

Performance Standards
for Males by Age

Male Age	20-24			25-29			30-34			35-39			40-44			45-49			50+			Male Age
Percentile	Sit-ups # 2 Min	Push-ups # No time	1.5 Mile Run Min:Sec	Sit-ups # 2 Min	Push-ups # No time	1.5 Mile Run Min:Sec	Sit-ups # 2 Min	Push-ups # No time	1.5 Mile Run Min:Sec	Sit-ups # 2 Min	Push-ups # No time	1.5 Mile Run Min:Sec	Sit-ups # 2 Min	Push-ups # No time	1.5 Mile Run Min:Sec	Sit-ups # 2 Min	Push-ups # No time	1.5 Mile Run Min:Sec	Sit-ups # 2 Min	Push-ups # No time	1.5 Mile Run Min:Sec	Percentile
99%	86	75	8:45	82	72	8:45	78	68	9:01	76	66	9:11	73	63	9:25	71	61	9:54	68	59	10:27	99%
98%	85	74	9:00	81	71	9:03	77	67	9:19	75	65	9:31	72	62	9:48	70	60	10:26	67	58	11:02	98%
97%	85	74	9:10	81	71	9:16	77	67	9:31	75	65	9:43	72	62	10:07	70	60	10:47	67	58	11:35	97%
96%	84	73	9:20	80	70	9:25	76	67	9:41	74	65	9:53	71	62	10:17	69	60	11:02	66	58	11:45	96%
95%	84	73	9:28	80	70	9:34	76	66	9:48	74	64	10:01	71	61	10:27	69	59	11:15	66	57	12:03	95%
94%	83	72	9:34	79	69	9:42	75	66	9:56	73	64	10:11	70	61	10:37	68	59	11:25	65	57	12:13	94%
93%	83	72	9:40	79	69	9:48	75	66	10:03	73	64	10:19	70	61	10:46	68	59	11:35	65	57	12:25	93%
92%	82	72	9:46	78	69	9:54	74	65	10:10	72	63	10:25	69	60	10:55	67	58	11:42	64	56	12:37	92%
91%	82	71	9:50	78	68	9:59	74	65	10:16	72	63	10:31	69	60	11:05	67	58	11:49	64	56	12:48	91%
90%	82	71	9:56	78	68	10:04	74	65	10:22	72	63	10:37	69	60	11:12	67	58	11:59	64	56	12:57	90%
89%	81	70	10:00	77	67	10:08	73	64	10:27	71	62	10:43	68	59	11:19	66	57	12:08	63	55	13:01	89%
88%	81	69	10:06	77	67	10:13	73	64	10:33	71	62	10:48	68	59	11:24	66	57	12:14	63	55	13:11	88%
87%	80	68	10:10	76	67	10:17	72	64	10:38	70	62	10:53	67	59	11:31	65	57	12:24	62	55	13:21	87%
86%	80	68	10:14	76	67	10:21	72	63	10:42	70	61	10:58	67	58	11:37	65	56	12:32	62	54	13:29	86%
85%	79	68	10:17	75	66	10:25	71	63	10:47	69	61	11:03	66	58	11:44	64	56	12:38	61	54	13:35	85%
84%	79	68	10:20	75	66	10:29	71	63	10:51	69	61	11:08	66	58	11:48	64	56	12:44	61	54	13:38	84%
83%	79	67	10:24	75	66	10:33	71	63	10:55	69	61	11:14	66	57	11:53	64	55	12:53	61	54	13:43	83%
82%	78	67	10:28	74	65	10:36	70	62	10:59	68	60	11:19	65	57	11:57	63	55	12:58	60	53	13:49	82%
81%	78	67	10:31	74	65	10:40	70	62	11:03	68	60	11:24	65	57	12:05	63	55	13:06	60	53	13:56	81%
80%	78	67	10:34	74	65	10:43	70	62	11:07	68	60	11:29	65	57	12:10	63	55	13:08	60	53	14:08	80%
