

Standard Physical Readiness Test Requirements for Females



Female Age	1F			2F			3F			4F			5F			6F			7F			Female Age
	20-24			25-29			30-34			35-39			40-44			45-49			50+			
	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	Crunches	Push-ups	1.5 Mile Run	
Percentile	# 2 Min	# No time	Min:Sec	# 2 Min	# No time	Min:Sec	# 2 Min	# No time	Min:Sec	# 2 Min	# No time	Min:Sec	# 2 Min	# No time	Min:Sec	# 2 Min	# No time	Min:Sec	# 2 Min	# No time	Min:Sec	Percentile
99%	82	54	10:22	78	51	10:29	74	50	10:42	72	48	10:58	69	46	11:11	67	45	11:13	64	44	11:38	99%
98%	81	53	10:56	77	50	11:02	73	49	11:13	71	47	11:36	68	45	11:41	66	44	12:44	63	43	13:09	98%
97%	81	53	11:07	77	50	11:19	73	49	11:32	71	47	11:51	68	45	12:17	66	44	13:11	63	43	14:45	97%
96%	80	52	11:22	76	49	11:35	72	48	11:47	70	46	12:02	67	44	12:43	65	43	13:56	62	42	14:59	96%
95%	80	52	11:36	76	49	11:45	72	48	11:59	70	46	12:19	67	44	12:55	65	43	14:09	62	42	15:22	95%
94%	79	52	11:44	75	49	11:55	71	47	12:01	69	45	12:33	66	43	13:40	64	42	14:33	61	41	15:32	94%
93%	79	51	11:57	75	48	12:04	71	47	12:23	69	45	12:50	66	43	13:58	64	42	14:43	61	41	15:46	93%
92%	79	51	12:07	75	48	12:13	71	46	12:33	69	44	13:02	66	42	14:11	64	41	14:50	61	40	15:54	92%
91%	78	50	12:18	74	47	12:22	70	46	12:45	68	44	13:15	65	42	14:26	63	41	15:11	60	40	16:10	91%
90%	78	50	12:25	74	47	12:30	70	46	12:57	68	44	13:25	65	42	14:32	63	41	15:32	60	40	16:39	90%
89%	77	49	12:33	73	47	12:38	69	45	13:05	67	43	13:34	64	41	14:38	62	39	15:48	59	37	16:55	89%
88%	77	49	12:41	73	47	12:44	69	45	13:15	67	43	13:48	64	41	14:41	62	39	15:59	59	37	17:04	88%
87%	76	48	12:48	72	46	12:51	68	44	13:22	66	43	13:55	63	41	14:48	61	39	16:02	58	37	17:12	87%
86%	76	48	12:54	72	46	12:59	68	44	13:30	66	43	13:59	63	41	14:53	61	39	16:15	58	37	17:30	86%
85%	75	48	12:59	71	46	13:04	67	44	13:39	65	43	14:03	62	41	15:03	60	39	16:21	57	37	17:36	85%
84%	75	47	13:07	71	45	13:10	67	43	13:47	65	42	14:11	62	40	15:13	60	38	16:25	57	36	17:46	84%
83%	75	47	13:12	71	45	13:15	67	43	13:56	65	42	14:19	62	40	15:22	60	38	16:29	57	36	18:06	83%
82%	74	46	13:20	70	44	13:21	66	42	14:06	64	41	14:27	61	40	15:32	59	38	16:34	56	36	18:27	82%
81%	74	46	13:25	70	44	13:27	66	42	14:14	64	41	14:37	61	40	15:40	59	38	16:39	56	36	18:31	81%
80%	74	46	13:30	70	44	13:30	66	42	14:21	64	41	14:44	61	40	15:52	59	38	16:43	56	36	18:39	80%
79%	73	45	13:34	69	43	13:40	65	41	14:27	63	40	14:49	60	39	15:59	58	37	16:45	55	35	18:42	79%
78%	72	45	13:40	68	43	13:46	64	41	14:33	62	40	14:54	59	39	16:06	57	37	16:53	54	35	18:50	78%
77%	72	44	13:46	68	42	13:51	64	41	14:40	62	40	15:00	59	39	16:15	57	37	16:58	54	35	19:00	77%
76%	71	44	13:50	67	42	13:56	63	41	14:45	61	39	15:07	58	38	16:24	56	36	17:03	53	35	19:07	76%
75%	71	43	13:54	67	42	14:02	63	41	14:52	61	39	15:14	58	38	16:27	56	36	17:09	53	35	19:12	75%
74%	70	43	13:59	66	41	14:08	62	40	14:59	60	39	15:20	57	38	16:30	55	36	17:16	52	34	19:14	74%
73%	70	43	14:04	66	41	14:13	62	40	15:05	60	38	15:23	57	38	16:35	55	36	17:25	52	34	19:15	73%
72%	69	42	14:10	65	41	14:19	61	40	15:11	59	38	15:30	56	37	16:42	54	35	17:30	51	34	19:17	72%
71%	69	42	14:15	65	41	14:25	61	40	15:15	59	38	15:37	56	37	16:51	54	35	17:31	51	34	19:20	71%
70%	68	42	14:21	64	41	14:30	60	40	15:21	58	38	15:42	55	37	16:54	53	35	17:34	50	34	19:28	70%

Example: Female age is 32. Column 3F has the age range of 30-34. This column is selected for a 32 year old female. The minimum requirement is 70%. The row with 70% is selected. This female will be required to complete 60 crunches in 2 minutes, 40 push-ups (not timed) and run the mile 1/2 in 15 minutes 21 seconds.