

CONSUMO CALORICO AL MINUTO NEGLI SPORT IN RELAZIONE AL PESO CORPOREO

peso	50	53	56	59	62	65	68	71	74	77	80	83	86	89	92	95	98
Alpinismo:																	
con peso di 5 Kg	6.5	6.8	7.2	7.6	8.0	8.4	8.8	9.2	9.5	9.9	10.3	10.7	11.1	11.5	11.9	12.3	12.6
con peso di 10 Kg	7.0	7.4	7.8	8.3	8.7	9.1	9.5	9.9	10.4	10.8	11.2	11.6	12.0	12.5	12.9	13.3	13.7
con peso di 20 Kg	7.4	7.8	8.2	8.7	9.1	9.6	10.0	10.4	10.9	11.3	11.8	12.2	12.6	13.1	13.5	14.0	14.4
Basket	6.9	7.3	7.7	8.1	8.6	9.0	9.4	9.8	10.2	10.6	11.0	11.5	11.9	12.3	12.7	13.1	13.5
Boxe	6.9	7.3	7.7	8.1	8.6	9.0	9.4	9.8	10.2	10.6	11.0	11.5	11.9	12.3	12.7	13.1	13.5
allenamento	11.1	11.8	12.4	13.1	13.8	14.4	15.1	15.8	16.4	17.1	17.8	18.4	19.1	19.8	20.4	21.1	21.8
Canoa:																	
diporto	2.2	2.3	2.5	2.6	2.7	2.9	3.0	3.1	3.3	3.4	3.5	3.7	3.8	3.9	4.0	4.2	4.3
competizione	5.2	5.5	5.8	6.1	6.4	6.7	7.0	7.3	7.6	7.9	8.2	8.5	8.9	9.2	9.5	9.8	10.1
Ciclismo:																	
diporto	3.2	3.4	3.6	3.8	4.0	4.2	4.4	4.5	4.7	4.9	5.1	5.3	5.5	5.7	5.9	6.1	6.3
diporto	5.0	5.3	5.6	5.9	6.2	6.5	6.8	7.1	7.4	7.7	8.0	8.3	8.6	8.9	9.2	9.5	9.8
agonismo	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.1	16.6
Corsa campestre	8.2	8.6	9.1	9.6	10.1	10.6	11.1	11.6	12.1	12.6	13.0	13.5	14.0	14.5	15.0	15.5	16.0
C or sa piana:																	
9 km/h	6.8	7.2	7.6	8.0	8.4	8.8	9.2	9.6	10.0	10.5	10.9	11.3	11.7	12.1	12.5	12.9	13.3
11 km/h	10.8	11.3	11.9	12.5	13.1	13.6	14.2	14.8	15.4	16.0	16.5	17.1	17.7	18.3	18.9	19.4	20.0
13 km/h	12.2	12.7	13.3	13.9	14.5	15.0	15.6	16.2	16.8	17.4	17.9	18.5	19.1	19.7	20.3	20.8	21.4
15 km/h	13.9	14.4	15.0	15.6	16.2	16.7	17.3	17.9	18.5	19.1	19.6	20.2	20.8	21.4	22.0	22.5	23.1
17 km/h	14.5	15.3	16.2	17.1	17.9	18.8	19.7	20.5	21.4	22.3	23.1	24.0	24.9	25.7	26.6	27.5	28.3
Football	6.6	7.0	7.4	7.8	8.2	8.6	9.0	9.4	9.8	10.2	10.6	11.0	11.4	11.7	12.1	12.5	12.9
Ginnastica	3.3	3.5	3.7	3.9	4.1	4.3	4.5	4.7	4.9	5.1	5.3	5.5	5.7	5.9	6.1	6.3	6.5
Golf	4.3	4.5	4.8	5.0	5.3	5.5	5.8	6.0	6.3	6.5	6.8	7.1	7.3	7.6	7.8	8.1	8.3
Hockey	6.7	7.1	7.5	7.9	8.3	8.7	9.1	9.5	9.9	10.3	10.7	11.1	11.5	11.9	12.3	12.7	13.1
Ippica:																	
