

Seated Leg Values - TLC

(R) + (L) lower leg

$$Vol = \pi h \left(\frac{R^2 + Rr + r^2}{3} \right) = \frac{\pi h}{3} \left(\left(\frac{R}{2\pi} \right)^2 + \frac{R}{2\pi} \times \frac{r}{2\pi} + \left(\frac{r}{2\pi} \right)^2 \right)$$

$$= 1.047h$$

Subj.	(R) C cm	O min	R ₀	30 m.	R ₃₀	60 m.	R ₆₀	(L) O min	R ₀	30 m.	R ₃₀	60 m.	R ₆₀	Ht. cm	Ht. cm	Vol. S _{R0}	S _{R30}	S _{R60}	S _{L0}	S _{L30}	S _{L60}
1	16.2	2.58	16.95	2.70	16.8	2.68	16.3	2.59	16.35	2.60	16.35	2.60	16.3	2.59	16.35	2.60					
2	21.4	3.41	21.10	3.36	21.15	3.37	22.25	3.54	22.05	3.51	21.40	3.41	21.4	3.41	21.10	3.36					
3	31.7	5.05	32.25	5.13	32.35	5.15	31.20	4.97	32.15	5.12	32.40	5.16	31.2	4.97	32.15	5.12					
4	28.4	4.52	28.70	4.57	29.15	4.64	28.50	4.54	28.05	4.46	28.15	4.48	28.5	4.54	28.05	4.46					
1	15.05	2.40	14.50	2.31	14.25	2.27	14.80	2.36	14.40	2.29	14.20	2.26	15.05	2.40	14.50	2.31					
2	22.25	3.54	21.95	3.49	22.35	3.58	21.85	3.48	22.00	3.50	22.05	3.51	22.25	3.54	21.95	3.49	286.1	273.2		281.9	
3	31.75	5.05	31.25	4.97	31.00	4.93	30.85	4.91	30.80	4.90	30.95	4.93	31.75	5.05	31.25	4.97					
4	29.35	4.67	29.15	4.64	28.15	4.48	29.20	4.65	28.40	4.52	28.10	4.47	29.35	4.67	29.15	4.64					
1	23.65	3.76	23.70	3.77	23.70	3.77	23.10	3.68	22.90	3.64	22.90	3.64	23.65	3.76	23.70	3.77					
2	30.25	4.81	30.05	4.78	29.75	4.73	29.55	4.70	29.75	4.73	29.75	4.73	30.25	4.81	30.05	4.78					
3	39.25	6.25	39.80	6.33	39.60	6.30	39.25	6.25	39.35	6.26	39.45	6.28	39.25	6.25	39.80	6.33					
4	35.15	5.59	35.80	5.70	35.35	5.63	34.75	5.53	36.05	5.73	35.65	5.67	35.15	5.59	35.80	5.70					
1	23.10	3.68	23.10	3.68	22.90	3.64	22.85	3.64	22.80	3.63	22.45	3.57	23.10	3.68	23.10	3.68					
2	28.40	4.52	28.60	4.55	28.45	4.53	27.75	4.42	27.40	4.36	28.10	4.47	28.40	4.52	28.60	4.55					
3	38.10	6.06	38.25	6.09	37.35	5.94	36.85	5.86	36.65	5.83	36.10	5.75	38.10	6.06	38.25	6.09					
4	40.00	6.37	39.65	6.31	39.75	6.33	38.10	6.06	37.50	5.97	38.30	6.10	40.00	6.37	39.65	6.31					
1	21.19	3.37	21.65	3.45	21.45	3.41	21.80	3.47	21.65	3.45	21.60	3.44	21.19	3.37	21.65	3.45					
2	26.80	4.27	26.75	4.26	26.25	4.18	27.65	4.40	27.10	4.31	26.85	4.27	26.80	4.27	26.75	4.26					
3	37.35	5.94	36.40	5.79	36.25	5.77	36.85	5.86	36.45	5.80	36.10	5.75	37.35	5.94	36.40	5.79					
4	36.55	5.82	36.20	5.76	36.60	5.83	36.15	5.75	36.35	5.79	36.45	5.80	36.55	5.82	36.20	5.76					
