

**ZONE FIVE
REGIONAL LAW ENFORCEMENT TRAINING ACADEMY**

SIT-UP

MALE

FEMALE

%	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60+
99	55	51	47	43	39	51	42	38	30	28
95	55	51	47	43	39	51	42	38	30	28
90	52	48	43	39	35	49	40	34	29	26
85	49	45	40	36	31	45	38	32	25	20
80	47	43	39	35	30	44	35	29	24	17
75	46	42	37	33	28	42	33	28	22	15
70	45	41	36	31	26	41	32	27	22	12
65	44	40	35	30	24	39	30	25	21	12
60	42	39	34	28	22	38	29	24	20	11
55	41	37	32	27	21	37	28	23	19	10
50	40	36	31	26	20	35	27	22	17	8
45	39	36	30	25	19	34	26	21	16	8
40	38	35	29	24	19	32	25	20	14	6

**ZONE FIVE
REGIONAL LAW ENFORCEMENT TRAINING ACADEMY**

1.5 MILE RUN

MALE

FEMALE

%	20-29	30-39	40-49	50-59		20-29	30-39	40-49	50-59	
99	8:29	8:49	9:10	9:34		9:30	9:58	10:09	11:20	
95	9:17	9:33	9:51	10:37		10:28	11:00	11:33	12:53	
90	9:34	10:01	10:28	11:10		11:10	11:33	12:11	13:40	
85	10:00	10:24	10:48	11:45		11:33	11:58	12:53	14:24	
80	10:09	10:46	11:15	12:08		11:58	12:24	13:23	14:34	
75	10:43	11:06	11:40	12:36		12:24	12:53	13:45	15:13	
70	10:59	11:22	11:58	12:53		12:51	13:24	13:58	15:43	
65	11:10	11:33	12:11	13:20		12:53	13:47	14:34	16:13	
60	11:29	11:54	12:24	13:35		13:24	14:08	14:53	16:35	
55	11:41	11:58	12:53	13:58		13:48	14:28	15:13	16:46	
50	11:58	12:24	13:12	14:23		14:04	14:34	15:34	17:19	
45	12:20	12:50	13:24	14:34		14:34	15:14	15:58	17:38	
40	12:38	12:58	13:50	15:06		14:50	15:43	16:31	18:18	

(10/10)

**ZONE FIVE
REGIONAL LAW ENFORCEMENT TRAINING ACADEMY**

PUSH-UPS

MALE

FEMALE

%	20-29	30-39	40-49	50-59	60+	20-29	30-39	40-49	50-59	60-69
100/99	100	86	64	51	39	53	48	23	17	12
95	62	52	40	39	28	42	39.5	20	15	10
90	57	46	36	30	26	37	33	18	14	9
85	51	41	34	28	24	33	26	17	13	8
80	47	39	30	25	23	28	23	15	11	7
75	44	36	29	24	22	27	19	15	10	6
70	41	34	26	21	21	24	18	14	9	5
65	39	31	25	20	20	23	16	13	8	
60	37	30	24	19	18	21	15	13	7	4
55	35	29	22	17	16	19	14	11	6	
50	33	27	21	15	15	18	14	11	9	9
45	31	25	19	14	12	17	13	10	4	
40	29	24	18	13	10	15	11	9	3	2