

	1F			2F			3F		
Female Age	20-24			25-29			30-34		
	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
99%	82	54	10:22	78	51	10:29	74	50	10:42
98%	81	53	10:56	77	50	11:02	73	49	11:13
97%	81	53	11:07	77	50	11:19	73	49	11:32
96%	80	52	11:22	76	49	11:35	72	48	11:47
95%	80	52	11:36	76	49	11:45	72	48	11:59
94%	79	52	11:44	75	49	11:55	71	47	12:01
93%	79	51	11:57	75	48	12:04	71	47	12:23
92%	79	51	12:07	75	48	12:13	71	46	12:33
91%	78	50	12:18	74	47	12:22	70	46	12:45
90%	78	50	12:25	74	47	12:30	70	46	12:57
89%	77	49	12:33	73	47	12:38	69	45	13:05
88%	77	49	12:41	73	47	12:44	69	45	13:15
87%	76	48	12:48	72	46	12:51	68	44	13:22
86%	76	48	12:54	72	46	12:59	68	44	13:30
85%	75	48	12:59	71	46	13:04	67	44	13:39
84%	75	47	13:07	71	45	13:10	67	43	13:47
83%	75	47	13:12	71	45	13:15	67	43	13:56
82%	74	46	13:20	70	44	13:21	66	42	14:06
81%	74	46	13:25	70	44	13:27	66	42	14:14
80%	74	46	13:30	70	44	13:30	66	42	14:21
79%	73	45	13:34	69	43	13:40	65	41	14:27
78%	72	45	13:40	68	43	13:46	64	41	14:33
77%	72	44	13:46	68	42	13:51	64	41	14:40
76%	71	44	13:50	67	42	13:56	63	41	14:45
75%	71	43	13:54	67	42	14:02	63	41	14:52
74%	70	43	13:59	66	41	14:08	62	40	14:59
73%	70	43	14:04	66	41	14:13	62	40	15:05
72%	69	42	14:10	65	41	14:19	61	40	15:11
71%	69	42	14:15	65	41	14:25	61	40	15:15
70%	68	42	14:21	64	41	14:30	60	40	15:21
69%	67	41	14:27	63	40	14:37	59	39	15:26
68%	67	41	14:31	63	40	14:43	59	39	15:32
67%	66	41	14:35	62	40	14:47	58	39	15:37
66%	65	41	14:38	61	39	14:50	57	38	15:42
65%	65	41	14:43	61	39	14:56	57	38	15:46
64%	64	40	14:47	60	39	15:00	56	38	15:52
63%	63	40	14:53	59	39	15:06	55	37	15:57
62%	63	40	14:57	59	38	15:10	55	37	16:00
61%	62	40	15:01	58	38	15:14	54	37	16:06
60%	61	40	15:05	57	38	15:19	53	37	16:11
59%	60	39	15:09	56	37	15:25	52	36	16:16
58%	60	39	15:14	56	37	15:31	52	36	16:21
57%	59	39	15:18	55	37	15:36	51	36	16:28
56%	58	38	15:22	54	36	15:40	50	35	16:33
55%	58	38	15:28	54	36	15:46	50	35	16:38
54%	57	38	15:31	53	36	15:50	49	35	16:42
53%	57	37	15:35	53	36	15:54	49	34	16:47
52%	56	37	15:40	52	35	15:58	48	34	16:54
51%	55	36	15:43	51	35	16:07	47	33	17:00
50%	54	36	15:48	50	35	16:07	46	33	17:05