1	22.95	3.65	23.00	3.66	22.90	3.64	22.10	3.52	21.90	3.49	22.20	3.53	22.95	3.65	23.00	3.66					
2	27.85	4.43	27.35	4.35	27.70	4.41	29.10	4.63	28.25	4.50	29.05	4.62	27.85	4.43	27.35	4.35					
3	39.05	6.22	38.75	6.17	39.25	6.25	38.60	6.14	38.65	6.15	38.70	6.16	39.05	6.22	38.75	6.17					
4	35.85	5.71	35.65	5.67	35.40	5.63	35.95	5.72	35.40	5.63	35.90	5.71	35.85	5.71	35.65	5.67					
1	23.85	3.80	23.30	3.71	23.40	3.72	23.85	3.80	23.70	3.77	23.30	3.71	23.85	3.80	23.30	3.71					
2	30.40	4.84	29.90	4.76	29.80	4.74	29.30	4.66	28.95	4.61	29.00	4.62	30.40	4.84	29.90	4.76					
3	40.75	6.49	40.45	6.44	40.40	6.43	38.95	6.20	39.05	6.22	39.00	6.21	40.75	6.49	40.45	6.44					
4	39.55	6.29	38.55	6.14	39.00	6.21	37.70	6.00	37.20	5.92	37.35	5.94	39.55	6.29	38.55	6.14					
1	24.50	3.90	24.45	3.89	24.50	3.90	24.50	3.90	24.05	3.83	24.35	3.88	24.50	3.90	24.45	3.89					
2	34.30	5.46	34.45	5.48	34.70	5.52	34.15	5.44	34.10	5.48	34.25	5.45	34.30	5.46	34.45	5.48					
3	43.25	6.88	43.20	6.88	43.35	6.90	43.20	6.88	42.65	6.79	42.85	6.82	43.25	6.88	43.20	6.88					
4	38.45	6.12	39.20	6.24	38.35	6.10	39.25	6.25	39.35	6.26	38.90	6.19	38.45	6.12	39.20	6.24					
1	25.05	3.99	24.55	3.91	24.40	3.88	24.35	3.88	24.25	3.86	24.35	3.88	25.05	3.99	24.55	3.91					
2	33.10	5.27	33.85	5.39	33.90	5.40	33.10	5.27	32.75	5.21	32.75	5.21	33.10	5.27	33.85	5.39					
3	44.90	7.15	44.80	7.13	44.85	7.14	43.95	6.99	44.10	7.02	44.15	7.03	44.90	7.15	44.80	7.13					
4	40.60	6.46	40.80	6.49	40.55	6.45	41.45	6.60	40.80	6.49	41.40	6.59	40.60	6.46	40.80	6.49					
1	21.73/3.64	3.48	21.68/3.54	3.45	21.58/3.46	3.48	21.51/3.43	3.42	21.33/3.33	3.39	21.3/3.28	3.39	21.73/3.64	3.48	21.68/3.54	3.45	(R)	(L)			
2	28.32/4.79	4.51	28.22/4.61	4.49	28.22/4.58	4.49	28.3/4.17	4.50	28.04/4.13	4.46	28.13/4.29	4.48	28.32/4.79	4.51	28.22/4.61	4.49	10.2	10.4			
3	38.46/6.51	6.12	38.35/6.42	6.10	38.27/6.46	6.09	37.74/6.54	6.01	37.8/6.35	6.01	37.74/6.37	6.01	38.46/6.51	6.12	38.35/6.42	6.10	10.3	10.7			
4	35.99/5.71	5.71	36.07/5.78	5.74	35.81/5.70	5.70	35.67/5.64	5.68	35.46/5.48	5.64	35.58/5.66	5.66	35.99/5.71	5.71	36.07/5.78	5.74	11.2	10.8			
1	514.2		507.8		511.5		521.4		506.4		509.0		514.2		507.8						
2	920.9		914.1		912.3		934.5		927.8		931.1		920.9		914.1						
3	1,231.3		1,233.3		1,223.0		1,159.2		1,151.4		1,155.3		1,231.3		1,233.3						
4	2,666.4		2,655.2	-11.2	2,646.8	-19.6	2,615.1		2,585.6	-29.5	2,595.4	-19.7	2,666.4		2,655.2	-11.2					