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Designation: D 5586 – 95

Standard Tables of Body Measurements for Women Aged 55 and Older (All Figure Types)[1]

This standard is issued under the fixed designation D 5586; the number immediately following the designation indicates the year of original adoption or, in the case of revision, the year of last revision. A number in parentheses indicates the year of last reapproval. A superscript epsilon (ϵ) indicates an editorial change since the last revision or reapproval.

INTRODUCTION

These tables were developed from original research conducted by Reich and Goldsberry[2] at the University of Arizona in 1993. The study included 6786 subjects represented geographically by 38 states. Subjects were measured in 58 body locations, 45 of which duplicated measurements published by the U.S. Department of Commerce as PS 42-70[3] based on research conducted in 1942 by O'Brien and Shelton[4] including 1970 revisions. The 13 additional measurements provided in the 1993 technical report further depict physiological changes that occur in the older female figure. The PS 42-70 data, represented by only 2 % of older women, continues to be used as a baseline for measurements and proportions for all adult women in the domestic sizing system. These tables reflect the proportions and maturity patterns of women aged 55 and older, not currently represented in adult female figure types and size categories of the domestic sizing system now in use. Further description of this market segment and consumer sizing issues are outlined by Goldsberry.[5]

1. Scope

1.1 These tables list body measurements of adult women age 55 and over. The body measurements tables can be used as a baseline in designing apparel for adult women in this age group, taking into account such factors as fabric type, desired ease of body movement, styling, and fit.

1.2 Measurement tables correspond to the figure types and numerical size designations in the PS 42-70 database. Until body measurements of all adult women are updated, companies will have to analyze the older customer's differences by body measurements and proportions instead of hang tag numbers, and adapt them to currently marketed sizes and figure types. Companies especially affected are those who are today using smaller numbered hang tag designations, who offer mainly S, M, and L sizes, or who have adjusted their charts from the PS 42-70 database to reflect the specific body measurements of their 1990's customer.

1.3 The values stated in either acceptable SI units or inch-pound units shall be regarded separately as standard. The values stated in each system may not be exact equivalents; therefore, each system must be used independently of the other, without combining values in any any.

2. Referenced Documents

2.1 *ASTM Standards:*

D 123 Terminology Relating to Textiles[6]

D 5219 Terminology Relating to a Body dimension for Apparel Sizing[7]

2.2 *ISO Standards:*[8]

ISO 3635-1981 Size Designation of Clothes, Definition and Body Measurement Procedures

ISO 8559 Garment Construction and Anthropometric Surveys—Body Dimensions

3. Terminology

3.1 *Definitions*—For definitions of terms relating to body measurements refer to Terminology D 5219. For definitions of

[1] These tables are under the jurisdiction of ASTM Committee D-13 on Textiles and are the direct responsibility of Subcommittee D13.55 on Body Measurements for Apparel Sizing.

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[2] Reich, N., and Goldsberry, E., *Development of Body Measurement Tables for Women 55 and Older and the Relationship to Ready-to-Wear Garment Size*, ISR-06, PCN: 33-000006-18, ASTM Institute for Standards Research, Philadelphia, PA, 1993.

[3] U.S. Department of Commerce, *Voluntary Product Standard: Body Measurements for the Sizing of Women's Patterns and Apparel*, NIST No. PS 42-70, U.S. Government Printing Office, Washington, DC, 1971.

[4] O'Brien, R., and Shelton, W. C., *Women's Measurements for Garment and Pattern Construction*, Miscellaneous Publication No. 454, U.S. Department of Agriculture, 1941.

[5] Goldsberry, E., *Women 55 and Older: How Well is the Domestic Apparel Sizing System Addressing Their Needs?* ISR-08, PCN: 33-000008-18, ASTM Institute for Standards Research, Philadelphia, PA, 1993.

[6] *Annual Book of ASTM Standards*, Vol 07.01.

[7] *Annual Book of ASTM Standards*, Vol 07.02.

[8] Available from American National Standards Institute, 11 West 42nd St., 13th Floor, New York, NY 10036.

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other textile terms, refer to Terminology D 123.

