

Females < 25 yrs old

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	27.00	102.11	10:12	16.30	11.74
98	26.25	94.80	10:38	16.62	13.22
97	26.00	90.30	10:59	16.80	13.80
96	25.75	87.80	11:10	16.94	14.51
95	25.50	85.76	11:20	17.08	14.96
94	25.25	83.90	11:31	17.20	15.39
93		82.00	11:40	17.25	15.82
92	25.00	80.20	11:48	17.32	16.21
91		78.60	11:56	17.40	16.56
90	24.75	77.60	12:05	17.47	16.87
89	24.50	76.90	12:12	17.52	16.97
88		76.00	12:20	17.60	17.30
87	24.25	75.00	12:25	17.65	17.49
86		74.10	12:30	17.70	17.75
85	24.00	73.40	12:37	17.76	18.08
84		72.70	12:42	17.80	18.45
83		72.00	12:47	17.87	18.55
82		71.40	12:53	17.90	18.86
81	23.75	70.40	12:58	17.97	19.05
80		69.80	13:04	18.00	19.15
79	23.50	69.10	13:08	18.06	19.22
78		68.50	13:13	18.10	19.50
77	23.25	68.00	13:18	18.14	19.60
76		67.44	13:24	18.20	19.70
75		66.70	13:27	18.21	19.96
74	23.00	66.40	13:31	18.27	20.02
73		65.90	13:36	18.30	20.27
72		65.50	13:41	18.35	20.37
71		65.10	13:45	18.40	20.57
70	22.75	64.50	13:49	18.44	20.70
69		64.10	13:53	18.47	20.96
68		63.70	13:57	18.50	21.07
67	22.50	63.30	14:01	18.51	21.17
66		63.00	14:06	18.56	21.42
65		62.50	14:09	18.60	21.47
64		62.10	14:13	18.62	21.75
63	22.25	61.67	14:18	18.69	21.85
62		61.40	14:22	18.71	21.95
61		61.10	14:27	18.78	22.17
60	22.00	60.70	14:31	18.80	22.22
59		60.30	14:35	18.84	22.49
58		60.00	14:38	18.89	22.56
57		59.60	14:42	18.90	22.80
56		59.30	14:46	18.96	22.90
55	21.75	59.00	14:50	19.00	23.08
54		58.60	14:55	19.02	23.22
53	21.50	58.30	14:59	19.09	23.27
52		58.00	15:03	19.10	23.49
51		57.60	15:07	19.13	23.59
50		57.30	15:12	19.20	23.80
49	21.25	56.90	15:16	19.21	23.90
48		56.60	15:20	19.29	24.13
47		56.30	15:25	19.30	24.23
46	21.00	56.00	15:30	19.35	24.38
45		55.60	15:33	19.40	24.52

