

| Male Age   | 1M      |           |              | 2M      |           |              | 3M      |           |              |
|------------|---------|-----------|--------------|---------|-----------|--------------|---------|-----------|--------------|
|            | 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%        | 86      | 75        | 8:45         | 82      | 72        | 8:45         | 78      | 68        | 9:01         |
| 98%        | 85      | 74        | 9:00         | 81      | 71        | 9:03         | 77      | 67        | 9:19         |
| 97%        | 85      | 74        | 9:10         | 81      | 71        | 9:16         | 77      | 67        | 9:31         |
| 96%        | 84      | 73        | 9:20         | 80      | 70        | 9:25         | 76      | 67        | 9:41         |
| 95%        | 84      | 73        | 9:28         | 80      | 70        | 9:34         | 76      | 66        | 9:48         |
| 94%        | 83      | 72        | 9:34         | 79      | 69        | 9:42         | 75      | 66        | 9:56         |
| 93%        | 83      | 72        | 9:40         | 79      | 69        | 9:48         | 75      | 66        | 10:03        |
| 92%        | 82      | 72        | 9:46         | 78      | 69        | 9:54         | 74      | 65        | 10:10        |
| 91%        | 82      | 71        | 9:50         | 78      | 68        | 9:59         | 74      | 65        | 10:16        |
| 90%        | 82      | 71        | 9:56         | 78      | 68        | 10:04        | 74      | 65        | 10:22        |
| 89%        | 81      | 70        | 10:00        | 77      | 67        | 10:08        | 73      | 64        | 10:27        |
| 88%        | 81      | 69        | 10:06        | 77      | 67        | 10:13        | 73      | 64        | 10:33        |
| 87%        | 80      | 68        | 10:10        | 76      | 67        | 10:17        | 72      | 64        | 10:38        |
| 86%        | 80      | 68        | 10:14        | 76      | 67        | 10:21        | 72      | 63        | 10:42        |
| 85%        | 79      | 68        | 10:17        | 75      | 66        | 10:25        | 71      | 63        | 10:47        |
| 84%        | 79      | 68        | 10:20        | 75      | 66        | 10:29        | 71      | 63        | 10:51        |
| 83%        | 79      | 67        | 10:24        | 75      | 66        | 10:33        | 71      | 63        | 10:55        |
| 82%        | 78      | 67        | 10:28        | 74      | 65        | 10:36        | 70      | 62        | 10:59        |
| 81%        | 78      | 67        | 10:31        | 74      | 65        | 10:40        | 70      | 62        | 11:03        |
| 80%        | 78      | 67        | 10:34        | 74      | 65        | 10:43        | 70      | 62        | 11:07        |
| 79%        | 77      | 66        | 10:37        | 73      | 64        | 10:47        | 69      | 61        | 11:11        |
| 78%        | 76      | 66        | 10:40        | 72      | 64        | 10:50        | 68      | 61        | 11:15        |
| 77%        | 76      | 65        | 10:43        | 72      | 63        | 10:54        | 68      | 60        | 11:18        |
| 76%        | 75      | 65        | 10:46        | 71      | 63        | 10:58        | 67      | 60        | 11:22        |
| 75%        | 75      | 65        | 10:49        | 71      | 62        | 11:01        | 67      | 59        | 11:25        |
| 74%        | 74      | 64        | 10:52        | 70      | 62        | 11:04        | 66      | 59        | 11:29        |
| 73%        | 74      | 64        | 10:55        | 70      | 61        | 11:07        | 66      | 58        | 11:32        |
| 72%        | 73      | 64        | 10:58        | 69      | 61        | 11:10        | 65      | 58        | 11:35        |
| 71%        | 73      | 63        | 11:00        | 69      | 60        | 11:14        | 65      | 57        | 11:38        |
| 70%        | 72      | 63        | 11:04        | 68      | 60        | 11:17        | 64      | 57        | 11:42        |
| 69%        | 71      | 62        | 11:07        | 67      | 59        | 11:20        | 63      | 56        | 11:45        |
| 68%        | 70      | 61        | 11:10        | 66      | 59        | 11:22        | 62      | 56        | 11:48        |
| 67%        | 69      | 60        | 11:13        | 65      | 58        | 11:25        | 61      | 55        | 11:52        |
| 66%        | 68      | 59        | 11:16        | 64      | 58        | 11:28        | 60      | 55        | 11:55        |
| 65%        | 67      | 59        | 11:19        | 63      | 57        | 11:30        | 59      | 54        | 11:58        |
| 64%        | 67      | 58        | 11:22        | 63      | 57        | 11:33        | 59      | 54        | 12:01        |
| 63%        | 66      | 58        | 11:25        | 62      | 56        | 11:36        | 58      | 53        | 12:05        |