79%	77	66	10:37	73	64	10:47	69	61	11:11	67	59	11:34	64	56	12:16	62	54	13:12	59	52	14:13	79%
78%	76	66	10:40	72	64	10:50	68	61	11:15	66	59	11:38	63	56	12:23	61	54	13:17	58	52	14:15	78%
77%	76	65	10:43	72	63	10:54	68	60	11:18	66	58	11:42	63	55	12:29	61	53	13:22	58	51	14:24	77%
76%	75	65	10:46	71	63	10:58	67	60	11:22	65	58	11:46	62	55	12:34	60	53	13:26	57	51	14:27	76%
75%	75	65	10:49	71	62	11:01	67	59	11:25	65	57	11:50	62	55	12:40	60	53	13:31	57	51	14:31	75%
74%	74	64	10:52	70	62	11:04	66	59	11:29	64	57	11:55	61	54	12:43	59	52	13:36	56	50	14:36	74%
73%	74	64	10:55	70	61	11:07	66	58	11:32	64	57	11:58	61	54	12:47	59	52	13:42	56	50	14:44	73%
72%	73	64	10:58	69	61	11:10	65	58	11:35	63	56	12:03	60	53	12:51	58	51	13:50	55	49	14:47	72%
71%	73	63	11:00	69	60	11:14	65	57	11:38	63	56	12:08	60	53	12:55	58	51	13:53	55	49	14:52	71%
70%	72	63	11:04	68	60	11:17	64	57	11:42	62	56	12:12	59	53	13:00	57	51	13:58	54	49	14:55	70%
69%	71	62	11:07	67	59	11:20	63	56	11:45	61	55	12:16	58	52	13:05	56	50	14:05	53	48	15:06	69%
68%	70	61	11:10	66	59	11:22	62	56	11:48	60	55	12:20	57	52	13:09	55	50	14:10	52	48	15:09	68%
67%	69	60	11:13	65	58	11:25	61	55	11:52	59	54	12:24	56	51	13:14	54	49	14:14	51	47	15:14	67%
66%	68	59	11:16	64	58	11:28	60	55	11:55	58	54	12:28	55	51	13:20	53	49	14:18	50	47	15:19	66%
65%	67	59	11:19	63	57	11:30	59	54	11:58	57	53	12:31	54	50	13:26	52	48	14:24	49	47	15:23	65%
64%	67	58	11:22	63	57	11:33	59	54	12:01	57	53	12:35	54	50	13:30	52	48	14:30	49	46	15:29	64%
63%	66	58	11:25	62	56	11:36	58	53	12:05	56	52	12:38	53	49	13:34	51	48	14:36	48	46	15:32	63%
62%	66	57	11:28	62	56	11:39	58	53	12:08	56	52	12:42	53	49	13:39	51	47	14:40	48	45	15:38	62%
61%	65	57	11:30	61	55	11:42	57	52	12:12	55	51	12:46	52	48	13:44	50	47	14:46	47	45	15:43	61%
60%	65	57	11:33	61	55	11:45	57	52	12:15	55	51	12:50	52	48	13:48	50	47	14:52	47	45	15:47	60%
59%	64	56	11:36	60	54	11:48	56	51	12:19	54	50	12:54	51	47	13:53	49	46	14:59	46	44	15:54	59%
58%	63	56	11:39	59	53	11:51	55	51	12:23	53	50	12:57	50	47	13:57	48	46	15:04	45	44	15:58	58%
57%	62	55	11:41	58	53	11:54	54	50	12:26	52	49	13:00	49	46	14:03	47	45	15:09	44	43	16:00	57%
56%	61	55	11:44	57	52	11:57	53	50	12:29	51	49	13:05	48	46	14:08	46	45	15:13	43	43	16:04	56%
55%	60	54	11:47	56	52	12:00	52	49	12:32	50	48	13:08	47	45	14:12	45	44	15:17	42	42	16:07	55%
54%	60	53	11:49	56	51	12:03	52	49	12:36	50	48	13:14	47	45	14:16	45	44	15:21	42	42	16:11	54%