Females < 25 yrs old

44		55.20	15:39	19.42	24.61
43		54.80	15:42	19.50	24.85
42		54.50	15:47	19.54	24.95
41	20.75	54.20	15:51	19.58	25.14
40		53.80	15:56	19.60	25.24
39		53.60	16:02	19.65	25.45
38	20.50	53.10	16:06	19.70	25.55
37		52.60	16:11	19.73	25.80
36		52.40	16:16	19.80	26.03
35		52.10	16:21	19.81	26.13
34	20.25	51.70	16:26	19.88	26.36
33		51.40	16:31	19.91	26.46
32	20.00	50.80	16:36	19.97	26.75
31		50.40	16:41	20.03	26.85
30		50.00	16:46	20.08	27.09
29		49.70	16:52	20.11	27.20
28	19.75	49.60	17:00	20.18	27.40
27		49.20	17:06	20.21	27.65
26	19.50	48.90	17:11	20.28	27.90
25		48.50	17:17	20.31	28.05
24		48.10	17:23	20.39	28.30
23	19.25	47.80	17:30	20.44	28.55
22		47.40	17:38	20.50	28.65
21	19.00	47.10	17:43	20.59	28.90
20		46.70	17:50	20.63	29.12
19		46.20	17:58	20.71	29.40
18	18.75	45.80	18:08	20.80	29.70
17		45.50	18:16	20.89	30.00
16	18.50	44.80	18:25	20.99	30.30
15		44.20	18:32	21.03	30.60
14	18.25	43.70	18:42	21.13	30.85
13	18.00	43.17	18:54	21.23	31.15
12		42.63	19:05	21.36	31.50
11	17.75	42.10	19:17	21.50	31.85
10	17.50	41.40	19:29	21.60	32.25
9		40.70	19:43	21.77	32.64
8	17.25	40.10	20:00	21.90	33.11
7	17.00	39.60	20:15	22.06	33.58
6	16.75	38.70	20:33	22.30	34.03
5	16.25	37.60	20:55	22.51	34.66
4	15.75	36.60	21:31	22.81	35.30
3	15.25	35.10	22:14	23.20	36.35
2	14.75	33.30	23:01	23.69	37.43
1	13.50	30.90	24:07	24.47	38.92

Females 25 - 29 yrs old

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	26.75	107.40	10:21	16.39	11.78
98	26.25	99.30	10:53	16.66	13.09
97	26.00	95.00	11:11	16.90	14.01
96	25.50	91.28	11:23	17.03	14.64
95	25.25	88.75	11:34	17.16	15.10
94	25.00	85.90	11:44	17.28	15.52
93		84.00	11:53	17.37	15.90
92	24.75	82.20	11:59	17.46	16.25
91	24.50	81.03	12:05	17.52	16.48
90		79.70	12:12	17.60	16.80
89	24.25	78.40	12:18	17.69	17.11
88	24.00	77.20	12:24	17.75	17.45
87		76.30	12:31	17.80	17.60
86		75.40	12:36	17.88	17.85
85	23.75	74.60	12:42	17.91	18.07
84		73.90	12:47	18.00	18.60
83	23.50	73.10	12:52	18.03	18.72
82		72.50	12:58	18.10	18.96
81		71.90	13:03	18.15	19.11
80	23.25	71.00	13:08	18.20	19.30
79		70.40	13:12	18.25	19.40
78	23.00	69.80	13:16	18.30	19.52
77		69.10	13:22	18.34	19.80
76		68.60	13:26	18.40	19.95
75		68.00	13:32	18.41	20.16
74	22.75	67.50	13:36	18.49	20.32
73		66.90	13:41	18.50	20.52
72		66.30	13:46	18.56	20.62
71	22.50	65.80	13:49	18.60	20.85
70		65.20	13:54	18.63	21.00
69		64.80	13:58	18.70	21.21
68		64.40	14:03	18.73	21.31
67	22.25	63.90	14:08	18.80	21.52
66		63.40	14:12	18.83	21.62
65		63.00	14:15	18.89	21.72
64		62.50	14:20	18.90	21.95
63	22.00	62.00	14:25	18.96	22.10
62		61.60	14:29	19.00	22.27
61		61.20	14:33	19.03	22.37
60		60.70	14:38	19.10	22.52
59	21.75	60.40	14:42	19.13	22.69
58		60.00	14:46	19.20	22.79
57	21.50	59.70	14:50	19.21	23.00
56		59.30	14:55	19.28	23.09
55		58.80	14:59	19.30	23.30
54		58.40	15:04	19.34	23.41
53		58.10	15:08	19.40	23.64
52	21.25	57.80	15:12	19.43	23.72
51		57.40	15:16	19.47	23.85
50		57.10	15:21	19.50	24.05
49	21.00	56.80	15:26	19.56	24.16
48		56.50	15:31	19.60	24.38
47		56.00	15:35	19.62	24.48
46		55.60	15:40	19.70	24.71
45		55.30	15:44	19.71	24.82