4. Significance and Use

4.1 The use of the body measurement information given in Tables 1-7 will assist manufacturers in developing patterns and garments consistent with the current anthropometric characteristics of the older adult female population. This practice should in turn reduce or minimize current consumer confusion and dissatisfaction related to apparel sizing. (Also refer to ISO 3635-1981 and 8559.)

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TABLE 1 Woment 55+ of Junior Figure Type

SIZE, NUMBER OF SUBJECTS

LOCATION	J3 N= 14	J5 N=21	J7 N=56	J9 N=115	J11 N=202	J13 N=271	J15 N=90	J17 N=95
GIRTH MEASUREMENTS IN CENTIMETERS								
Bust	75.79	79.83	82.59	85.35	88.95	92.81	94.70	98.93
Bust,Arc	39.75	43.67	44.15	45.74	47.83	50.05	51.61	53.58
Waist	66.54	69.29	71.65	74.31	77.32	81.41	83.69	87.99
Waist Arc	34.61	37.07	38.41	39.47	41.02	43.55	45.04	47.35
Abdominal Extension	83.18	85.19	87.91	90.53	94.28	97.16	100.88	103.56
Abdominal Arc	43.18	44.79	45.80	47.30	49.27	51.56	53.32	55.04
Hip	86.86	89.36	92.44	93.51	96.97	99.55	102.88	104.71
Hip Arc Back	44.07	45.24	46.85	47.22	48.99	49.85	51.63	51.97
Sitting Spread	89.39	93.93	96.47	98.15	101.94	104.77	108.52	110.45
Midneck	31.46	31.40	31.77	32.20	32.75	33.59	33.88	34.75
Neck Base **	36.88	38.07	39.21	38.35	38.92	39.79	40.63	40.85
Armscye	38.57	40.55	40.21	41.45	42.41	43.45	44.67	46.14
Upper arm	24.86	25.79	27.22	28.06	29.40	30.45	31.39	32.40
Elbow	23.64	24.74	24.74	25.44	26.05	27.01	27.51	27.94
Wrist	14.54	15.12	15.09	15.40	15.56	15.96	16.22	16.41
Thigh,Max	48.64	50.41	53.58	53.62	56.17	57.52	60.33	60.24
Thigh,Mid	43.68	44.19	47.25	47.72	49.45	50.44	52.60	52.68
Knee	33.11	34.14	35.03	35.11	36.22	37.11	38.26	39.41
Calf	29.21	31.52	32.75	32.31	33.69	34.55	36.15	36.26
Ankle	21.71	22.43	22.94	22.99	23.29	23.87	24.14	24.16
