

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 20 TO 24 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	87	105	8:30
Outstanding	95	86	103	9:00
Excellent	90	81	98	9:15
Excellent	85	77	94	9:45
Very Good	80	74	90	10:00
Good	75	71	87	10:30
Good	70	64	78	10:45
Satisfactory	65	55	66	11:30
Satisfactory	60	47	58	12:00
Satisfactory	55	45	54	12:45
Satisfactory	50	42	50	13:15

**FEMALES: AGE 20 to 24 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	48	105	9:47
Outstanding	95	47	103	11:15
Excellent	90	44	98	11:30
Excellent	85	43	94	12:15
Very Good	80	40	90	12:45
Good	75	39	87	13:15
Good	70	33	78	13:30
Satisfactory	65	28	66	13:45
Satisfactory	60	21	58	14:15
Satisfactory	55	20	54	15:00
Satisfactory	50	17	50	15:15

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 25 TO 29 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	84	101	8:55
Outstanding	95	82	100	9:23
Excellent	90	77	95	9:38
Excellent	85	73	91	10:15
Very Good	80	69	87	10:30
Good	75	67	84	10:52
Good	70	60	75	11:23
Satisfactory	65	51	62	12:15
Satisfactory	60	44	54	12:53
Satisfactory	55	41	50	13:23
Satisfactory	50	38	47	13:45

**FEMALES: AGE 25 to 29 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	46	101	10:17
Outstanding	95	45	100	11:30
Excellent	90	43	95	11:45
Excellent	85	41	91	12:30
Very Good	80	39	87	13:00
Good	75	37	84	13:23
Good	70	30	75	14:00
Satisfactory	65	26	62	14:30
Satisfactory	60	19	54	14:53
Satisfactory	55	18	50	15:23
Satisfactory	50	15	47	15:45

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 30 TO 34 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	80	98	9:20
Outstanding	95	78	97	9:45
Excellent	90	74	92	10:00
Excellent	85	69	88	10:30
Very Good	80	67	85	11:00
Good	75	64	81	11:15
Good	70	57	73	12:00
Satisfactory	65	48	59	13:00
Satisfactory	60	41	51	13:45
Satisfactory	55	38	47	14:00
Satisfactory	50	35	44	14:15

**FEMALES: AGE 30 to 34 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	44	98	10:46
Outstanding	95	43	97	11:45
Excellent	90	41	92	12:00
Excellent	85	39	88	12:45
Very Good	80	37	85	13:15
Good	75	35	81	13:30
Good	70	28	73	14:30
Satisfactory	65	24	59	15:15
Satisfactory	60	17	51	15:30
Satisfactory	55	15	47	15:45
Satisfactory	50	13	44	16:15

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 35 TO 39 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	76	95	9:25
Outstanding	95	74	93	9:53
Excellent	90	70	88	10:08
Excellent	85	65	85	10:38
Very Good	80	63	83	11:08
Good	75	60	78	11:23
Good	70	53	70	12:23
Satisfactory	65	44	55	13:23
Satisfactory	60	37	47	14:08
Satisfactory	55	35	43	14:23
Satisfactory	50	33	40	14:45

**FEMALES: AGE 35 to 39 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	43	95	10:51
Outstanding	95	42	93	11:53
Excellent	90	39	88	12:08
Excellent	85	37	85	12:53
Very Good	80	35	83	13:23
Good	75	34	78	13:45
Good	70	26	70	14:38
Satisfactory	65	22	55	15:30
Satisfactory	60	14	47	15:53
Satisfactory	55	13	43	16:15
Satisfactory	50	11	40	16:38

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 40 TO 44 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	72	92	9:30
Outstanding	95	70	90	10:00
Excellent	90	67	85	10:15
Excellent	85	61	83	10:45
Very Good	80	59	80	11:15
Good	75	56	76	11:45
Good	70	50	68	12:45
Satisfactory	65	41	51	13:45
Satisfactory	60	34	44	14:30
Satisfactory	55	32	39	14:45
Satisfactory	50	29	37	15:15

**FEMALES: AGE 40 to 44 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	41	92	10:56
Outstanding	95	40	90	12:00
Excellent	90	37	85	12:15
Excellent	85	35	83	13:00
Very Good	80	33	80	13:30
Good	75	32	76	14:00
Good	70	24	68	14:45
Satisfactory	65	20	51	15:45
Satisfactory	60	12	44	16:15
Satisfactory	55	11	39	16:45
Satisfactory	50	9	37	17:00