Females 25 - 29 yrs old

44	20.75	55.10	15:48	19.75	25.04
43		54.70	15:53	19.80	25.15
42	20.50	54.30	15:58	19.84	25.38
41		54.00	16:02	19.90	25.58
40		53.60	16:07	19.92	25.72
39		53.30	16:12	19.99	25.90
38	20.25	53.00	16:18	20.00	26.05
37		52.60	16:23	20.06	26.26
36		52.20	16:27	20.11	26.38
35	20.00	51.80	16:32	20.18	26.61
34		51.50	16:38	20.21	26.76
33		51.10	16:44	20.29	26.96
32		50.80	16:49	20.31	27.20
31	19.75	50.40	16:54	20.38	27.34
30		50.00	17:00	20.42	27.55
29	19.50	49.70	17:07	20.50	27.70
28		49.40	17:14	20.53	27.91
27		49.20	17:20	20.60	28.15
26	19.25	48.80	17:27	20.66	28.40
25		48.30	17:33	20.70	28.55
24	19.00	47.80	17:42	20.80	28.85
23		47.50	17:48	20.88	29.02
22		47.16	17:56	20.91	29.27
21		46.70	18:02	21.00	29.50
20	18.75	46.20	18:10	21.09	29.70
19	18.50	45.80	18:20	21.19	30.00
18		45.50	18:29	21.25	30.25
17		44.90	18:38	21.32	30.52
16	18.25	44.40	18:47	21.40	30.81
15	18.00	44.00	18:56	21.50	31.12
14		43.50	19:07	21.60	31.47
13		42.90	19:19	21.72	31.79
12	17.75	42.30	19:29	21.89	32.14
11	17.50	41.90	19:42	22.00	32.53
10		41.20	19:58	22.12	32.93
9	17.25	40.50	20:08	22.30	33.45
8	17.00	39.80	20:25	22.50	33.97
7	16.75	39.10	20:41	22.63	34.37
6	16.50	38.50	21:00	22.87	34.85
5	16.00	37.50	21:28	23.10	35.44
4	15.75	36.40	21:57	23.43	36.13
3	15.00	35.10	22:31	23.84	37.06
2	14.50	33.50	23:15	24.39	38.05
1	13.25	30.40	24:45	25.24	39.50

Females 30 - 34

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	26.50	102.71	10:38	16.66	11.77
98	25.75	96.40	11:01	17.00	13.29
97	25.25	92.78	11:18	17.20	14.11
96	25.00	89.70	11:30	17.40	14.67
95		86.94	11:44	17.50	15.26
94	24.50	84.70	11:53	17.65	15.70
93		82.70	12:01	17.75	16.20
92	24.25	81.01	12:08	17.84	16.60
91		79.40	12:18	17.91	16.89
90	24.00	78.00	12:27	18.00	17.08
89		76.90	12:48	18.07	17.39
88	23.75	76.00	12:57	18.13	17.76
87		75.00	13:03	18.20	18.07
86	23.50	73.90	13:10	18.28	18.23
85		73.00	13:18	18.32	18.82
84	23.25	72.30	13:25	18.40	19.01
83		71.40	13:32	18.45	19.21
82	23.00	70.80	13:38	18.50	19.37
81		70.00	13:46	18.56	19.56
80		69.40	13:52	18.60	19.68
79		68.60	13:59	18.68	19.95
78	22.75	68.00	14:05	18.71	20.10
77		67.20	14:10	18.78	20.31
76	22.50	66.70	14:16	18.81	20.47
75		66.00	14:21	18.90	20.67
74		65.60	14:25	18.91	20.83
73	22.25	64.90	14:31	18.99	21.05
72		64.20	14:37	19.01	21.25
71		63.70	14:42	19.09	21.46
70	22.00	63.22	14:47	19.12	21.57
69		62.50	14:52	19.20	21.82
68		62.10	14:57	19.22	21.95
67		61.60	15:01	19.30	22.20
66	21.75	61.30	15:06	19.32	22.36
65		60.90	15:11	19.40	22.57
64		60.50	15:16	19.43	22.70
63	21.50	60.00	15:21	19.50	22.89
62		59.60	15:26	19.52	23.05
61		59.30	15:30	19.59	23.24
60		59.00	15:35	19.61	23.37
59	21.25	58.60	15:41	19.66	23.60
58		58.30	15:45	19.70	23.74
57		57.90	15:50	19.72	23.92
56	21.00	57.32	15:55	19.80	24.13
55		57.00	15:59	19.81	24.35
54		56.50	16:04	19.88	24.57
53		56.30	16:09	19.90	24.69
52		55.90	16:14	19.98	24.91
51	20.75	55.60	16:20	20.00	25.02
50		55.10	16:26	20.06	25.20
49		54.70	16:32	20.10	25.35
48	20.50	54.40	16:37	20.16	25.52
47		54.10	16:41	20.20	25.62
46		53.70	16:46	20.25	25.81
45		53.30	16:51	20.30	25.92