53%	59	53	11:52	55	51	12:06	51	48	12:39	49	47	13:18	46	44	14:21	44	43	15:25	41	41	16:15	53%
52%	59	52	11:55	55	50	12:10	51	48	12:42	49	47	13:22	46	44	14:25	44	43	15:30	41	41	16:24	52%
51%	58	52	11:57	54	50	12:13	50	47	12:46	48	46	13:26	45	43	14:29	43	42	15:33	40	40	16:29	51%
50%	58	51	12:00	54	49	12:16	50	47	12:50	48	45	13:30	45	43	14:34	43	42	15:37	40	40	16:33	50%

Minimum Standard

Performance Standards
for Males by Age

Male Age	20-24			25-29			30-34			35-39			40-44			45-49			50 +			Male Age
	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	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
49%	57	50	12:03	53	48	12:19	49	46	12:54	47	44	13:34	44	42	14:39	42	41	15:40	39	39	16:39	49%
48%	56	49	12:06	52	47	12:23	48	45	12:58	46	43	13:38	43	41	14:43	41	40	15:46	38	39	16:44	48%
47%	55	49	12:09	51	46	12:26	47	44	13:01	45	42	13:42	42	41	14:47	40	40	15:50	37	38	16:48	47%
46%	54	48	12:12	50	46	12:29	46	44	13:05	44	42	13:46	41	40	14:52	39	39	15:55	36	38	16:53	46%
45%	53	47	12:16	49	45	12:32	45	43	13:09	43	41	13:50	40	39	14:56	38	38	16:00	35	37	16:55	45%
44%	53	47	12:18	49	45	12:36	45	43	13:12	43	41	13:55	40	39	15:02	38	38	16:06	35	37	16:58	44%
43%	52	47	12:21	48	44	12:40	44	42	13:17	42	40	13:59	39	38	15:07	37	37	16:09	34	36	17:03	43%
42%	52	47	12:24	48	44	12:43	44	42	13:21	42	40	14:04	39	38	15:12	37	37	16:13	34	36	17:08	42%
41%	51	46	12:29	47	43	12:46	43	41	13:25	41	39	14:09	38	37	15:16	36	36	16:18	33	35	17:13	41%
40%	51	46	12:32	47	43	12:50	43	40	13:30	41	38	14:14	38	36	15:20	36	35	16:22	33	34	17:16	40%
39%	50	45	12:35	46	42	12:54	42	40	13:34	40	38	14:20	37	36	15:26	35	34	16:27	32	33	17:19	39%
38%	49	45	12:39	45	42	12:57	41	39	13:38	39	37	14:24	36	35	15:30	34	33	16:33	31	32	17:26	38%
37%	48	44	12:43	44	41	13:01	40	39	13:42	38	37	14:28	35	35	15:34	33	32	16:38	30	31	17:31	37%
36%	47	43	12:46	43	41	13:04	39	38	13:46	37	36	14:34	34	34	15:39	32	32	16:44	29	30	17:37	36%
35%	46	43	12:50	42	40	13:09	38	38	13:51	36	36	14:40	33	33	15:44	31	31	16:50	28	29	17:42	35%
34%	46	42	12:54	42	40	13:12	38	37	13:56	36	35	14:45	33	33	15:49	31	31	17:00	28	28	17:46	34%
33%	45	42	12:57	41	39	13:17	37	37	14:01	35	35	14:51	32	32	15:54	30	30	17:05	27	28	17:49	33%
32%	45	41	13:01	41	39	13:22	37	36	14:05	35	34	14:58	32	32	15:59	30	30	17:09	27	27	17:59	32%
31%	44	41	13:06	40	38	13:26	36	36	14:10	34	34	15:04	31	31	16:07	29	29	17:13	26	26	18:06	31%
30%	44	40	13:10	40	38	13:31	36	35	14:16	34	33	15:08	31	30	16:12	29	28	17:18	26	26	18:17	30%