Vertical Trunk	142.11	144.93	146.63	147.83	150.75	153.65	156.73	159.57
Total Crotch Length	66.43	67.10	69.09	70.13	71.27	73.31	75.00	76.33
VERTICAL MEASUREMENTS IN CENTIMETERS								
Height	154.96	156.86	157.56	158.75	159.90	161.06	162.16	164.73
Cervical Height	134.89	136.93	137.62	138.88	140.03	141.71	143.01	144.98
Waist Height Back	96.18	98.02	98.40	99.21	99.98	101.03	102.17	103.61
Abdominal Height	88.57	91.00	91.71	91.90	92.52	93.57	94.35	95.61
Waist to Hip Hgt.	17.29	17.48	17.83	17.91	17.57	18.14	18.65	19.32
Hip Height	80.93	82.17	83.00	83.53	84.12	84.75	84.93	86.36
Inseam	70.50	72.57	72.47	72.72	73.24	73.47	73.86	74.84
Knee Height	42.04	42.93	42.67	43.14	43.62	43.92	44.12	45.13
Ankle Height	5.79	6.93	6.14	6.35	6.44	6.52	6.56	6.76
Waist Length, Front	32.00	32.57	33.30	33.26	34.01	34.62	35.06	35.83
Cervical to CF Waist	47.50	47.52	48.74	48.95	50.37	51.12	51.62	53.22
Waist Length, Back	38.71	38.91	39.07	39.68	40.09	40.61	40.93	41.37
WIDTH AND LENGTH MEASUREMENTS IN CENTIMETERS								
Cross back shoulder**	37.18	37.14	37.96	38.27	38.93	39.81	39.73	40.87
Back Width	35.57	35.86	36.06	36.35	36.89	38.32	39.32	39.30
Chest Width	33.97	35.55	35.05	35.12	35.92	36.32	37.03	37.72
Shoulder Length	12.36	12.76	12.87	12.84	12.92	13.19	13.24	13.40
Shoulder slope *	21.61	22.57	21.04	22.54	22.08	21.95	21.31	21.18
Shoulder to wrist	56.14	56.83	56.66	57.51	58.23	58.81	58.95	60.26
Shoulder to elbow	32.68	32.79	32.40	33.24	33.59	33.96	33.94	34.62
Underarm to wrist	42.14	41.91	42.58	42.45	42.60	43.34	43.61	43.69
Bust point to BP	16.54	17.55	17.97	18.20	18.65	19.36	19.74	20.61
Neck to bust point	26.93	27.10	26.92	27.47	28.28	28.88	28.86	29.98
Armscye depth	16.11	17.67	17.71	17.92	18.00	18.50	18.78	19.35
Armscye to waist	19.00	18.38	18.08	18.53	18.70	18.92	19.31	19.03
Weight (kgs)	43.09	46.92	50.87	52.47	57.21	61.64	66.20	75.35