Females 30 - 34

44	20.25	52.90	16:58	20.32	26.15
43		52.60	17:03	20.40	26.36
42		52.20	17:08	20.43	26.59
41	20.00	51.90	17:13	20.50	26.71
40		51.60	17:19	20.53	26.89
39		51.30	17:24	20.60	27.10
38		51.00	17:30	20.65	27.30
37		50.60	17:35	20.70	27.54
36	19.75	50.30	17:40	20.79	27.70
35		50.00	17:45	20.81	27.85
34	19.50	49.60	17:50	20.90	28.05
33		49.20	17:57	20.94	28.21
32		48.90	18:01	21.00	28.43
31	19.25	48.40	18:07	21.05	28.65
30		48.10	18:13	21.11	28.84
29		47.80	18:19	21.20	29.06
28	19.00	47.40	18:25	21.22	29.26
27		47.00	18:32	21.30	29.51
26		46.70	18:38	21.38	29.75
25	18.75	46.30	18:44	21.45	29.96
24		45.90	18:52	21.50	30.21
23	18.50	45.50	18:59	21.60	30.51
22		45.09	19:05	21.69	30.72
21		44.60	19:11	21.74	30.96
20	18.25	44.10	19:19	21.80	31.17
19	18.00	43.80	19:29	21.90	31.47
18		43.35	19:36	22.00	31.72
17		42.90	19:45	22.10	32.00
16	17.75	42.40	19:55	22.20	32.28
15	17.50	42.00	20:04	22.30	32.55
14		41.70	20:14	22.46	32.86
13	17.25	41.20	20:28	22.60	33.18
12	17	40.70	20:40	22.70	33.52
11		40.20	20:54	22.90	33.92
10	16.75	39.80	21:08	23.00	34.35
9	16.50	39.20	21:25	23.20	34.79
8		38.50	21:47	23.31	35.14
7	16.00	37.70	22:07	23.60	35.56
6	15.75	37.00	22:26	23.80	36.00
5	15.50	35.90	22:56	24.10	36.61
4	15.00	35.14	23:23	24.50	37.23
3	14.25	33.80	24:02	25.00	38.11
2	13.50	32.30	25:00	25.60	38.92
1	12.25	29.80	26:07	26.90	40.09