| 62%        | 66      | 57        | 11:28        | 62      | 56        | 11:39        | 58      | 53        | 12:08        |
| 61%        | 65      | 57        | 11:30        | 61      | 55        | 11:42        | 57      | 52        | 12:12        |
| 60%        | 65      | 57        | 11:33        | 61      | 55        | 11:45        | 57      | 52        | 12:15        |
| 59%        | 64      | 56        | 11:36        | 60      | 54        | 11:48        | 56      | 51        | 12:19        |
| 58%        | 63      | 56        | 11:39        | 59      | 53        | 11:51        | 55      | 51        | 12:23        |
| 57%        | 62      | 55        | 11:41        | 58      | 53        | 11:54        | 54      | 50        | 12:26        |
| 56%        | 61      | 55        | 11:44        | 57      | 52        | 11:57        | 53      | 50        | 12:29        |
| 55%        | 60      | 54        | 11:47        | 56      | 52        | 12:00        | 52      | 49        | 12:32        |
| 54%        | 60      | 53        | 11:49        | 56      | 51        | 12:03        | 52      | 49        | 12:36        |
| 53%        | 59      | 53        | 11:52        | 55      | 51        | 12:06        | 51      | 48        | 12:39        |
| 52%        | 59      | 52        | 11:55        | 55      | 50        | 12:10        | 51      | 48        | 12:42        |
| 51%        | 58      | 52        | 11:57        | 54      | 50        | 12:13        | 50      | 47        | 12:46        |
| 50%        | 58      | 51        | 12:00        | 54      | 49        | 12:16        | 50      | 47        | 12:50        |

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

| 4M      |           |              | 5M      |           |              | 6M      |           |              | 7M      |           |              | Male 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 |
| 76      | 66        | 9:11         | 73      | 63        | 9:25         | 71      | 61        | 9:54         | 68      | 59        | 10:27        | 99%        |
| 75      | 65        | 9:31         | 72      | 62        | 9:48         | 70      | 60        | 10:26        | 67      | 58        | 11:02        | 98%        |
| 75      | 65        | 9:43         | 72      | 62        | 10:07        | 70      | 60        | 10:47        | 67      | 58        | 11:35        | 97%        |
| 74      | 65        | 9:53         | 71      | 62        | 10:17        | 69      | 60        | 11:02        | 66      | 58        | 11:45        | 96%        |
| 74      | 64        | 10:01        | 71      | 61        | 10:27        | 69      | 59        | 11:15        | 66      | 57        | 12:03        | 95%        |
| 73      | 64        | 10:11        | 70      | 61        | 10:37        | 68      | 59        | 11:25        | 65      | 57        | 12:13        | 94%        |
| 73      | 64        | 10:19        | 70      | 61        | 10:46        | 68      | 59        | 11:35        | 65      | 57        | 12:25        | 93%        |
| 72      | 63        | 10:25        | 69      | 60        | 10:55        | 67      | 58        | 11:42        | 64      | 56        | 12:37        | 92%        |
| 72      | 63        | 10:31        | 69      | 60        | 11:05        | 67      | 58        | 11:49        | 64      | 56        | 12:48        | 91%        |
| 72      | 63        | 10:37        | 69      | 60        | 11:12        | 67      | 58        | 11:59        | 64      | 56        | 12:57        | 90%        |
| 71      | 62        | 10:43        | 68      | 59        | 11:19        | 66      | 57        | 12:08        | 63      | 55        | 13:01        | 89%        |
| 71      | 62        | 10:48        | 68      | 59        | 11:24        | 66      | 57        | 12:14        | 63      | 55        | 13:11        | 88%        |
| 70      | 62        | 10:53        | 67      | 59        | 11:31        | 65      | 57        | 12:24        | 62      | 55        | 13:21        | 87%        |
| 70      | 61        | 10:58        | 67      | 58        | 11:37        | 65      | 56        | 12:32        | 62      | 54        | 13:29        | 86%        |
| 69      | 61        | 11:03        | 66      | 58        | 11:44        | 64      | 56        | 12:38        | 61      | 54        | 13:35        | 85%        |
| 69      | 61        | 11:08        | 66      | 58        | 11:48        | 64      | 56        | 12:44        | 61      | 54        | 13:38        | 84%        |
| 69      | 61        | 11:14        | 66      | 57        | 11:53        | 64      | 55        | 12:53        | 61      | 54        | 13:43        | 83%        |
| 68      | 60        | 11:19        | 65      | 57        | 11:57        | 63      | 55        | 12:58        | 60      | 53        | 13:49        | 82%        |
| 68      | 60        | 11:24        | 65      | 57        | 12:05        | 63      | 55        | 13:06        | 60      | 53        | 13:56        | 81%        |