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 45 TO 49 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	68	88	9:33
Outstanding	95	66	86	10:08
Excellent	90	63	81	10:30
Excellent	85	57	80	11:08
Very Good	80	54	78	11:38
Good	75	52	73	12:08
Good	70	46	65	13:00
Satisfactory	65	37	47	14:08
Satisfactory	60	32	40	14:53
Satisfactory	55	28	35	15:15
Satisfactory	50	25	33	15:45

**FEMALES: AGE 45 to 49 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	40	88	10:58
Outstanding	95	39	86	12:08
Excellent	90	35	81	12:30
Excellent	85	33	80	13:15
Very Good	80	32	78	13:45
Good	75	30	73	14:08
Good	70	22	65	15:00
Satisfactory	65	18	47	15:53
Satisfactory	60	11	40	16:30
Satisfactory	55	8	35	16:53
Satisfactory	50	7	33	17:08

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 50 TO 54 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	64	85	9:35
Outstanding	95	62	84	10:15
Excellent	90	59	78	10:45
Excellent	85	53	77	11:30
Very Good	80	51	76	12:00
Good	75	49	71	12:30
Good	70	43	63	13:15
Satisfactory	65	34	44	14:30
Satisfactory	60	30	37	15:15
Satisfactory	55	25	32	15:45
Satisfactory	50	23	30	16:15

**FEMALES: AGE 50 TO 54 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	38	85	11:00
Outstanding	95	37	84	12:15
Excellent	90	33	78	12:45
Excellent	85	31	77	13:30
Very Good	80	30	76	14:00
Good	75	28	71	14:15
Good	70	20	63	15:15
Satisfactory	65	16	44	16:00
Satisfactory	60	10	37	16:45
Satisfactory	55	6	32	17:00
Satisfactory	50	5	30	17:15

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 55 TO 59 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	60	81	10:42
Outstanding	95	59	80	11:09
Excellent	90	56	74	11:25
Excellent	85	52	70	11:57
Very Good	80	48	66	12:29
Good	75	46	62	13:12
Good	70	38	54	14:13
Satisfactory	65	32	40	15:14
Satisfactory	60	16	36	16:15
Satisfactory	55	14	30	16:33
Satisfactory	50	12	28	16:51

**FEMALES: AGE 55 TO 59 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	30	81	12:23
Outstanding	95	28	80	13:39
Excellent	90	26	74	13:57
Excellent	85	24	70	14:25
Very Good	80	22	66	14:53
Good	75	20	62	15:20
Good	70	16	54	16:09
Satisfactory	65	10	40	16:58
Satisfactory	60	6	36	17:48
Satisfactory	55	5	30	18:03
Satisfactory	50	3	28	18:18



**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 60 TO 64 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	57	75	11:21
Outstanding	95	56	74	11:48
Excellent	90	52	70	12:04
Excellent	85	48	66	12:40
Very Good	80	46	62	13:16
Good	75	44	56	13:53
Good	70	32	40	15:00
Satisfactory	65	23	32	16:07
Satisfactory	60	14	26	17:14
Satisfactory	55	12	24	17:47
Satisfactory	50	10	22	18:20

**FEMALES: AGE 60 TO 64 YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	26	75	13:34
Outstanding	95	24	74	14:50
Excellent	90	22	70	15:08
Excellent	85	20	66	15:34
Very Good	80	18	62	16:00
Good	75	16	56	16:25
Good	70	12	40	17:17
Satisfactory	65	8	32	18:06
Satisfactory	60	5	26	18:51
Satisfactory	55	4	24	19:08
Satisfactory	50	3	22	19:25

**AGE/GENDER PRT STANDARDS**  
At Sea Level (< 5, 000')

**MALES: AGE 65+ YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	48	65	11:41
Outstanding	95	46	64	12:13
Excellent	90	44	60	12:43
Excellent	85	41	55	13:20
Very Good	80	39	50	13:57
Good	75	36	44	14:34
Good	70	25	36	15:47
Satisfactory	65	18	28	17:00
Satisfactory	60	10	20	18:13
Satisfactory	55	8	17	19:00
Satisfactory	50	6	13	19:47

**FEMALES: AGE 65+ YEARS**

<b>PERFORMANCE CATEGORY</b>	<b>%</b>	<b>2 minute PUSH-UPS</b>	<b>2 minute SIT-UPS</b>	<b>1.5-MILE RUN</b>
Outstanding	100	22	65	14:45
Outstanding	95	20	64	16:01
Excellent	90	18	60	16:19
Excellent	85	16	55	16:43
Very Good	80	14	50	17:07
Good	75	12	44	17:30
Good	70	9	36	18:18
Satisfactory	65	6	28	19:06
Satisfactory	60	4	20	19:54
Satisfactory	55	3	17	20:13
Satisfactory	50	2	13	20:31