Females 35 - 39

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	26.00	100.38	11:01	17.00	12.62
98	25.50	94.55	11:22	17.32	13.53
97	25.25	89.20	11:37	17.50	14.76
96	25.00	86.40	11:48	17.61	15.51
95	24.75	84.08	11:57	17.77	16.00
94	24.50	82.05	12:08	17.87	16.46
93	24.25	79.33	12:17	17.96	16.91
92		77.50	12:28	18.03	17.25
91	24.00	75.40	12:37	18.13	17.65
90		74.20	12:45	18.20	18.00
89	23.75	73.20	12:52	18.28	18.31
88	23.50	72.10	13:01	18.35	18.68
87		71.33	13:08	18.43	19.11
86	23.25	70.70	13:18	18.50	19.45
85		69.90	13:24	18.57	19.57
84	23.00	69.00	13:31	18.63	19.79
83		67.80	13:38	18.70	19.87
82		67.20	13:43	18.75	20.11
81	22.75	66.70	13:49	18.81	20.31
80	22.50	66.20	13:55	18.89	20.62
79		65.50	13:59	18.94	20.93
78		64.90	14:04	19.00	21.03
77	22.25	64.20	14:11	19.03	21.35
76		63.70	14:16	19.11	21.52
75	22.00	63.40	14:20	19.16	21.72
74		62.90	14:25	19.20	21.82
73		62.10	14:30	19.27	22.03
72		61.50	14:35	19.31	22.14
71	21.75	61.20	14:41	19.36	22.45
70		60.90	14:46	19.40	22.56
69		60.50	14:51	19.47	22.78
68	21.50	60.00	14:54	19.50	22.93
67		59.70	15:00	19.57	23.16
66		59.10	15:04	19.61	23.36
65		58.80	15:09	19.68	23.48
64	21.25	58.40	15:15	19.71	23.61
63		57.90	15:21	19.78	23.79
62		57.70	15:24	19.81	23.98
61	21.00	57.23	15:30	19.88	24.18
60		56.90	15:35	19.92	24.50
59		56.58	15:40	19.99	24.61
58		56.20	15:45	20.01	24.84
57	20.75	55.90	15:50	20.09	24.94
56		55.60	15:54	20.11	25.17
55		55.10	16:00	20.19	25.32
54	20.50	54.70	16:06	20.24	25.50
53		54.30	16:11	20.30	25.76
52		54.00	16:17	20.34	25.93
51	20.25	53.60	16:21	20.41	26.09
50		53.20	16:25	20.48	26.41
49		52.83	16:30	20.53	26.50
48	20.00	52.50	16:36	20.60	26.74
47		52.10	16:40	20.67	26.85
46		51.80	16:44	20.70	27.10
45		51.50	16:50	20.76	27.27

Females 35 - 39

44	19.75	51.10	16:55	20.81	27.46
43		50.70	17:02	20.89	27.65
42		50.40	17:07	20.91	27.85
41	19.50	50.15	17:12	20.99	28.01
40		49.90	17:17	21.01	28.10
39		49.60	17:24	21.10	28.31
38	19.25	49.20	17:30	21.15	28.46
37		48.90	17:37	21.20	28.66
36		48.60	17:43	21.27	28.76
35	19.00	48.30	17:51	21.33	29.01
34		48.10	17:55	21.40	29.21
33		47.80	18:04	21.43	29.41
32	18.75	47.60	18:10	21.50	29.52
31		47.20	18:18	21.59	29.73
30	18.50	46.80	18:25	21.63	29.88
29		46.40	18:31	21.74	30.11
28		46.00	18:38	21.80	30.36
27	18.25	45.65	18:44	21.90	30.61
26		45.10	18:53	21.99	30.91
25	18.00	44.80	19:00	22.01	31.15
24		44.40	19:09	22.09	31.35
23		44.18	19:20	22.16	31.58
22	17.75	43.80	19:29	22.22	31.81
21		43.40	19:37	22.32	32.00
20	17.50	42.90	19:46	22.40	32.25
19		42.60	19:54	22.50	32.51
18	17.25	42.20	20:02	22.60	32.73
17	17.00	41.70	20:10	22.70	32.95
16		41.20	20:22	22.80	33.31
15		40.70	20:32	22.91	33.65
14	16.75	40.30	20:41	23.04	33.88
13	16.50	39.90	20:55	23.17	34.34
12		39.20	21:01	23.30	34.61
11	16.25	38.68	21:14	23.50	35.08
10	16.00	37.90	21:29	23.60	35.49
9		37.40	21:40	23.80	35.86
8	15.50	36.80	22:00	24.02	36.19
7	15.25	36.10	22:14	24.20	36.76
6	15.00	35.35	22:36	24.50	37.31
5	14.75	34.30	23:07	24.81	37.76
4	14.25	33.10	23:43	25.20	38.40
3	13.75	31.68	24:07	25.70	39.06
2	13.00	30.25	24:59	26.28	39.83
1	11.50	27.70	26:54	27.90	40.90