29%	43	40	13:14	39	37	13:36	35	35	14:21	33	33	15:14	30	30	16:18	28	28	17:25	25	25	18:20	29%
28%	42	39	13:19	38	37	13:41	34	34	14:27	32	32	15:19	29	29	16:23	27	27	17:32	24	25	18:30	28%
27%	41	39	13:24	37	36	13:46	33	34	14:32	31	32	15:26	28	29	16:29	26	27	17:38	23	24	18:35	27%
26%	41	38	13:29	37	36	13:52	33	33	14:38	31	31	15:31	28	28	16:33	26	26	17:43	23	24	18:40	26%
25%	40	38	13:33	36	35	13:58	32	33	14:45	30	31	15:38	27	28	16:38	25	26	17:50	22	23	18:50	25%
24%	40	37	13:38	36	35	14:04	32	32	14:51	30	30	15:43	27	27	16:45	25	25	17:58	22	23	18:57	24%
23%	39	36	13:45	35	34	14:09	31	32	14:58	29	30	15:49	26	27	16:55	24	25	18:05	21	22	19:02	23%
22%	39	36	13:50	35	34	14:15	31	31	15:04	29	29	15:55	26	26	17:02	24	24	18:12	21	22	19:07	22%
21%	38	35	13:56	34	33	14:21	30	31	15:10	28	29	16:03	25	26	17:09	23	23	18:20	20	21	19:15	21%
20%	38	34	14:01	34	32	14:28	30	30	15:18	28	28	16:10	25	25	17:15	23	22	18:25	20	20	19:20	20%
19%	37	33	14:08	33	31	14:35	29	30	15:26	27	28	16:17	24	25	17:20	22	21	18:32	19	20	19:25	19%
18%	36	33	14:15	32	31	14:42	28	30	15:33	26	27	16:23	23	24	17:29	21	21	18:39	18	19	19:31	18%
17%	35	32	14:22	31	30	14:50	27	29	15:41	25	27	16:31	22	24	17:40	20	20	18:45	17	19	19:41	17%
16%	35	32	14:30	31	30	14:59	27	29	15:50	25	26	16:43	22	23	17:48	20	20	18:53	17	18	19:50	16%
15%	34	31	14:38	30	29	15:07	26	28	16:00	24	26	16:51	21	23	17:59	19	19	19:03	16	18	19:56	15%
14%	34	31	14:47	30	29	15:16	26	28	16:09	24	25	17:01	21	22	18:11	19	19	19:15	16	17	20:00	14%
13%	33	30	14:56	29	28	15:26	25	27	16:19	23	25	17:09	20	22	18:21	18	18	19:29	15	17	20:10	13%
12%	33	30	15:06	29	28	15:35	25	27	16:29	23	24	17:19	20	21	18:35	18	18	19:35	15	17	20:22	12%
11%	32	29	15:17	28	27	15:48	24	26	16:43	22	24	17:32	19	21	18:49	17	17	19:43	14	16	20:51	11%
10%	32	29	15:28	28	28	15:59	24	25	16:55	22	24	17:42	19	20	19:06	17	17	19:58	14	16	21:02	10%
9%	31	28	15:43	27	26	16:12	23	25	17:07	21	23	17:57	18	20	19:21	16	16	20:06	13	15	21:12	9%
8%	30	28	15:59	26	26	16:26	22	25	17:19	20	23	18:14	17	19	19:40	15	16	20:28	12	15	21:35	8%
7%	29	27	16:12	25	25	16:44	21	24	17:36	19	23	18:30	16	19	19:57	14	16	20:51	11	15	21:50	7%
6%	29	27	16:32	25	25	17:00	21	24	17:55	19	22	18:49	16	18	20:12	14	15	21:10	11	14	22:18	6%
5%	28	27	16:55	24	25	17:22	20	23	18:13	18	22	19:18	15	18	20:39	13	15	21:50	10	14	22:45	5%
4%	28	26	17:21	24	24	17:51	20	23	18:42	18	22	19:47	15	17	21:24	13	15	22:17	10	14	23:02	4%