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 20 TO 24 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	87	105	9:15
Outstanding	95	86	103	9:50
Excellent	90	81	98	10:05
Excellent	85	77	94	10:40
Very Good	80	74	90	10:55
Good	75	71	87	11:25
Good	70	64	78	11:45
Satisfactory	65	55	66	12:30
Satisfactory	60	47	58	13:05
Satisfactory	55	45	54	13:55
Satisfactory	50	42	50	14:25

### FEMALES: AGE 20 TO 24 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	48	105	10:40
Outstanding	95	47	103	12:15
Excellent	90	44	98	12:30
Excellent	85	43	94	13:20
Very Good	80	40	90	13:55
Good	75	39	87	14:25
Good	70	33	78	14:45
Satisfactory	65	28	66	15:00
Satisfactory	60	21	58	15:30
Satisfactory	55	20	54	16:20
Satisfactory	50	17	50	16:40

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 25 TO 29 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	84	101	9:43
Outstanding	95	82	100	10:15
Excellent	90	77	95	10:30
Excellent	85	73	91	11:13
Very Good	80	69	87	11:28
Good	75	67	84	11:50
Good	70	60	75	12:25
Satisfactory	65	51	62	13:20
Satisfactory	60	44	54	14:03
Satisfactory	55	41	50	14:35
Satisfactory	50	38	47	14:58

### FEMALES: AGE 25 TO 29 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	46	101	11:13
Outstanding	95	45	100	12:33
Excellent	90	43	95	12:48
Excellent	85	41	91	13:38
Very Good	80	39	87	14:10
Good	75	37	84	14:35
Good	70	30	75	15:18
Satisfactory	65	26	62	15:50
Satisfactory	60	19	54	16:13
Satisfactory	55	18	50	16:45
Satisfactory	50	15	47	17:13

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 30 TO 34 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	80	98	10:10
Outstanding	95	78	97	10:40
Excellent	90	74	92	10:55
Excellent	85	69	88	11:45
Very Good	80	67	85	12:00
Good	75	64	81	12:15
Good	70	57	73	13:05
Satisfactory	65	48	59	14:10
Satisfactory	60	41	51	15:00
Satisfactory	55	38	47	15:15
Satisfactory	50	35	44	15:30

### FEMALES: AGE 30 TO 34 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	44	98	11:45
Outstanding	95	43	97	12:50
Excellent	90	41	92	13:05
Excellent	85	39	88	13:55
Very Good	80	37	85	14:25
Good	75	35	81	14:45
Good	70	28	73	15:50
Satisfactory	65	24	59	16:40
Satisfactory	60	17	51	16:55
Satisfactory	55	15	47	17:10
Satisfactory	50	13	44	17:45

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 35 TO 39 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	76	95	10:15
Outstanding	95	74	93	10:48
Excellent	90	70	88	11:03
Excellent	85	65	85	11:45
Very Good	80	63	83	12:08
Good	75	60	78	12:33
Good	70	53	70	13:30
Satisfactory	65	44	55	14:35
Satisfactory	60	37	47	15:25
Satisfactory	55	35	43	15:40
Satisfactory	50	33	40	16:05

### FEMALES: AGE 35 TO 39 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	43	95	11:50
Outstanding	95	42	93	12:58
Excellent	90	39	88	13:13
Excellent	85	37	85	14:03
Very Good	80	35	83	14:35
Good	75	34	78	15:00
Good	70	26	70	15:58
Satisfactory	65	22	55	16:55
Satisfactory	60	14	47	17:20
Satisfactory	55	13	43	17:43
Satisfactory	50	11	40	18:08

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 40 TO 44 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	72	92	10:20
Outstanding	95	70	90	10:55
Excellent	90	67	85	11:10
Excellent	85	61	83	11:45
Very Good	80	59	80	12:15
Good	75	56	76	12:50
Good	70	50	68	13:55
Satisfactory	65	41	51	15:00
Satisfactory	60	34	44	15:50
Satisfactory	55	32	39	16:05
Satisfactory	50	29	37	16:40

### FEMALES: AGE 40 TO 44 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	41	92	11:55
Outstanding	95	40	90	13:05
Excellent	90	37	85	13:20
Excellent	85	35	83	14:10
Very Good	80	33	80	14:45
Good	75	32	76	15:15
Good	70	24	68	16:05
Satisfactory	65	20	51	17:10
Satisfactory	60	12	44	17:45
Satisfactory	55	11	39	18:15
Satisfactory	50	9	37	18:30