Females 40-44

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	26.00	101.22	10:56	17.26	12.40
98	25.50	91.71	11:23	17.52	13.87
97	25.25	88.93	11:47	17.75	15.36
96	25.00	85.30	12:09	17.87	15.81
95	24.50	83.30	12:20	18.07	16.36
94	24.25	80.73	12:34	18.20	16.78
93	24.00	77.60	12:43	18.34	17.11
92	23.75	76.07	12:52	18.44	17.61
91	23.50	74.76	13:08	18.53	18.31
90		73.20	13:15	18.66	18.62
89	23.25	72.40	13:28	18.70	19.36
88		70.95	13:34	18.78	19.46
87	23.00	69.60	13:44	18.90	19.75
86		69.10	13:54	19.00	19.94
85		67.97	14:02	19.04	20.18
84	22.75	67.14	14:09	19.13	20.50
83		66.70	14:17	19.21	20.68
82	22.50	65.90	14:23	19.37	20.92
81		65.05	14:30	19.44	21.16
80		63.82	14:36	19.50	21.27
79	22.25	63.30	14:40	19.53	21.59
78		62.50	14:45	19.58	21.97
77	22.00	62.03	14:50	19.63	22.17
76		61.50	14:53	19.68	22.44
75		61.05	14:57	19.73	22.71
74		60.05	15:05	19.79	22.86
73	21.75	59.40	15:08	19.81	23.11
72		59.06	15:12	19.90	23.40
71		58.50	15:17	20.00	23.54
70	21.50	58.10	15:21	20.02	23.75
69		57.60	15:29	20.09	23.99
68	21.25	57.00	15:36	20.12	24.12
67		56.70	15:40	20.20	24.28
66		56.30	15:45	20.26	24.44
65	21.00	56.00	15:52	20.34	24.64
64		55.60	15:58	20.40	24.84
63		55.10	16:03	20.47	25.09
62		54.60	16:10	20.53	25.18
61		54.30	16:15	20.60	25.28
60	20.75	53.80	16:22	20.69	25.47
59		53.60	16:27	20.72	25.58
58	20.50	53.26	16:32	20.81	25.75
57		52.80	16:39	20.86	25.99
56		52.32	16:45	20.91	26.13
55		51.90	16:51	20.96	26.28
54	20.25	51.60	16:55	21.00	26.41
53		51.34	17:02	21.03	26.66
52	20.00	51.20	17:09	21.07	26.99
51		51.00	17:12	21.12	27.15
50		50.70	17:30	21.19	27.32
49		50.40	17:32	21.27	27.42
48		50.00	17:36	21.34	27.66
47	19.75	49.70	17:40	21.40	27.75
46		49.53	17:47	21.47	28.00
45	19.50	49.11	17:54	21.51	28.18
44		48.88	17:59	21.59	28.31