| 68      | 60        | 11:29        | 65      | 57        | 12:10        | 63      | 55        | 13:08        | 60      | 53        | 14:08        | 80%        |
| 67      | 59        | 11:34        | 64      | 56        | 12:16        | 62      | 54        | 13:12        | 59      | 52        | 14:13        | 79%        |
| 66      | 59        | 11:38        | 63      | 56        | 12:23        | 61      | 54        | 13:17        | 58      | 52        | 14:15        | 78%        |
| 66      | 58        | 11:42        | 63      | 55        | 12:29        | 61      | 53        | 13:22        | 58      | 51        | 14:24        | 77%        |
| 65      | 58        | 11:46        | 62      | 55        | 12:34        | 60      | 53        | 13:26        | 57      | 51        | 14:27        | 76%        |
| 65      | 57        | 11:50        | 62      | 55        | 12:40        | 60      | 53        | 13:31        | 57      | 51        | 14:31        | 75%        |
| 64      | 57        | 11:55        | 61      | 54        | 12:43        | 59      | 52        | 13:36        | 56      | 50        | 14:36        | 74%        |
| 64      | 57        | 11:58        | 61      | 54        | 12:47        | 59      | 52        | 13:42        | 56      | 50        | 14:44        | 73%        |
| 63      | 56        | 12:03        | 60      | 53        | 12:51        | 58      | 51        | 13:50        | 55      | 49        | 14:47        | 72%        |
| 63      | 56        | 12:08        | 60      | 53        | 12:55        | 58      | 51        | 13:53        | 55      | 49        | 14:52        | 71%        |
| 62      | 56        | 12:12        | 59      | 53        | 13:00        | 57      | 51        | 13:58        | 54      | 49        | 14:55        | 70%        |
| 61      | 55        | 12:16        | 58      | 52        | 13:05        | 56      | 50        | 14:05        | 53      | 48        | 15:06        | 69%        |
| 60      | 55        | 12:20        | 57      | 52        | 13:09        | 55      | 50        | 14:10        | 52      | 48        | 15:09        | 68%        |
| 59      | 54        | 12:24        | 56      | 51        | 13:14        | 54      | 49        | 14:14        | 51      | 47        | 15:14        | 67%        |
| 58      | 54        | 12:28        | 55      | 51        | 13:20        | 53      | 49        | 14:18        | 50      | 47        | 15:19        | 66%        |
| 57      | 53        | 12:31        | 54      | 50        | 13:26        | 52      | 48        | 14:24        | 49      | 47        | 15:23        | 65%        |
| 57      | 53        | 12:35        | 54      | 50        | 13:30        | 52      | 48        | 14:30        | 49      | 46        | 15:29        | 64%        |
| 56      | 52        | 12:38        | 53      | 49        | 13:34        | 51      | 48        | 14:36        | 48      | 46        | 15:32        | 63%        |
| 56      | 52        | 12:42        | 53      | 49        | 13:39        | 51      | 47        | 14:40        | 48      | 45        | 15:38        | 62%        |
| 55      | 51        | 12:46        | 52      | 48        | 13:44        | 50      | 47        | 14:46        | 47      | 45        | 15:43        | 61%        |
| 55      | 51        | 12:50        | 52      | 48        | 13:48        | 50      | 47        | 14:52        | 47      | 45        | 15:47        | 60%        |
| 54      | 50        | 12:54        | 51      | 47        | 13:53        | 49      | 46        | 14:59        | 46      | 44        | 15:54        | 59%        |
| 53      | 50        | 12:57        | 50      | 47        | 13:57        | 48      | 46        | 15:04        | 45      | 44        | 15:58        | 58%        |
| 52      | 49        | 13:00        | 49      | 46        | 14:03        | 47      | 45        | 15:09        | 44      | 43        | 16:00        | 57%        |
| 51      | 49        | 13:05        | 48      | 46        | 14:08        | 46      | 45        | 15:13        | 43      | 43        | 16:04        | 56%        |
| 50      | 48        | 13:08        | 47      | 45        | 14:12        | 45      | 44        | 15:17        | 42      | 42        | 16:07        | 55%        |
| 50      | 48        | 13:14        | 47      | 45        | 14:16        | 45      | 44        | 15:21        | 42      | 42        | 16:11        | 54%        |
| 49      | 47        | 13:18        | 46      | 44        | 14:21        | 44      | 43        | 15:25        | 41      | 41        | 16:15        | 53%        |
| 49      | 47        | 13:22        | 46      | 44        | 14:25        | 44      | 43        | 15:30        | 41      | 41        | 16:24        | 52%        |
| 48      | 46        | 13:26        | 45      | 43        | 14:29        | 43      | 42        | 15:33        | 40      | 40        | 16:29        | 51%        |
| 48      | 45        | 13:30        | 45      | 43        | 14:34        | 43      | 42        | 15:37        | 40      | 40        | 16:33        | 50%        |

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