

Female 1 mile run

Points	<30	31-35	36-39	40-45	46-50	51-55	56-60	61+
100	8:02	8:30	8:42	8:52	9:04	9:14	9:24	9:46
99	8:06	8:34	8:46	8:56	9:08	9:18	9:28	9:50
98	8:10	8:38	8:50	9:00	9:12	9:22	9:32	9:54
97	8:14	8:42	8:54	9:04	9:16	9:26	9:36	9:58
96	8:18	8:46	8:58	9:08	9:20	9:30	9:40	10:02
95	8:22	8:50	9:02	9:12	9:24	9:34	9:44	10:06
94	8:26	8:54	9:06	9:16	9:28	9:38	9:48	10:10
93	8:30	8:58	9:10	9:20	9:32	9:42	9:52	10:14
92	8:34	9:02	9:14	9:24	9:36	9:46	9:56	10:18
91	8:38	9:06	9:18	9:28	9:40	9:50	10:00	10:22
90	8:42	9:10	9:22	9:32	9:44	9:54	10:04	10:26
89	8:46	9:14	9:26	9:36	9:48	9:58	10:08	10:30
88	8:50	9:18	9:30	9:40	9:52	10:02	10:12	10:34
87	8:54	9:22	9:34	9:44	9:56	10:06	10:16	10:38
86	8:58	9:26	9:38	9:48	10:00	10:10	10:20	10:42
85	9:02	9:30	9:42	9:52	10:04	10:14	10:24	10:46
84	9:06	9:34	9:46	9:56	10:08	10:18	10:28	10:50
83	9:10	9:38	9:50	10:00	10:12	10:22	10:32	10:54
82	9:14	9:42	9:54	10:04	10:16	10:26	10:36	10:58
81	9:18	9:46	9:58	10:08	10:20	10:30	10:40	11:02
80	9:22	9:50	10:02	10:12	10:24	10:34	10:44	11:06
79	9:26	9:54	10:06	10:16	10:28	10:38	10:48	11:10
78	9:30	9:58	10:10	10:20	10:32	10:42	10:52	11:14
77	9:34	10:02	10:14	10:24	10:36	10:46	10:56	11:18
76	9:38	10:06	10:18	10:28	10:40	10:50	11:00	11:22
75	9:42	10:10	10:22	10:32	10:44	10:54	11:04	11:26

Female pushups in 2 minutes

Points	<25	26-30	31-35	36-40	41-45	46-50	51+
100	47	50	47	44	42	40	38
99	46	49	46	43	41	39	37
98	45	48	45	42	40	38	36
97	44	47	44	41	39	37	35
96	43	46	43	40	38	36	34
95	42	45	42	39	37	35	33
94	41	44	41	38	36	34	32
93	40	43	40	37	35	33	31
92	39	42	39	36	34	32	30
91	38	41	38	35	33	31	29
90	37	40	37	34	32	30	28
89	36	39	36	33	31	29	27
88	35	38	35	32	30	28	26
87	34	37	34	31	29	27	25
86	33	36	33	30	28	26	24
85	32	35	32	29	27	25	23
84	31	34	31	28	26	24	22
83	30	33	30	27	25	23	21
82	29	32	29	26	24	22	20
81	28	31	28	25	23	21	19
80	27	30	27	24	22	20	18
79	26	29	26	23	21	19	17
78	25	28	25	22	20	18	16
77	24	27	24	21	19	17	15
76	23	26	23	20	18	16	14
75	22	25	22	19	17	15	13

Squats in 2 minutes

Points	<25	26-30	31-35	36-40	41-45	46-50	51+
100	98	100	98	96	89	82	75
99	97	99	97	95	88	81	74
98	96	98	96	94	87	80	73
97	95	97	95	93	86	80	73
96	95	96	94	92	85	79	72
95	94	95	93	91	85	78	71
94	93	94	92	90	84	77	70
93	92	93	91	89	83	76	69
92	91	92	90	88	82	75	68
91	90	91	89	87	81	74	67
90	89	91	88	86	80	73	66
89	88	90	87	85	79	72	66
88	88	89	86	84	78	71	65
87	87	88	85	83	77	70	64
86	86	87	84	82	76	69	63
85	85	86	83	81	76	68	62
84	84	85	82	80	75	68	61
83	83	84	81	79	74	67	60
82	82	83	80	78	73	67	59
81	81	82	79	77	72	66	58
80	80	81	78	76	71	65	57
79	79	80	77	75	70	64	56
78	78	79	76	74	69	63	55
77	77	78	75	73	68	62	54
76	76	77	74	72	67	61	53
75	75	76	73	71	66	60	52

Plank

Points	
100	4:20
99	4:15
98	4:10
97	4:05
96	4:00
95	3:55
94	3:50
93	3:45
92	3:40
91	3:35
90	3:30
89	3:25
88	3:20
87	3:15
86	3:10
85	3:05
84	3:00
83	2:55
82	2:50
81	2:45
80	2:40
79	2:35
78	2:30
77	2:25
76	2:20
75	2:15