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 45 TO 49 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	68	88	10:23
Outstanding	95	66	86	11:03
Excellent	90	63	81	11:28
Excellent	85	57	80	12:08
Very Good	80	54	78	12:40
Good	75	52	73	13:15
Good	70	46	65	14:10
Satisfactory	65	37	47	15:25
Satisfactory	60	32	40	16:15
Satisfactory	55	28	35	16:38
Satisfactory	50	25	33	17:13

### FEMALES: AGE 45 TO 49 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	40	88	11:58
Outstanding	95	39	86	13:13
Excellent	90	35	81	13:38
Excellent	85	33	80	14:28
Very Good	80	32	78	15:00
Good	75	30	73	15:23
Good	70	22	65	16:23
Satisfactory	65	18	47	17:18
Satisfactory	60	11	40	18:00
Satisfactory	55	8	35	18:23
Satisfactory	50	7	33	18:40



## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 50 TO 54 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	64	85	10:25
Outstanding	95	62	84	11:10
Excellent	90	59	78	11:45
Excellent	85	53	77	12:30
Very Good	80	51	76	13:05
Good	75	49	71	13:40
Good	70	43	63	14:25
Satisfactory	65	34	44	15:50
Satisfactory	60	30	37	16:40
Satisfactory	55	25	32	17:10
Satisfactory	50	23	30	17:45

### FEMALES: AGE 50 TO 54 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	38	85	12:00
Outstanding	95	37	84	13:20
Excellent	90	33	78	13:55
Excellent	85	31	77	14:45
Very Good	80	30	76	15:15
Good	75	28	71	15:30
Good	70	20	63	16:40
Satisfactory	65	16	44	17:25
Satisfactory	60	10	37	18:15
Satisfactory	55	6	32	18:30
Satisfactory	50	5	30	18:50

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 55 TO 59 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	60	81	11:46
Outstanding	95	59	80	12:16
Excellent	90	56	74	12:34
Excellent	85	52	70	13:09
Very Good	80	48	66	13:44
Good	75	46	62	14:31
Good	70	38	54	15:38
Satisfactory	65	32	40	16:45
Satisfactory	60	16	36	17:53
Satisfactory	55	14	30	18:12
Satisfactory	50	12	28	18:32

### FEMALES: AGE 55 TO 59 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	30	81	13:37
Outstanding	95	28	80	15:01
Excellent	90	26	74	15:21
Excellent	85	24	70	15:52
Very Good	80	22	66	16:22
Good	75	20	62	16:52
Good	70	16	54	17:46
Satisfactory	65	10	40	18:40
Satisfactory	60	6	36	19:35
Satisfactory	55	5	30	19:51
Satisfactory	50	3	28	20:08

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 60 TO 64 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	57	75	12:29
Outstanding	95	56	74	12:59
Excellent	90	52	70	13:16
Excellent	85	48	66	13:56
Very Good	80	46	62	14:36
Good	75	44	56	15:16
Good	70	32	40	16:30
Satisfactory	65	23	32	17:44
Satisfactory	60	14	26	18:57
Satisfactory	55	12	24	19:34
Satisfactory	50	10	22	20:10

### MALES: AGE 60 TO 64 YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	26	75	14:55
Outstanding	95	24	74	16:19
Excellent	90	22	70	16:39
Excellent	85	20	66	17:07
Very Good	80	18	62	17:36
Good	75	16	56	18:04
Good	70	12	40	19:01
Satisfactory	65	8	32	19:55
Satisfactory	60	5	26	20:44
Satisfactory	55	4	24	21:03
Satisfactory	50	3	22	21:22

## AGE/GENDER PRT STANDARDS

(TEST SITE ELEVATION GREATER THAN 5,000 FT ABOVE SEA LEVEL)

### MALES: AGE 65+ YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	48	65	12:51
Outstanding	95	46	64	13:26
Excellent	90	44	60	13:59
Excellent	85	41	55	14:40
Very Good	80	39	50	15:21
Good	75	36	44	16:01
Good	70	25	36	17:22
Satisfactory	65	18	28	18:42
Satisfactory	60	10	20	20:02
Satisfactory	55	8	17	20:54
Satisfactory	50	6	13	21:46

### FEMALES: AGE 65+ YEARS

PERFORMANCE CATEGORY	%	2 minute PUSH-UPS	2 minute SIT-UPS	1.5-MILE RUN
Outstanding	100	22	65	16:14
Outstanding	95	20	64	17:37
Excellent	90	18	60	17:57
Excellent	85	16	55	18:23
Very Good	80	14	50	18:50
Good	75	12	44	19:15
Good	70	9	36	20:08
Satisfactory	65	6	28	21:01
Satisfactory	60	4	20	21:53
Satisfactory	55	3	17	22:14
Satisfactory	50	2	13	22:34