*Shoulder slope figures indicated as "degrees of slope."

**Measurements not in original PS 42-70 data base.

(1) Subjects' measurements are listed as comparisons to PS 42-70 sizes. Hang tag numbers currently used in US Apparel Sizing range from 2 to 4 sizes smaller than the original PS 42-70 database.

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TABLE 1 *Continued*

SIZE, NUMBER OF SUBJECTS

LOCATION	J3 N=14	J5 N=21	J7 N=68	J9 N=115	J11 N=202	J13 N=271	J15 N=90	J17 N=95
GIRTH MEASUREMENTS IN INCHES								
Bust	29.84	31.43	32.52	33.60	35.02	36.54	37.28	38.95
Bust,Arc	15.65	17.19	17.38	18.01	18.83	19.70	20.32	21.1
Waist	26.20	27.28	28.21	29.26	30.44	32.05	32.95	34.64
Waist Arc	13.62	14.59	15.12	15.54	16.15	17.15	17.73	18.64
Abdominal Extension	32.75	33.54	34.61	35.64	37.12	38.25	39.72	40.77
Abdominal Arc	17.00	17.63	18.03	18.62	19.40	20.30	20.99	21.67
Hip	34.20	35.18	36.39	36.81	38.18	39.19	40.50	41.22
Hip Arc Back	17.35	17.81	18.44	18.59	19.29	19.63	20.33	20.46
Sitting Spread	35.19	36.98	37.98	38.64	40.13	41.25	42.73	43.49
Midneck	12.39	12.36	12.51	12.68	12.89	13.22	13.34	13.68
Neck Base **	14.52	14.99	15.44	15.10	15.32	15.66	16.00	16.08
Armscye	15.19	15.96	15.83	16.32	16.70	17.11	17.59	18.16
Upper arm	9.79	10.15	10.72	11.05	11.57	11.99	12.36	12.76
Elbow	9.31	9.74	9.74	10.02	10.25	10.63	10.83	11
Wrist	5.72	5.95	5.94	6.06	6.13	6.28	6.38	6.46
Thigh,Max	19.15	19.84	21.09	21.11	22.11	22.64	23.75	23.72
Thigh,Mid	17.20	17.40	18.60	18.79	19.47	19.86	20.71	20.74
Knee	13.03	13.44	13.79	13.82	14.26	14.61	15.06	15.51
Calf	11.50	12.41	12.89	12.72	13.26	13.60	14.23	14.27
Ankle	8.55	8.83	9.03	9.05	9.17	9.40	9.51	9.51
Vertical Trunk	55.95	57.06	57.73	58.20	59.35	60.49	61.71	62.82
Total Crotch Length	26.15	26.42	27.20	27.61	28.06	28.86	29.53	30.05
VERTICAL MEASUREMENTS IN INCHES								
Height	61.01	61.75	62.03	62.50	62.95	63.41	63.84	64.85
Cervical Height	53.11	53.91	54.18	54.68	55.13	55.79	56.30	57.08
Waist Height Back	37.87	38.59	38.74	39.06	39.36	39.78	40.22	40.79
Abdominal Height	34.87	35.83	36.11	36.18	36.43	36.84	37.15	37.64
Waist to Hip Hgt.	6.81	6.88	7.02	7.05	6.92	7.14	7.34	7.61
Hip Height	31.86	32.35	32.68	32.89	33.12	33.36	33.44	34
Inseam	27.76	28.57	28.53	28.63	28.84	28.92	29.08	29.47
Knee Height	16.55	16.90	16.80	16.98	17.17	17.29	17.37	17.77
Ankle Height	2.28	2.73	2.42	2.50	2.53	2.57	2.58	2.66
Waist Length, Front	12.60	12.82	13.11	13.09	13.39	13.63	13.80	14.11
Cervical to CF Waist	18.70	18.71	19.19	19.27	19.83	20.13	20.32	20.95
Waist Length, Back	15.24	15.32	15.38	15.62	15.78	15.99	16.12	16.29
WIDTH AND LENGTH MEASUREMENTS IN INCHES								
Cross back shoulder **	14.64	14.62	14.95	15.07	15.33	15.67	15.64	16.09
Back Width	14.00	14.12	14.20	14.31	14.52	15.09	15.48	15.47
Chest Width	13.37	14.00	13.80	13.83	14.14	14.30	14.58	14.85
Shoulder Length	4.86	5.02	5.07	5.06	5.09	5.19	5.21	5.27
Shoulder slope *	21.61	22.57	21.04	22.54	22.08	21.95	21.31	21.18
Shoulder to wrist	22.10	22.38	22.31	22.64	22.93	23.15	23.21	23.72
Shoulder to elbow	12.87	12.91	12.76	13.09	13.23	13.37	13.36	13.63
Underarm to wrist	16.59	16.50	16.76	16.71	16.77	17.06	17.17	17.2
Bust point to BP	6.51	6.91	7.08	7.17	7.34	7.62	7.77	8.11
Neck to bust point	10.60	10.67	10.60	10.82	11.13	11.37	11.36	11.8
Armscye depth	6.34	6.96	6.97	7.05	7.09	7.28	7.39	7.62
Armscye to waist	7.48	7.24	7.12	7.30	7.36	7.45	7.60	7.49
Weight (lbs)	95.00	103.43	112.14	115.68	126.13	135.89	145.93	155.1

