

AEROBIC FEMALES

%	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	1.78	8:33	1.66	10:05	1.63	10:26	
95	1.61	10:47	1.53	11:49	1.49	12:20	S
90	1.54	11:43	1.45	12:51	1.43	13:07	
85	1.49	12:20	1.43	13:06	1.39	13:36	
80	1.45	12:51	1.38	13:43	1.35	14:07	E
75	1.41	13:22	1.35	14:08	1.32	14:33	
70	1.37	13:53	1.33	14:24	1.29	14:55	
65	1.35	14:08	1.29	14:50	1.26	15:16	
60	1.33	14:24	1.27	15:08	1.24	15:33	G
55	1.31	14:35	1.26	15:20	1.22	15:46	
50	1.29	14:55	1.25	15:26	1.21	15:57	
45	1.27	15:10	1.22	15:47	1.19	16:11	
40	1.25	15:26	1.21	15:57	1.17	16:28	F
35	1.22	15:48	1.17	16:23	1.14	16:41	
30	1.21	15:57	1.16	16:35	1.13	17:00	
25	1.17	16:26	1.13	16:58	1.11	17:14	
20	1.16	16:33	1.11	17:14	1.08	17:37	P
15	1.13	16:58	1.09	17:29	1.05	17:55	
10	1.1	17:21	1.05	18:00	1.03	18:16	
5	1.03	18:14	1.01	18:31	0.98	18:48	VP

AEROBIC FEMALES

%	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	1.61	10:47	1.54	11:38	1.48	12:28	
95	1.45	12:51	1.39	13:36	1.33	14:20	S
90	1.41	13:22	1.35	14:09	1.29	14:55	
85	1.35	14:06	1.29	14:48	1.24	15:29	
80	1.32	14:31	1.26	15:14	1.21	15:57	E
75	1.29	14:57	1.24	15:31	1.2	16:05	
70	1.25	15:76	1.21	15:57	1.17	16:27	
65	1.23	15:41	1.18	16:16	1.14	15:51	
60	1.21	15:57	1.17	16:28	1.13	16:58	G
55	1.19	16:12	1.15	16:43	1.11	17:14	
50	1.17	16:27	1.13	16:56	1.1	17:24	
45	1.16	16:34	1.12	17:02	1.09	17:29	
40	1.13	16:58	1.09	17:26	1.06	17:55	F
35	1.12	16:59	1.08	17:34	1.04	18:09	
30	1.1	17:24	1.06	17:54	1.02	18:22	
25	1.09	17:29	1.05	18:00	1.01	18:31	
20	1.05	18:00	1.01	18:25	0.98	18:49	P
15	1.02	18:21	0.99	18:42	.97	19:02	
10	1.01	18:31	0.97	19:01	.93	19:30	
5	0.96	19:05	0.93	19:31	0.9	19:57	VP

AEROBIC FEMALES

%	AGE 55-59		AGE 60+		
	12 Min. Distance	1.5 Mile Time	12 Min. Distance	1.5 Mile Time	
99	1.51	12:02	1.55	11:36	
95	1.34	14:13	1.35	14:06	S
90	1.29	14:55	1.29	14:55	
85	1.22	15:43	1.21	15:57	
80	1.19	16:09	1.18	16:20	E
75	1.18	16:16	1.17	16:27	
70	1.15	16:43	1.13	16:58	
65	1.11	17:10	1.09	17:29	
60	1.1	17:22	1.07	17:46	G
55	1.08	17:37	1.05	18:00	
50	1.06	17:50	1.03	18:16	
45	1.05	18:00	1.01	18:31	
40	1:02	18:20	0.99	18:44	F
35	1.01	18:32	0.98	18:54	
30	0.99	18:41	0.97	18:59	
25	0.98	18:47	0.97	19:02	
20	0.96	19:05	0.94	19:21	P
15	0.95	19:18	0.93	19:33	
10	0.91	19:47	0.89	20:04	
5	0.88	20:10	0.86	20:23	VP

1 MINUTE SITUP

Females

AGE

%	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+	
99	>51	>42	>39	>38	>34	>30	>29	>28	
95	51	42	39	38	34	30	29	28	S
90	49	40	37	34	31	29	27	26	
85	45	38	35	32	28	25	22	20	
80	44	35	32	29	26	24	20	17	E
75	42	33	30	28	25	23	19	15	
70	41	32	29	27	24	22	17	13	
65	39	30	27	25	23	21	16	12	
60	38	29	26	24	22	20	15	11	G
55	37	28	25	23	20	19	14	10	
50	35	27	24	22	19	17	12	8	
45	34	26	23	21	18	16	11	7	
40	32	25	22	20	17	14	10	6	F
35	31	24	21	19	15	13	9	5	
30	30	22	19	17	14	12	8	4	
25	28	21	18	16	13	11	7	3	
20	27	20	17	14	12	10	6	3	P
15	24	18	15	13	10	7	4	2	
10	23	15	12	10	8	6	3	1	
5	18	11	8	7	6	5	3	1	
1	<18	<11	<8	<7	<6	<5	<3	<1	VP

1 MINUTE MODIFIED PUSHUP

Females

AGE

%	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+	
99	>70	>56	>58	>60	>50	>31	>25	>20	
95	45	39	36	33	30	28	24	20	S
90	42	36	32	28	26	25	21	17	
85	39	33	29	26	24	23	19	15	
80	36	31	27	24	22	21	18	14	E
75	34	29	25	21	21	20	17	13	
70	32	28	24	20	20	19	16	12	
65	31	26	22	19	19	18	15	11	
60	30	24	21	18	18	17	14	10	G
55	29	23	20	17	16	15	13	9	
50	26	21	18	15	14	13	10	8	
45	25	20	17	14	13	12	9	6	
40	23	19	16	13	12	11	8	5	F
35	22	17	14	11	11	10	7	4	
30	20	15	12	10	10	9	6	3	
25	19	14	11	9	9	8	5	2	
20	17	11	8	6	6	6	4	2	P
15	15	9	6	4	4	4	2	1	
10	12	8	5	2	2	1	1	0	
5	9	4	2	1	1	0	0	0	
<9	<4	<2	<1	<1	<1	0	0	0	VP