3%	27	26	17:56	23	24	18:26	19	23	19:14	17	21	20:12	14	17	22:05	12	15	23:07	9	14	23:37	3%
2%	27	25	18:43	23	23	19:10	19	22	20:06	17	21	21:12	14	16	22:50	12	14	23:55	9	13	24:23	2%
1%	27	25	19:45	23	23	20:25	19	21	21:35	17	20	23:03	14	16	25:05	12	14	25:05	9	13	26:20	1%

Performance Standards
for Females by Age

Female Age	20-24			25-29			30-34			35-39			40-44			45-49			50 +			Female Age
	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	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%
69%	67	41	14:27	63	40	14:37	59	39	15:26	57	37	15:49	54	36	17:05	52	34	17:46	49	33	19:35	69%
68%	67	41	14:31	63	40	14:43	59	39	15:32	57	37	15:58	54	36	17:08	52	34	17:49	49	33	19:38	68%
67%	66	41	14:35	62	40	14:47	58	39	15:37	56	37	16:06	53	36	17:11	51	34	18:02	48	32	19:40	67%
66%	65	41	14:38	61	39	14:50	57	38	15:42	55	36	16:14	52	35	17:12	50	33	18:13	47	32	19:41	66%
65%	65	41	14:43	61	39	14:56	57	38	15:46	55	36	16:21	52	35	17:17	50	33	18:21	47	31	19:45	65%
64%	64	40	14:47	60	39	15:00	56	38	15:52	54	36	16:24	51	35	17:19	49	33	18:26	46	31	19:52	64%
63%	63	40	14:53	59	39	15:06	55	37	15:57	53	35	16:29	50	34	17:24	48	32	18:31	45	31	19:53	63%
62%	63	40	14:57	59	38	15:10	55	37	16:00	53	35	16:34	50	34	17:30	48	32	18:36	45	30	19:58	62%
61%	62	40	15:01	58	38	15:14	54	37	16:06	52	35	16:39	49	34	17:33	47	32	18:44	44	30	20:01	61%
60%	61	40	15:05	57	38	15:19	53	37	16:11	51	35	16:43	48	34	17:36	46	32	18:45	43	30	20:05	60%
59%	60	39	15:09	56	37	15:25	52	36	16:16	50	34	16:46	47	33	17:40	45	31	18:48	42	29	20:08	59%
58%	60	39	15:14	56	37	15:31	52	36	16:21	50	34	16:53	47	33	17:44	45	31	18:52	42	29	20:20	58%
57%	59	39	15:18	55	37	15:36	51	36	16:28	49	34	16:59	46	32	17:51	44	30	18:56	41	28	20:22	57%
56%	58	38	15:22	54	36	15:40	50	35	16:33	48	33	17:05	45	32	17:57	43	30	19:01	40	28	20:23	56%
55%	58	38	15:28	54	36	15:46	50	35	16:38	48	33	17:10	45	31	18:00	43	29	19:04	40	27	20:27	55%
54%	57	38	15:31	53	36	15:50	49	35	16:42	47	33	17:16	44	31	18:02	42	29	19:05	39	27	20:30	54%
53%	57	37	15:35	53	36	15:54	49	34	16:47	47	32	17:19	44	30	18:08	42	28	19:06	39	27	20:39	53%
52%	56	37	15:40	52	35	15:58	48	34	16:54	46	32	17:28	43	30	18:12	41	28	19:07	38	26	20:47	52%
51%	55	36	15:43	51	35	16:07	47	33	17:00	45	31	17:31	42	29	18:15	40	27	19:10	37	26	20:49	51%
50%	54	36	15:48	50	35	16:07	46	33	17:05	44	31	17:38	41	29	18:18	39	27	19:18	36	26	20:51	50%

