

Year	Age	Sex	Height	Weight	Body Mass Index	Waist Circumference	Waist-Hip Ratio	Diastolic Blood Pressure	Systolic Blood Pressure	Heart Rate	Resting Heart Rate	Maximal Heart Rate	Maximal Oxygen Consumption	Maximal Power Output	Maximal Torque	Maximal Force	Maximal Velocity	Maximal Acceleration
2000	20	M	175	75	24.5	85	0.85	80	120	70	60	180	3.5	150	100	1000	10	100
2001	21	M	178	80	25.2	88	0.86	82	125	72	62	185	3.6	155	105	1050	10.5	105
2002	22	M	180	85	26.0	90	0.87	84	130	74	64	190	3.7	160	110	1100	11	110
2003	23	M	182	90	26.8	92	0.88	86	135	76	66	195	3.8	165	115	1150	11.5	115
2004	24	M	185	95	27.5	95	0.89	88	140	78	68	200	3.9	170	120	1200	12	120
2005	25	M	188	100	28.2	98	0.90	90	145	80	70	205	4.0	175	125	1250	12.5	125
2006	26	M	190	105	29.0	100	0.91	92	150	82	72	210	4.1	180	130	1300	13	130
2007	27	M	192	110	29.8	102	0.92	94	155	84	74	215	4.2	185	135	1350	13.5	135
2008	28	M	195	115	30.5	105	0.93	96	160	86	76	220	4.3	190	140	1400	14	140
2009	29	M	198	120	31.2	108	0.94	98	165	88	78	225	4.4	195	145	1450	14.5	145
2010	30	M	200	125	32.0	110	0.95	100	170	90	80	230	4.5	200	150	1500	15	150
2011	31	M	202	130	32.8	112	0.96	102	175	92	82	235	4.6	205	155	1550	15.5	155
2012	32	M	205	135	33.5	115	0.97	104	180	94	84	240	4.7	210	160	1600	16	160
2013	33	M	208	140	34.2	118	0.98	106	185	96	86	245	4.8	215	165	1650	16.5	165
2014	34	M	210	145	35.0	120	0.99	108	190	98	88	250	4.9	220	170	1700	17	170
2015	35	M	212	150	35.8	122	1.00	110	195	100	90	255	5.0	225	175	1750	17.5	175
2016	36	M	215	155	36.5	125	1.01	112	200	102	92	260	5.1	230	180	1800	18	180
2017	37	M	218	160	37.2	128	1.02	114	205	104	94	265	5.2	235	185	1850	18.5	185
2018	38	M	220	165	38.0	130	1.03	116	210	106	96	270	5.3	240	190	1900	19	190
2019	39	M	222	170	38.8	132	1.04	118	215	108	98	275	5.4	245	195	1950	19.5	195
2020	40	M	225	175	39.5	135	1.05	120	220	110	100	280	5.5	250	200	2000	20	200