

## AEROBIC MALES

%	AGE 20-29		AGE 30-34		AGE 35-39		
	12 Min. Distance	1.5 Mile Time	12 Min. Distance	1.5 Mile Time	12 Min. Run	1.5 Mile Distance	
99	1.94	7:29	1.89	7:11	1.87	7:27	
95	1.81	8:13	1.77	8:44	1.74	9:07	<b>S</b>
90	1.74	9:09	1.71	9:30	1.68	9:53	
85	1.69	9:45	1.65	10:16	1.61	10:47	
80	1.65	10:16	1.61	10:47	1.57	11:15	<b>E</b>
75	1.62	10:42	1.57	11:18	1.55	11:34	
70	1.61	10:47	1.55	11:34	1.51	12:04	
65	1.57	11:18	1.53	11:49	1.49	12:20	
60	1.54	11:41	1.49	12:20	1.45	12:47	<b>G</b>
55	1.53	11:49	1.47	12:38	1.44	13:00	
50	1.5	12:18	1.45	12:51	1.41	13:22	
45	1.49	12:20	1.41	13:22	1.38	13:45	
40	1.45	12:51	1.39	13:36	1.36	14:03	<b>F</b>
35	1.43	13:06	1.37	13:53	1.33	14:20	
30	1.41	13:22	1.35	14:08	1.32	14:32	
25	1.37	13:53	1.33	14:24	1.29	14:55	
20	1.34	14:13	1.29	14:52	1.26	15:17	<b>P</b>
15	1.33	14:24	1.25	15:20	1.23	15:39	
10	1.27	15:10	1.21	15:52	1.19	16:10	
5	1.19	16:12	1.17	16:27	1.13	17:10	
1	1.06	17:48	1.13	18:00	1.05	18:26	<b>VP</b>

## AEROBIC MALES

%	AGE 40-44		AGE 45-49		AGE 50-54		
	12 Min. Distance	1.5 Mile Time	12 Min. Distance	1.5 Mile Time	12 Min. Run	1.5 Mile Distance	
99	1.85	7:42	1.81	8:08	1.77	8:44	
95	1.71	9:30	1.66	10:05	1.62	10:40	<b>S</b>
90	1.65	10:16	1.61	10:47	1.57	11:18	
85	1.57	11:18	1.53	11:49	1.49	12:20	
80	1.54	11:44	1.49	12:18	1.45	12:51	<b>E</b>
75	1.53	11:49	1.47	12:36	1.41	13:22	
70	1.47	12:34	1.42	13:10	1.38	13:45	
65	1.45	12:51	1.4	13:27	1.35	14:03	
60	1.42	13:14	1.37	13:49	1.33	14:24	<b>G</b>
55	1.41	13:22	1.36	14:01	1.31	14:40	
50	1.37	13:53	1.33	14:24	1.29	14:55	
45	1.35	14:08	1.3	14:43	1.26	15:08	
40	1.33	14:29	1.29	14:58	1.25	15:26	<b>F</b>
35	1.3	14:47	1.26	15:20	1.22	15:53	
30	1.29	14:56	1.25	15:27	1.21	15:57	
25	1.25	15:26	1.21	15:55	1.17	16:23	
20	1.23	15:41	1.19	16:12	1.15	16:43	<b>P</b>
15	1.21	15:57	1.17	16:28	1.13	16:58	
10	1.17	16:28	1.13	16:59	1.09	17:29	
5	1.1	17:23	1.05	17:57	1.01	18:31	
1	0.98	18:51	0.95	19:14	0.92	19:36	<b>VP</b>

## AEROBIC MALES

%	AGE 55-59		AGE 60+		
	12 Min. Distance	1.5 Mile Time	12 Min. Distance	1.5 Mile Time	
99	1.74	9:07	1.71	9:30	
95	1.59	11:00	1.57	11:20	<b>S</b>
90	1.53	11:49	1.49	12:20	
85	1.45	12:51	1.41	13:22	
80	1.41	13:22	1.37	13:53	<b>E</b>
75	1.35	13:53	1.3	14:24	
70	1.33	14:19	1.29	14:53	
65	1.3	14:41	1.26	15:19	
60	1.28	14:57	1.24	15:29	<b>G</b>
55	1.26	15:18	1.21	15:55	
50	1.24	15:31	1.19	16:07	
45	1.21	15:47	1.17	16:27	
40	1.2	16:05	1.15	16:43	<b>F</b>
35	1.17	16:26	1.13	16:58	
30	1.16	16:36	1.11	17:14	
25	1.12	16:58	1.08	17:32	
20	1.1	17:22	1.05	18:00	<b>P</b>
15	1.07	17:45	1.01	18:31	
10	1.02	18:22	0.95	19:15	
5	0.95	19:18	0.89	20:04	
1	0.87	20:17	0.82	20:57	<b>VP</b>

# 1 MINUTE SITUP

Males

AGE

%	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+	
99	>55	>51	>49	>47	>45	>43	>41	>39	
95	55	51	49	47	45	43	41	39	<b>S</b>
90	51	48	46	43	41	39	37	35	
85	49	45	42	40	38	36	33	31	
80	47	43	41	39	37	35	32	30	<b>E</b>
75	46	42	39	37	35	33	30	28	
70	45	41	38	36	33	31	28	26	
65	44	40	37	35	32	30	27	24	
60	42	39	36	34	31	28	25	22	<b>G</b>
55	41	37	34	32	29	27	24	21	
50	40	36	33	31	28	26	23	20	
45	39	35	32	30	27	25	22	19	
40	38	34	31	29	26	24	21	18	<b>F</b>
35	37	33	30	28	25	22	19	17	
30	35	32	29	27	24	21	18	16	
25	34	31	28	26	23	20	17	15	
20	33	30	27	24	21	19	16	14	<b>P</b>
15	32	28	25	22	19	17	15	13	
10	30	26	23	20	17	15	13	10	
5	27	23	20	17	14	12	9	7	
1	<27	<23	<20	<17	<14	<12	<9	<7	<b>VP</b>

# 1 MINUTE PUSHUP

Males

AGE

%	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+	
99	>100	>86	>75	>64	>57	>51	>45	>39	
95	62	52	46	40	40	39	33	28	<b>S</b>
90	57	46	41	36	33	30	28	26	
85	51	41	37	34	31	28	26	24	
80	47	39	34	30	27	25	24	23	<b>E</b>
75	44	36	32	29	26	24	23	22	
70	41	34	30	26	23	21	21	21	
65	39	31	28	25	22	20	20	20	
60	37	30	27	24	21	19	19	18	<b>G</b>
55	35	29	25	22	19	17	17	16	
50	33	27	24	21	18	15	15	15	
45	31	25	22	19	16	14	13	12	
40	29	24	21	18	15	13	11	10	<b>F</b>
35	27	21	18	16	13	11	10	9	
30	26	20	17	15	12	10	9	8	
25	24	19	16	13	11	9	8	7	
20	22	17	14	11	9	8	7	6	<b>P</b>
15	19	15	12	10	8	7	6	5	
10	18	13	11	9	7	6	5	4	
5	13	9	7	5	4	3	3	2	
1	<13	<9	<7	<5	<4	<3	<3	<2	<b>VP</b>