*Shoulder slope figures indicated as "degrees of slope."

**Measurements not in original PS 42-70 data base.

(1) Subjects' measurements are listed as comparisons to PS 42-70 sizes. Hang tag numbers currently used in US Apparel Sizing range from 2 to 4 sizes smaller than the original PS 42-70 database.

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TABLE 2 Woment 55+ of Junior Petite Figure Type

SIZE, NUMBER OF SUBJECTS

LOCATION	JP3 N=7	JP5 N=22	JP7 N=37	JP9 N=73	JP11 N=142	JP13 N=98	JP15 N=67
GIRTH MEASUREMENTS IN INCHES							
Bust	33.58	33.25	33.83	35.42	35.93	37.66	37.29
Bust,Arc	18.25	17.64	18.21	18.91	19.35	20.16	20.12
Waist	29.61	29.52	29.61	31.29	31.61	33.49	33.21
Waist Arc	15.64	15.26	15.67	16.61	16.75	17.97	17.93
Abdominal Extension	35.41	35.11	35.43	37.14	37.60	39.29	39.79
Abdominal Arc	18.50	19.17	18.59	19.47	19.70	20.81	21.14
Hip	36.05	35.99	36.09	37.50	37.90	39.50	40.53
Hip Arc Back	18.25	18.27	18.07	18.90	19.29	19.90	20.36
Sitting Spread	37.91	38.13	37.90	39.85	40.09	42.03	42.81
Midneck	12.85	12.71	12.54	13.00	13.06	13.43	13.49
Neck Base **	14.79	15.52	14.84	15.29	15.42	15.86	15.86
Armscye	16.76	15.86	16.08	16.43	16.49	17.16	17.40
Upper arm	11.02	10.38	10.82	11.42	11.69	12.29	12.46
Elbow	9.70	9.65	9.88	10.10	10.13	10.60	10.65
Wrist	5.96	5.84	5.83	6.03	6.12	6.24	6.35
Thigh,Max	20.64	19.93	20.36	21.11	21.75	22.58	23.52
Thigh,Mid	17.86	17.90	17.68	18.54	19.12	19.84	21.01
Knee	13.08	13.79	13.58	13.91	14.03	14.61	15.10
Calf	12.35	12.51	12.36	12.88	13.11	13.65	14.10
Ankle	8.63	8.57	8.79	8.92	8.92	9.14	9.44
Vertical Trunk	56.24	55.98	56.46	57.26	58.06	59.26	60.10
Total Crotch Length	27.06	26.81	26.78	27.62	27.91	28.61	29.38
VERTICAL MEASUREMENTS IN INCHES							
Height	56.75	57.16	58.03	58.33	59.12	59.51	60.52
Cervical Height	50.39	50.76	50.97	51.66	52.17	52.46	53.70
Waist Height Back	35.94	36.04	36.08	36.62	37.10	37.28	38.34
Abdominal Height	33.01	33.30	33.26	33.49	34.01	34.22	35.28
Waist to Hip Hgt.	6.92	7.30	6.76	7.09	6.99	7.16	7.20
Hip Height	29.22	29.72	30.05	30.09	30.78	30.68	31.69
Inseam	25.56	26.08	26.36	26.14	26.65	26.74	27.57
Knee Height	16.14	15.66	15.51	15.82	16.10	16.08	16.47
Ankle Height	2.31	2.40	2.31	2.39	2.49	2.44	2.46
Waist Length,Front	11.90	11.78	12.26	12.49	12.70	13.13	13.14
Cervical to CF Waist	18.31	18.50	18.72	18.84	19.15	19.75	19.64
Waist Length,Back	14.45	14.72	14.89	15.10	15.08	15.18	15.38
WIDTH AND LENGTH MEASUREMENTS IN INCHES							
Cross back shoulder**	14.57	14.35	14.59	14.88	15.21	15.40	15.35
Back Width	13.33	14.15	14.09	14.48	14.83	15.12	15.38
Chest Width	13.75	13.23	13.48	13.66	14.03	14.36	14.55
Shoulder Length	4.89	4.63	4.87	4.91	5.02	5.07	4.92
Shoulder slope *	22.71	24.02	20.62	20.98	22.23	22.26	22.04
Shoulder to wrist	21.43	21.70	21.34	21.72	21.85	22.06	22.52
Shoulder to elbow	12.20	12.73	12.31	12.39	12.54	12.65	12.89
Underarm to wrist	15.27	16.36	15.68	15.70	16.21	16.04	16.56
Bust point to BP	7.11	7.22	7.19	7.45	7.57	7.83	7.74
Neck to bust point	10.66	10.88	10.81	11.10	11.22	11.46	11.37
Armscye depth	7.11	6.75	6.72	6.98	6.93	7.10	7.27
Armscye to waist	6.16	6.61	6.70	6.64	6.91	7.03	7.16
Weight (lbs)	107.71	105.75	108.47	118.06	122.19	133.90	140.37

* Shoulder slope figures indicated as "degrees of slope."

**Measurements not in original PS 42-70 data base.

(1) Subjects' measurements are listed as comparisons to PS 42-70 numbered sizes. Hangtag numbers currently used in US Apparel Sizing range from 2 to 4 sizes smaller than the original PS 42-70 database.

