	169.6	176.3	182.9

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Year: Month	Month	L	M	S	SD	Z-scores (height in cm)						
						-3 SD	-2 SD	-1 SD	Median	1 SD	2 SD	3 SD
17: 4	208	1	162.9300	0.04089	6.6622	142.9	149.6	156.3	162.9	169.6	176.3	182.9
17: 5	209	1	162.9476	0.04084	6.6548	143.0	149.6	156.3	162.9	169.6	176.3	182.9
17: 6	210	1	162.9649	0.04080	6.6490	143.0	149.7	156.3	163.0	169.6	176.3	182.9
17: 7	211	1	162.9817	0.04075	6.6415	143.1	149.7	156.3	163.0	169.6	176.3	182.9
17: 8	212	1	162.9983	0.04071	6.6357	143.1	149.7	156.4	163.0	169.6	176.3	182.9
17: 9	213	1	163.0144	0.04066	6.6282	143.1	149.8	156.4	163.0	169.6	176.3	182.9
17:10	214	1	163.0300	0.04062	6.6223	143.2	149.8	156.4	163.0	169.7	176.3	182.9
17:11	215	1	163.0451	0.04058	6.6164	143.2	149.8	156.4	163.0	169.7	176.3	182.9
18: 0	216	1	163.0595	0.04053	6.6088	143.2	149.8	156.5	163.1	169.7	176.3	182.9
18: 1	217	1	163.0733	0.04049	6.6028	143.3	149.9	156.5	163.1	169.7	176.3	182.9
18: 2	218	1	163.0862	0.04045	6.5968	143.3	149.9	156.5	163.1	169.7	176.3	182.9
18: 3	219	1	163.0982	0.04041	6.5908	143.3	149.9	156.5	163.1	169.7	176.3	182.9
18: 4	220	1	163.1092	0.04037	6.5847	143.4	149.9	156.5	163.1	169.7	176.3	182.9
18: 5	221	1	163.1192	0.04034	6.5802	143.4	150.0	156.5	163.1	169.7	176.3	182.9
18: 6	222	1	163.1279	0.04030	6.5741	143.4	150.0	156.6	163.1	169.7	176.3	182.9
18: 7	223	1	163.1355	0.04026	6.5678	143.4	150.0	156.6	163.1	169.7	176.3	182.8
18: 8	224	1	163.1418	0.04023	6.5632	143.5	150.0	156.6	163.1	169.7	176.3	182.8
18: 9	225	1	163.1469	0.04019	6.5569	143.5	150.0	156.6	163.1	169.7	176.3	182.8
18:10	226	1	163.1508	0.04016	6.5521	143.5	150.0	156.6	163.2	169.7	176.3	182.8
18:11	227	1	163.1534	0.04012	6.5457	143.5	150.1	156.6	163.2	169.7	176.2	182.8
19: 0	228	1	163.1548	0.04009	6.5409	143.5	150.1	156.6	163.2	169.7	176.2	182.8

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