



# Emergency Response



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## AEROBIC

### MALE

	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%	1.94	6.29	1.89	7.11	1.87	7.27
95%	1.81	8.13	1.77	8.44	1.74	9.07
90%	1.74	9.09	1.71	9.30	1.68	9.53
85%	1.69	9.45	1.65	10.16	1.61	10.47
80%	1.65	10.16	1.61	10.47	1.57	11.15
75%	1.62	10.42	1.57	11.18	1.55	11.34
70%	1.61	10.47	1.55	11.34	1.51	12.04
65%	1.57	11.18	1.53	11.49	1.49	12.20
60%	1.54	11.41	1.49	12.20	1.45	12.47
55%	1.53	11.49	1.47	12.38	1.44	13.00
<b>50%</b>	<b>1.50</b>	<b>12.18</b>	<b>1.45</b>	<b>12.51</b>	<b>1.41</b>	<b>13.22</b>
45%	1.49	12.20	1.41	13.22	1.38	13.45
40%	1.45	12.51	1.39	13.36	1.36	14.03
35%	1.43	13.06	1.37	13.53	1.33	14.20
30%	1.41	13.22	1.35	14.08	1.32	14.32
25%	1.37	13.53	1.33	14.24	1.29	14.55
20%	1.34	14.13	1.29	14.52	1.26	15.17
15%	1.33	14.24	1.25	15.20	1.23	15.39
10%	1.27	15.10	1.21	15.52	1.19	16.10
5%	1.19	16.12	1.17	16.27	1.13	17.10
1%	1.06	17.48	1.13	18.00	1.05	18.26

# AEROBIC

## MALE

	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%	1.85	7.42	1.81	8.08	1.77	8.44
95%	1.71	9.30	1.66	10.05	1.62	10.40
90%	1.65	10.16	1.61	10.47	1.57	11.18
85%	1.57	11.18	1.53	11.49	1.49	12.20
80%	1.54	11.44	1.49	12.18	1.45	12.51
75%	1.53	11.49	1.47	12.36	1.41	13.22
70%	1.47	12.34	1.42	13.10	1.38	13.45
65%	1.45	12.51	1.40	13.27	1.35	14.03
60%	1.42	13.14	1.37	13.49	1.33	14.24
55%	1.41	13.22	1.36	14.01	1.31	14.40
<b>50%</b>	<b>1.37</b>	<b>13.53</b>	<b>1.33</b>	<b>14.24</b>	<b>1.29</b>	<b>14.55</b>
45%	1.35	14.08	1.30	14.43	1.26	15.18
40%	1.33	14.29	1.29	14.58	1.25	15.26
35%	1.30	14.47	1.26	15.20	1.22	15.53
30%	1.29	14.56	1.25	15.27	1.21	15.57
25%	1.25	15.26	1.21	15.55	1.17	16.23
20%	1.23	15.41	1.19	16.12	1.15	16.43
15%	1.21	15.57	1.17	16.28	1.13	16.58
10%	1.17	16.28	1.13	16.59	1.09	17.29
5%	1.10	17.23	1.05	17.57	1.01	18.31
1%	.98	18.51	.95	19.14	.92	19.36

## AEROBIC

### MALE

AGE  
55-59

AGE  
60+

	<b>12 Mins. Distance</b>	<b>1.5 Mi. Time</b>	<b>12 Mins. Distance</b>	<b>1.5 Mi. Time</b>
99%	1.74	9.07	1.71	9.30
95%	1.59	11.00	1.57	11.20
90%	1.53	11.49	1.49	12.20
85%	1.45	12.51	1.41	13.22
80%	1.41	13.22	1.37	13.53
75%	1.35	13.53	1.34	14.24
70%	1.33	14.19	1.29	14.53
65%	1.30	14.41	1.26	15.19
60%	1.28	14.57	1.24	15.29
55%	1.26	15.18	1.21	15.55
<b>50%</b>	<b>1.24</b>	<b>15.31</b>	<b>1.19</b>	<b>16.07</b>
45%	1.21	15.53	1.17	16.27
40%	1.20	16.05	1.15	16.43
35%	1.17	16.26	1.13	16.58
30%	1.16	16.36	1.11	17.14
25%	1.12	16.58	1.08	17.32
20%	1.10	17.22	1.05	18.00
15%	1.07	17.45	1.01	18.31
10%	1.02	18.22	.95	19.15
5%	.95	19.18	.89	20.04
1%	.87	20.17	.82	20.57

# PUSH UPS

## MALE

%	AGE							
	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
100%	>100	>86	>75	>64	>57	>51	>45	>39
95%	62	52	46	40	40	39	33	28
90%	57	46	41	36	33	30	28	26
85%	51	41	37	34	31	28	26	24
80%	47	39	34	30	27	25	24	23
75%	44	36	32	29	26	24	23	22
70%	41	34	30	26	23	21	21	21
65%	39	31	28	25	22	20	20	20
60%	37	30	27	24	21	19	19	18
55%	35	29	25	22	19	17	17	16
<b>50%</b>	<b>33</b>	<b>27</b>	<b>24</b>	<b>21</b>	<b>18</b>	<b>15</b>	<b>15</b>	<b>15</b>
45%	31	25	22	19	16	14	13	12
40%	29	24	21	18	15	13	11	10
35%	27	21	18	16	13	11	10	9
30%	26	20	17	15	12	10	9	8
25%	24	19	16	13	11	9	8	7
20%	22	17	14	11	9	8	7	6
15%	19	15	12	10	8	7	6	5
10%	18	13	11	9	7	6	5	4
5%	13	9	7	5	4	3	3	2
1%	<13	<9	<7	<5	<4	<3	<3	<2

# SIT UPS

## MALE

%	AGE							
	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
99%	>55	>51	>49	>47	>45	>43	>41	>39
95%	55	51	49	47	45	43	41	39
90%	51	48	46	43	41	39	37	35
85%	49	45	42	40	38	36	33	31
80%	47	43	41	39	37	35	32	30
75%	46	42	39	37	35	33	30	28
70%	45	41	38	36	33	31	28	26
65%	44	40	37	35	32	30	27	24
60%	42	39	36	34	31	28	25	22
55%	41	37	34	32	29	27	24	21
<b>50%</b>	<b>40</b>	<b>36</b>	<b>33</b>	<b>31</b>	<b>28</b>	<b>26</b>	<b>23</b>	<b>20</b>
45%	39	35	32	30	27	25	22	19
40%	38	34	31	29	26	24	21	18
35%	37	33	30	28	25	22	19	17
30%	35	32	29	27	24	21	18	16
25%	34	31	28	26	23	20	17	15
20%	33	30	27	24	21	19	16	14
15%	32	28	25	22	19	17	15	13
10%	30	26	23	20	17	15	13	10
5%	27	23	20	17	14	12	9	7
1%	<27	<23	<20	<17	<14	<12	<9	<7