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

4F			5F			6F			7F			Female Age
35-39			40-44			45-49			50+			
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	
# 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
72	48	10:58	69	46	11:11	67	45	11:13	64	44	11:38	99%
71	47	11:36	68	45	11:41	66	44	12:44	63	43	13:09	98%
71	47	11:51	68	45	12:17	66	44	13:11	63	43	14:45	97%
70	46	12:02	67	44	12:43	65	43	13:56	62	42	14:59	96%
70	46	12:19	67	44	12:55	65	43	14:09	62	42	15:22	95%
69	45	12:33	66	43	13:40	64	42	14:33	61	41	15:32	94%
69	45	12:50	66	43	13:58	64	42	14:43	61	41	15:46	93%
69	44	13:02	66	42	14:11	64	41	14:50	61	40	15:54	92%
68	44	13:15	65	42	14:26	63	41	15:11	60	40	16:10	91%
68	44	13:25	65	42	14:32	63	41	15:32	60	40	16:39	90%
67	43	13:34	64	41	14:38	62	39	15:48	59	37	16:55	89%
67	43	13:48	64	41	14:41	62	39	15:59	59	37	17:04	88%
66	43	13:55	63	41	14:48	61	39	16:02	58	37	17:12	87%
66	43	13:59	63	41	14:53	61	39	16:15	58	37	17:30	86%
65	43	14:03	62	41	15:03	60	39	16:21	57	37	17:36	85%
65	42	14:11	62	40	15:13	60	38	16:25	57	36	17:46	84%
65	42	14:19	62	40	15:22	60	38	16:29	57	36	18:06	83%
64	41	14:27	61	40	15:32	59	38	16:34	56	36	18:27	82%
64	41	14:37	61	40	15:40	59	38	16:39	56	36	18:31	81%
64	41	14:44	61	40	15:52	59	38	16:43	56	36	18:39	80%
63	40	14:49	60	39	15:59	58	37	16:45	55	35	18:42	79%
62	40	14:54	59	39	16:06	57	37	16:53	54	35	18:50	78%
62	40	15:00	59	39	16:15	57	37	16:58	54	35	19:00	77%
61	39	15:07	58	38	16:24	56	36	17:03	53	35	19:07	76%
61	39	15:14	58	38	16:27	56	36	17:09	53	35	19:12	75%
60	39	15:20	57	38	16:30	55	36	17:16	52	34	19:14	74%
60	38	15:23	57	38	16:35	55	36	17:25	52	34	19:15	73%
59	38	15:30	56	37	16:42	54	35	17:30	51	34	19:17	72%
59	38	15:37	56	37	16:51	54	35	17:31	51	34	19:20	71%
58	38	15:42	55	37	16:54	53	35	17:34	50	34	19:28	70%
57	37	15:49	54	36	17:05	52	34	17:46	49	33	19:35	69%
57	37	15:58	54	36	17:08	52	34	17:49	49	33	19:38	68%
56	37	16:06	53	36	17:11	51	34	18:02	48	32	19:40	67%
55	36	16:14	52	35	17:12	50	33	18:13	47	32	19:41	66%
55	36	16:21	52	35	17:17	50	33	18:21	47	31	19:45	65%
54	36	16:24	51	35	17:19	49	33	18:26	46	31	19:52	64%
53	35	16:29	50	34	17:24	48	32	18:31	45	31	19:53	63%
53	35	16:34	50	34	17:30	48	32	18:36	45	30	19:58	62%
52	35	16:39	49	34	17:33	47	32	18:44	44	30	20:01	61%
51	35	16:43	48	34	17:36	46	32	18:45	43	30	20:05	60%
50	34	16:46	47	33	17:40	45	31	18:48	42	29	20:08	59%
50	34	16:53	47	33	17:44	45	31	18:52	42	29	20:20	58%
49	34	16:59	46	32	17:51	44	30	18:56	41	28	20:22	57%
48	33	17:05	45	32	17:57	43	30	19:01	40	28	20:23	56%
48	33	17:10	45	31	18:00	43	29	19:04	40	27	20:27	55%
47	33	17:16	44	31	18:02	42	29	19:05	39	27	20:30	54%
47	32	17:19	44	30	18:08	42	28	19:06	39	27	20:39	53%
46	32	17:28	43	30	18:12	41	28	19:07	38	26	20:47	52%
45	31	17:31	42	29	18:15	40	27	19:10	37	26	20:49	51%
44	31	17:38	41	29	18:18	39	27	19:18	36	26	20:51	50%

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