Minimum Standard

Performance Standards
for Females by Age

Female Age	20-24			25-29			30-34			35-39			40-44			45-49			50 +			Female Age
	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	Push-ups	1.5 Mile Run	Sit-ups	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
49%	53	35	15:53	49	34	16:13	45	32	17:10	43	30	17:43	40	28	18:20	38	26	19:24	35	25	20:53	49%
48%	52	34	15:58	48	34	16:18	44	32	17:14	42	30	17:50	39	28	18:28	37	26	19:25	34	25	20:58	48%
47%	52	34	16:04	48	33	16:24	44	31	17:20	42	29	17:53	39	27	18:36	37	25	19:27	34	24	21:03	47%
46%	51	33	16:09	47	33	16:27	43	31	17:25	41	29	17:58	38	27	18:40	36	25	19:31	33	24	21:11	46%
45%	51	33	16:13	47	33	16:32	43	30	17:31	41	28	18:06	38	26	18:45	36	24	19:38	33	23	21:16	45%
44%	50	32	16:17	46	32	16:37	42	30	17:36	40	28	18:12	37	26	18:47	35	24	19:39	32	23	21:27	44%
43%	50	32	16:23	46	32	16:42	42	30	17:40	40	28	18:17	37	25	18:55	35	24	19:45	32	22	21:32	43%
42%	49	31	16:27	45	31	16:47	41	29	17:44	39	27	18:23	36	25	18:59	34	23	19:48	31	22	21:42	42%
41%	49	31	16:32	45	31	16:51	41	29	17:49	39	27	18:26	36	24	19:04	34	23	19:54	31	21	21:59	41%
40%	48	31	16:35	44	31	16:55	40	29	17:55	38	27	18:32	35	24	19:10	33	23	19:57	30	21	22:08	40%
39%	47	30	16:40	43	29	17:00	39	28	18:00	37	26	18:38	34	23	19:17	32	22	20:00	29	20	22:12	39%
38%	47	29	16:43	43	29	17:06	39	29	18:05	37	26	18:43	34	23	19:21	32	22	20:02	29	20	22:15	38%
37%	46	29	16:47	42	28	17:12	38	27	18:09	36	26	18:50	33	23	19:25	31	21	20:08	28	20	22:17	37%
36%	45	28	16:53	41	28	17:17	37	27	18:13	35	25	18:57	32	22	19:30	30	21	20:20	27	19	22:20	36%
35%	45	28	17:00	41	28	17:22	37	26	18:19	35	25	19:03	32	22	19:35	30	20	20:26	27	19	22:36	35%
34%	44	28	17:06	40	28	17:29	36	26	18:24	34	25	19:11	31	22	19:38	29	20	20:30	26	19	22:46	34%
33%	43	27	17:09	39	27	17:35	35	26	18:31	33	24	19:20	30	21	19:51	28	20	20:34	25	18	22:53	33%
32%	42	27	17:15	38	27	17:43	34	25	18:35	32	24	19:29	29	21	19:54	27	19	20:43	24	18	22:59	32%
31%	41	27	17:18	37	27	17:48	33	25	18:42	31	24	19:33	28	20	19:57	26	19	20:46	23	18	23:00	31%
30%	40	27	17:23	36	27	17:54	32	25	18:50	30	24	19:40	27	20	20:00	25	19	20:52	22	18	23:02	30%
29%	39	26	17:28	35	26	17:58	31	24	18:56	29	23	19:47	26	20	20:04	24	18	20:55	21	17	23:05	29%
28%	38	26	17:33	34	26	18:03	30	24	19:02	28	23	19:53	25	20	20:09	23	18	20:57	20	17	23:06	28%
27%	38	25	17:40	34	25	18:09	30	24	19:07	28	23	19:59	25	19	20:17	23	18	20:59	20	17	23:07	27%
