



Casper Police Department

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AEROBIC

FEMALE

	AGE 20-29		AGE 30-34		AGE 35-39	
	12 Mins. Distance	1.5 Mi. Time	12 Mins. Distance	1.5 Mi. Time	12 Mins. Distance	1.5 Mi. Time
99%	1.78	8.33	1.66	10.05	1.63	10.26
95%	1.61	10.47	1.53	11.49	1.49	12.20
90%	1.54	11.43	1.45	12.51	1.43	13.07
85%	1.49	12.20	1.43	13.06	1.39	13.36
80%	1.45	12.51	1.38	13.43	1.35	14.07
75%	1.41	13.22	1.35	14.08	1.32	14.33
70%	1.37	13.53	1.33	14.24	1.29	14.55
65%	1.35	14.08	1.29	14.50	1.26	15.16
60%	1.33	14.24	1.27	15.08	1.24	15.33
55%	1.31	14.35	1.26	15.20	1.22	15.46
50%	1.29	14.55	1.25	15.26	1.21	15.57
45%	1.27	15.10	1.22	15.47	1.19	16.11
40%	1.25	15.26	1.21	15.57	1.17	16.28
35%	1.22	15.48	1.17	16.23	1.14	16.41
30%	1.21	15.57	1.16	16.35	1.13	17.00
25%	1.17	16.26	1.13	16.58	1.11	17.14
20%	1.16	16.33	1.11	17.14	1.08	17.37
15%	1.13	16.58	1.09	17.29	1.05	17.55
10%	1.10	17.21	1.05	18.00	1.03	18.16
5%	1.03	18.14	1.01	18.31	.98	18.48
1%	.94	19.25	.93	19.27	.91	19.46

AEROBIC

FEMALE

	AGE 40-44		AGE 45-49		AGE 50-54	
	12 Mins. Distance	1.5 Mi. Time	12 Mins. Distance	1.5 Mi. Time	12 Mins. Distance	1.5 Mi. Time
99%	1.61	10.47	1.54	11.38	1.48	12.28
95%	1.45	12.51	1.39	13.36	1.33	14.20
90%	1.41	13.22	1.35	14.09	1.29	14.55
85%	1.35	14.06	1.29	14.48	1.24	15.29
80%	1.32	14.31	1.26	15.14	1.21	15.57
75%	1.29	14.57	1.24	15.31	1.20	16.05
70%	1.25	15.19	1.21	15.57	1.17	16.27
65%	1.23	15.41	1.18	16.16	1.14	16.51
60%	1.21	15.57	1.17	16.28	1.13	16.58
55%	1.19	16.12	1.15	16.43	1.11	17.14
50%	1.17	16.27	1.13	16.56	1.10	17.24
45%	1.16	16.34	1.12	17.02	1.09	17.29
40%	1.13	16.58	1.09	17.26	1.06	17.55
35%	1.12	16.59	1.08	17.34	1.04	18.09
30%	1.10	17.24	1.06	17.54	1.02	18.23
25%	1.09	17.29	1.05	18.00	1.01	18.31
20%	1.05	18.00	1.01	18.25	.98	18.49
15%	1.02	18.21	.99	18.42	.97	19.02
10%	1.01	18.31	.97	19.01	.93	19.30
5%	.96	19.05	.93	19.31	.90	19.57
1%	.89	20.04	.86	20.26	.83	20.47

AEROBIC

FEMALE

	AGE 55-59		AGE 60+	
	12 Mins. Distance	1.5 Mi. Time	12 Mins. Distance	1.5 Mi. Time
99%	1.51	12.02	1.55	11.36
95%	1.34	14.13	1.35	14.06
90%	1.29	14.55	1.29	14.55
85%	1.22	15.43	1.21	15.57
80%	1.19	16.09	1.18	16.20
75%	1.18	16.16	1.17	16.27
70%	1.15	16.43	1.13	16.58
65%	1.11	17.10	1.09	17.29
60%	1.10	17.22	1.07	17.46
55%	1.08	17.37	1.05	18.00
50%	1.06	17.50	1.03	18.16
45%	1.05	18.00	1.01	18.31
40%	1.02	18.20	.99	18.44
35%	1.01	18.32	.98	18.54
30%	.99	18.41	.97	18.59
25%	.98	18.47	.97	19.02
20%	.96	19.05	.94	19.21
15%	.95	19.18	.93	19.33
10%	.91	19.47	.89	20.04
5%	.88	20.10	.86	20.23
1%	.82	20.57	.81	21.06

PUSH UPS

FEMALE

%	AGE							
	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
100%	>70	>56	>58	>60	>50	>31	>25	>20
95%	45	39	36	33	30	28	24	20
90%	42	36	32	28	26	25	21	17
85%	39	33	29	26	24	23	19	15
80%	36	31	27	24	22	21	18	14
75%	34	29	25	21	21	20	17	13
70%	32	28	24	20	20	19	16	12
65%	31	26	22	19	19	18	15	11
60%	30	24	21	18	18	17	14	10
55%	29	23	20	17	16	15	13	9
50%	26	21	18	15	14	13	10	8
45%	25	20	17	14	13	12	9	6
40%	23	19	16	13	12	11	8	5
35%	22	17	14	11	11	10	7	4
30%	20	15	12	10	10	9	6	3
25%	19	14	11	9	9	8	5	2
20%	17	11	8	6	6	6	4	2
15%	15	9	6	4	4	4	2	1
10%	12	8	5	2	2	1	1	0
5%	9	4	2	1	1	0	0	0
1%	<9	<4	<2	<1	<1	<0	<0	<0

SIT UPS

FEMALE

%	AGE							
	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
99%	>51	>42	>39	>37	>33	>30	>29	>28
95%	51	42	39	37	33	30	29	28
90%	48	40	37	34	31	29	27	26
85%	45	37	34	32	28	25	22	20
80%	44	35	32	29	26	24	20	17
75%	42	33	30	28	25	22	18	14
70%	41	32	29	27	24	22	17	12
65%	39	30	27	25	23	21	16	12
60%	38	29	26	24	22	20	15	11
55%	37	28	25	23	20	18	13	9
50%	34	27	24	22	19	17	12	8
45%	33	26	23	21	18	16	11	7
40%	32	25	22	20	17	14	10	6
35%	31	24	21	19	15	13	9	5
30%	29	22	19	17	14	12	8	4
25%	28	21	18	15	13	11	7	3
20%	27	20	17	14	12	10	6	3
15%	24	18	15	12	9	7	4	2
10%	22	15	12	10	8	6	3	1
5%	18	11	8	6	6	5	3	1
1%	<18	<11	<8	<6	<6	<5	<3	<1