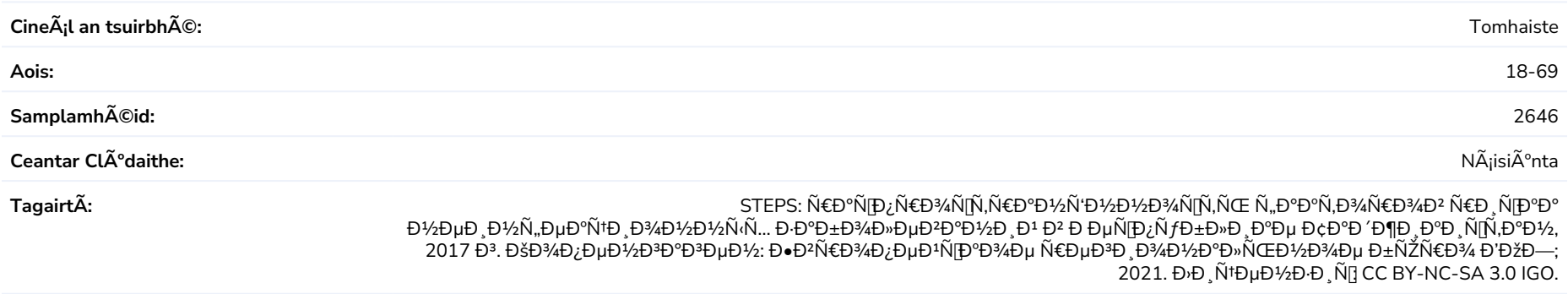


■ Murtall ■ Rómheáchan



Mura gcuirtear a mhalairt in $i\tilde{A}^0$, is ionann $r\tilde{A}^3$ mhe $\tilde{A}$ chan agus ICM idir 25kg agus $29.9\text{kg}/\text{m}\tilde{A}^2$, is ionann murtall agus ICM $n\tilde{A}^0$ s $m\tilde{A}^3$ $n\tilde{A}$ $30\text{kg}/\text{m}\tilde{A}^2$.