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TABLE 2 *Continued*

SIZE, NUMBER OF SUBJECTS

LOCATION	JP3 N=7	JP5 N=22	JP7 N=37	JP9 N=73	JP11 N=142	JP13 N=98	JP15 N=67
GIRTH MEASUREMENTS IN CENTIMETERS							
Bust	85.29	84.46	85.93	89.96	91.26	95.67	94.72
Bust,Arc	46.36	44.80	46.26	48.03	49.14	51.20	51.11
Waist	75.21	74.98	75.20	79.49	80.29	85.06	84.37
Waist Arc	39.71	38.77	39.80	42.18	42.56	45.65	45.55
Abdominal Extension	89.93	89.18	90.00	94.34	95.51	99.79	101.06
Abdominal Arc	47.00	48.68	47.23	49.47	50.03	52.85	53.69
Hip	91.57	91.41	91.68	95.24	96.26	100.34	102.96
Hip Arc Back	46.36	46.41	45.91	48.00	48.99	50.55	51.72
Sitting Spread	96.29	96.84	96.26	101.21	101.82	106.75	108.74
Midneck	32.64	32.30	31.85	33.03	33.18	34.11	34.25
Neck Base **	37.57	39.43	37.70	38.85	39.17	40.29	40.28
Armscye	42.57	40.30	40.85	41.73	41.89	43.58	44.19
Upper arm	28.00	26.36	27.49	29.01	29.70	31.22	31.64
Elbow	24.64	24.50	25.10	25.66	25.74	26.92	27.06
Wrist	15.14	14.84	14.81	15.32	15.54	15.84	16.13
Thigh,Max	52.43	50.61	51.70	53.62	55.25	57.36	59.74
Thigh,Mid	45.36	45.46	44.92	47.09	48.55	50.40	53.36
Knee	33.21	35.02	34.49	35.32	35.63	37.10	38.36
Calf	31.36	31.77	31.41	32.71	33.30	34.67	35.81
Ankle	21.93	21.77	22.34	22.66	22.67	23.22	23.99
Vertical Trunk	142.86	142.18	143.42	145.43	147.48	150.52	152.66
Total Crotch Length	68.73	68.09	68.01	70.15	70.88	72.67	74.63
VERTICAL MEASUREMENTS IN CENTIMETERS							
Height	144.14	145.18	147.39	148.16	150.18	151.16	153.73
Cervical Height	128.00	128.93	129.46	131.23	132.52	133.25	136.40
Waist Height Back	91.29	91.55	91.64	93.03	94.22	94.68	97.40
Abdominal Height	83.86	84.59	84.49	85.07	86.38	86.91	89.60
Waist to Hip Hgt.	17.57	18.55	17.18	18.02	17.75	18.18	18.29
Hip Height	74.21	75.48	76.32	76.44	78.18	77.92	80.49
Inseam	64.93	66.25	66.95	66.40	67.70	67.92	70.03
Knee Height	41.00	39.77	39.41	40.17	40.89	40.83	41.83
Ankle Height	5.86	6.09	5.87	6.08	6.31	6.20	6.25
Waist Length,Front	30.21	29.93	31.15	31.72	32.25	33.34	33.37
Cervical to CF Waist	46.50	47.00	47.54	47.86	48.65	50.15	49.87
Waist Length,Back	36.71	37.39	37.82	38.34	38.30	38.55	39.06
WIDTH AND LENGTH MEASUREMENTS IN CENTIMETERS							
Cross back shoulder**	37.07	36.46	37.05	37.80	38.63	39.12	38.99
Back Width	33.86	35.93	35.80	36.78	37.66	38.42	39.06
Chest Width	34.93	33.61	34.23	34.69	35.65	36.48	36.95
Shoulder Length	12.43	11.75	12.37	12.47	12.74	12.87	12.49
Shoulder slope *	22.71	24.02	20.62	20.99	22.23	22.25	22.04
Shoulder to wrist	54.43	55.11	54.20	55.18	55.50	56.04	57.19
Shoulder to elbow	31.00	32.34	31.27	31.46	31.86	32.13	32.73
Underarm to wrist	38.79	41.55	39.82	39.88	41.17	40.73	42.06
Bust point to BP	18.07	18.34	18.26	18.93	19.24	19.90	19.66
Neck to bust point	27.07	27.64	27.45	28.19	28.50	29.11	28.88
Armscye depth	18.07	17.14	17.08	17.74	17.59	18.05	18.47
Armscye to waist	15.64	16.80	17.01	16.86	17.56	17.84	18.19
Weight (kg)	48.86	48.43	49.20	53.56	55.43	60.74	63.67

* Shoulder slope figures indicated as "degrees of slope."

**Measurements not in original PS 42-70 data base.

(1) Subjects' measurements are listed as comparisons to PS 42-70 numbered sizes. Hangtag numbers currently used in US Apparel Sizing range from 2 to 4 sizes smaller than the original PS 42-70 database.

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