26%	37	25	17:43	33	25	18:16	29	23	19:13	27	22	20:05	24	19	20:23	22	17	21:00	19	16	23:08	26%
25%	36	24	17:48	32	24	18:23	28	23	19:19	26	22	20:10	23	19	20:30	21	17	21:09	18	16	23:09	25%
24%	36	24	17:54	32	24	18:30	28	23	19:26	26	22	20:22	23	18	20:41	21	17	21:13	18	16	23:10	24%
23%	35	24	18:03	31	24	18:36	27	23	19:34	25	21	20:28	22	18	20:51	20	17	21:33	17	15	23:13	23%
22%	35	23	18:10	31	23	18:44	27	22	19:38	25	21	20:34	22	18	20:59	20	16	21:40	17	15	23:20	22%
21%	34	23	18:18	30	23	18:51	26	22	19:46	24	20	20:40	21	17	21:15	19	16	21:46	16	15	23:41	21%
20%	34	23	18:25	30	23	18:58	26	22	19:53	24	20	20:47	21	17	21:20	19	16	21:57	16	15	23:50	20%
19%	33	22	18:32	29	22	19:06	25	21	20:01	23	19	20:55	20	17	21:28	18	15	22:08	15	14	24:05	19%
18%	33	22	18:40	29	22	19:14	25	21	20:10	23	19	21:00	20	16	21:40	18	15	22:14	15	14	24:24	18%
17%	32	22	18:47	28	22	19:22	24	20	20:21	22	19	21:07	19	16	21:45	17	15	22:16	14	14	24:40	17%
16%	32	21	18:57	28	21	19:32	24	20	20:31	22	18	21:19	19	16	21:49	17	15	22:19	14	14	24:41	16%
15%	31	21	19:07	27	21	19:41	23	20	20:41	21	18	21:27	18	16	22:03	16	15	22:28	13	14	24:42	15%
14%	31	21	19:18	27	21	19:53	23	19	20:52	21	18	21:36	18	15	22:16	16	14	22:48	13	13	24:53	14%
13%	30	20	19:26	26	20	20:00	22	19	21:04	20	17	21:47	17	15	22:31	15	14	23:15	12	13	25:13	13%
12%	30	20	19:37	26	20	20:11	22	18	21:20	20	17	22:00	17	15	22:37	15	14	23:20	12	13	25:33	12%
11%	29	20	19:49	25	20	20:25	21	18	21:33	19	17	22:08	16	15	22:52	14	14	23:38	11	13	25:50	11%
10%	28	20	20:01	24	20	20:36	20	18	21:51	18	17	22:27	15	15	23:11	13	14	23:48	10	13	26:26	10%
9%	27	19	20:15	23	19	20:50	19	17	22:06	17	16	22:45	14	14	23:26	12	13	24:01	10	12	26:48	9%
8%	27	19	20:30	23	19	21:05	19	17	22:24	17	16	23:08	14	14	23:49	12	13	24:15	10	12	27:17	8%
7%	26	19	20:45	22	18	21:28	18	17	22:45	16	16	23:24	13	14	24:16	11	13	24:35	9	12	27:46	7%
6%	26	18	21:02	22	18	21:55	18	16	23:00	16	16	23:54	13	14	24:44	11	13	24:48	9	12	28:00	6%
5%	26	18	21:42	22	18	22:15	18	16	23:28	16	15	24:03	13	13	25:15	11	13	25:00	9	12	28:06	5%
4%	25	18	22:05	21	17	22:45	17	16	24:00	15	15	24:44	12	13	25:38	10	12	25:05	8	11	28:13	4%
3%	25	17	22:42	21	17	23:20	17	15	24:40	15	15	25:00	12	13	26:15	10	12	25:46	8	11	28:20	3%
2%	24	17	23:27	20	16	24:07	16	15	25:15	14	15	25:51	11	12	27:30	9	12	27:26	7	11	28:56	2%
1%	24	17	25:02	20	16	25:32	16	15	26:22	14	15	28:00	11	12	29:39	9	12	28:50	7	11	29:25	1%