galoppo	6.9	7.3	7.7	8.1	8.5	8.9	9.3	9.7	10.1	10.6	11.0	11.4	11.8	12.1	12.6	13.0	13.4
trotto	5.5	5.8	6.2	6.5	6.8	7.2	7.5	7.8	8.1	8.5	8.8	9.1	9.5	9.8	10.1	10.5	10.8
passo	2.1	2.2	2.3	2.4	2.5	2.7	2.8	2.9	3.0	3.2	3.3	3.4	3.5	3.6	3.8	3.9	4.0
Judo	9.8	10.3	10.9	11.5	12.1	12.7	13.3	13.8	14.4	15.0	15.6	16.2	16.8	17.4	17.9	18.5	19.1
Marcciare	7.1	7.5	8.0	8.4	8.8	9.2	9.7	10.1	10.5	10.9	11.4	11.8	12.2	12.6	13.1	13.5	13.9
Nuotare:																	
dorso	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.1	16.6
crawl veloce	7.8	8.3	8.7	9.2	9.7	10.1	10.6	11.1	11.5	12.0	12.5	12.9	13.4	13.9	14.4	14.8	15.3
crawl lento	6.4	6.8	7.2	7.6	7.9	8.3	8.7	9.1	9.5	9.9	10.2	10.6	11.0	11.4	11.8	12.2	12.5
rana sotto veloce	13.8	14.6	15.5	16.3	17.1	17.9	18.8	19.6	20.4	21.3	22.1	22.9	23.7	24.6	25.4	26.2	27.0
rana sotto lento	10.3	10.9	11.5	12.2	12.8	13.4	14.0	14.6	15.2	15.9	16.5	17.1	17.7	18.3	19.0	19.6	20.2
Pallavolo	2.5	2.7	2.8	3.0	3.1	3.3	3.4	3.6	3.7	3.9	4.0	4.2	4.3	4.5	4.6	4.8	4.9
Ping pong	3.4	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4	5.6	5.8	6.1	6.3	6.5	6.7
Saltare la corda:																	
70 salti al minuto	8.1	8.6	9.1	9.6	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.4	13.9	14.4	14.9	15.4	15.9
80 salti al minuto	8.2	8.7	9.2	9.7	10.2	10.7	11.2	11.6	12.1	12.6	13.1	13.6	14.1	14.6	14.6	15.6	16.1
1 25 salti al minuto	8.9	9.4	9.9	10.4	11.0	11.5	12.0	12.6	13.1	13.6	14.2	14.7	15.2	15.8	16.3	16.8	17.3
145 salti al minuto	9.9	10.4	11.0	11.6	12.2	12.8	13.4	14.0	14.6	15.2	15.8	16.4	16.9	17.5	18.1	18.7	19.3
Sciare: pista battuta:																	
velocità moderata	6.0	6.3	6.7	7.0	7.4	7.7	8.1	8.4	8.8	9.2	9.5	9.9	10.2	10.6	10.9	11.3	11.7
sci di fondo	7.2	7.6	8.0	8.4	8.9	9.3	9.7	10.2	10.6	11.0	11.4	11.9	12.3	12.7	13.2	13.6	14.0
discesa libera	13.7	14.5	15.3	16.2	17.0	17.8	18.6	19.5	20.3	21.1	21.9	22.7	23.6	24.4	25.2	26.0	26.9
Sciare, neve fresca:	5.3	5.5	5.8	6.1	6.5	6.8	7.1	7.4	7.7	8.0	8.3	8.6	8.9	9.3	9.6	9.9	10.7
Tennis	5.5	5.8	6.1	6.4	6.8	7.1	7.4	7.7	8.1	8.4	8.7	9.0	9.4	9.7	10.0	10.4	10.7
Tiro con l'arco	3.3	3.4	3.6	3.8	4.0	4.2	4.4	4.6	4.8	5.0	5.2	5.4	5.6	5.8	6.0	6.2	6.4