Percent Body Fat estimated according to Durnin and Womersley (1974)				
Male of Age in Years				
Sum of four Skinfolds mm	17-29	30 – 39	40 – 49	50 - 72
15	4.8			
20	8.1	12.2	12.2	12.6
25	10.5	14.2	15.0	15.6
30	12.9	16.2	17.7	18.6
35	14.7	17.7	19.6	20.8
40	16.4	19.2	21.4	22.9
45	17.7	20.4	23.0	24.7
50	19.0	21.5	24.6	26.5
55	20.1	22.5	25.9	27.9
60	21.2	23.5	27.1	29.2
65	22.2	24.3	28.2	30.4
70	23.1	25.1	29.3	31.6
75	24.0	25.9	30.3	32.7
80	24.8	26.6	31.2	33.8
85	25.5	27.2	32.1	34.8
90	26.2	27.8	33.0	35.8
95	26.9	28.4	33.7	36.6
100	27.6	29.0	34.4	37.4
105	28.2	29.6	35.1	38.2
110	28.8	30.1	35.8	39.0
115	29.4	30.6	36.4	39.7
120	30.0	31.1	37.0	40.4
125	30.5	31.5	37.6	41.1
130	31.0	31.9	38.2	41.8
135	31.5	32.3	38.7	42.4
140	32.0	32.7	39.2	43.0
145	32.5	33.1	39.7	43.6
150	32.9	33.5	40.2	44.1
155	33.3	33.9	40.7	44.6
160	33.7	34.3	41.2	45.1
165	34.1	34.6	41.6	45.6
170	34.5	34.8	42.0	46.1
175	34.9			
180	35.3			
185	35.6			
190	35.9			
195				
200				
205				
210				

For intermediate values, use linear interpolation: For a 35 year old male with a sum of 52 mm, the value for 50 mm is 21.5 and for 55 mm is 22.5. The difference is 1. The value you want is 21.5 + [{(52 – 50)/(55-50)} * (22.5 – 21.5)] = 21.9 In general, take the table value for the lower end of the interval (21.5 for 50 mm for this case), add to that the fraction you calculate by subtracting the lower sum from your calculated sum (52-50)=2, divided by the difference between intervals (55-50) = 5; or 2/5 = 0.4. Multiply that value times the difference between the body fat estimates for the lower and upper end of the intervals (22.5 – 21.5) = 1; 1 * 0.4 = 0.4; added to 21.5 = 21.9% body fat.

Female with Age in Years				
Total Sum Skinfold mm	16-29	30 – 39	40 – 49	50 - 68
15	10.5			
20	14.1	17.0	19.8	21.4
25	16.8	19.4	22.2	24.0
30	19.5	21.8	24.5	26.6
35	21.5	23.7	26.4	28.5
40	23.4	25.5	28.2	30.3
45	25.0	26.9	29.6	31.9
50	26.5	28.2	31.0	33.4
55	27.8	29.4	32.1	34.6
60	29.1	30.6	33.2	35.7
65	30.2	31.6	34.1	36.7
70	31.2	32.5	35.0	37.7
75	32.2	33.4	35.9	38.7
80	33.1	34.3	36.7	39.6
85	34.0	35.1	37.5	40.4
90	34.8	35.8	38.3	41.2
95	35.6	36.5	39.0	41.9
100	36.4	37.2	39.7	42.6
105	37.1	37.9	40.4	43.3
110	37.8	38.6	41.0	43.9
115	38.4	39.1	41.5	44.5
120	39.0	39.6	42.0	45.1
125	39.6	40.1	42.5	45.7
130	40.2	40.6	43.0	46.2
135	40.8	41.1	43.5	46.7
140	41.3	41.6	44.0	47.2
145	41.8	42.1	44.5	47.7
150	42.3	42.6	45.0	48.2
155	42.8	43.1	45.4	48.7
160	43.3	43.6	45.8	49.2
165	43.7	44.0	46.2	49.6
170	44.1	44.4	46.6	50.0
175		44.8	47.0	50.4
180		45.2	47.4	50.8
185		45.6	47.8	51.2
190		45.9	48.2	51.6
195		46.2	48.5	52.0
200		46.5	48.8	52.4
205			49.1	52.7
210			49.4	53.0

Durnin JVGA Womersley J. 1974 Body fat assessed from total body density and its estimation from skinfold thickness: measurements on 481 men and women aged from 16 to 72 years. Br J Nutrition, 32: 77-97.