Females 40-44

43		48.50	18:03	21.62	28.56
42	19.25	48.12	18:08	21.69	28.71
41		47.99	18:13	21.77	28.94
40		47.60	18:16	21.80	29.10
39		47.23	18:20	21.90	29.26
38	19.00	47.10	18:25	21.96	29.48
37		46.90	18:30	22.03	29.66
36		46.60	18:39	22.09	29.87
35		46.20	18:43	22.15	30.08
34	18.75	45.90	18:47	22.22	30.27
33		45.61	18:54	22.31	30.37
32	18.50	45.13	18:57	22.41	30.56
31		44.80	19:00	22.50	30.91
30	18.25	44.50	19:15	22.61	31.03
29		44.30	19:20	22.70	31.26
28	18.00	44.10	19:25	22.75	31.46
27		43.88	19:32	22.81	31.68
26		43.50	19:37	22.90	32.06
25	17.75	43.20	19:43	22.96	32.22
24		42.90	19:50	23.05	32.49
23	17.50	42.77	19:55	23.10	32.70
22		42.30	20:00	23.17	32.89
21	17.25	41.70	20:07	23.25	33.05
20		41.30	20:20	23.40	33.21
19	17.00	41.00	20:24	23.50	33.56
18		40.70	20:30	23.60	33.74
17	16.75	40.40	20:45	23.70	33.90
16		40.00	20:51	23.80	34.16
15	16.50	39.60	21:03	23.90	34.44
14		39.40	21:15	24.04	34.71
13	16.25	38.70	21:20	24.16	34.96
12	16.00	38.50	21:39	24.29	35.08
11		37.90	21:46	24.44	35.31
10	15.75	37.50	22:00	24.70	35.91
9	15.50	37.16	22:24	25.07	36.18
8	15.25	36.60	22:38	25.21	36.47
7	15.00	35.90	23:05	25.40	36.80
6	14.50	35.05	23:30	25.60	37.51
5	14.25	34.25	24:03	25.90	38.21
4	13.75	33.50	24:44	26.27	38.78
3	13.00	32.17	25:29	26.90	39.43
2	12.50	30.80	26:06	27.30	40.25
1	11.50	28.75	27:29	27.97	41.27

Females 45-49

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	25.25	100.41	11:10	17.80	13.19
98	25.00	86.64	12:05	18.09	14.70
97	24.50	80.76	12:34	18.41	15.22
96	24.00	75.70	12:55	18.58	16.20
95		72.61	13:11	18.96	16.89
94	23.75	71.18	13:14	19.00	17.73
93	23.50	69.15	13:30	19.09	18.43
92	23.25	68.06	13:43	19.31	18.60
91	23.00	67.27	14:00	19.41	18.82
90	22.75	66.70	14:08	19.48	19.22
89		65.75	14:15	19.60	19.64
88	22.50	64.98	14:26	19.67	20.03
87		63.80	14:28	19.74	20.31
86	22.25	63.00	14:38	19.84	20.55
85		62.12	14:44	19.99	20.79
84		61.51	14:50	20.03	21.12
83	22.00	60.99	15:00	20.09	21.27
82		60.20	15:05	20.13	21.58
81		59.40	15:11	20.28	21.67
80	21.75	59.04	15:18	20.32	21.98
79		58.72	15:20	20.41	22.22
78	21.50	58.20	15:29	20.53	22.35
77		58.00	15:31	20.65	22.57
76		57.50	15:43	20.70	23.11
75	21.25	57.08	15:50	20.80	23.31
74		56.70	15:59	20.85	23.39
73	21.00	56.30	16:03	20.90	23.65
72		55.60	16:13	20.92	23.82
71		55.56	16:18	21.06	23.98
70		54.56	16:22	21.11	24.29
69	20.75	54.20	16:25	21.18	24.36
68		53.92	16:33	21.20	24.72
67		53.75	16:36	21.28	25.01
66	20.50	53.40	16:39	21.34	25.09
65		53.24	16:43	21.42	25.44
64		52.75	16:46	21.50	25.73
63		52.20	16:50	21.58	25.87
62		51.90	16:59	21.60	26.18
61	20.25	51.60	17:03	21.68	26.32
60		51.38	17:09	21.73	26.42
59		51.20	17:18	21.81	26.58
58	20.00	50.90	17:21	21.83	26.78
57		50.66	17:28	21.91	27.01
56	19.75	50.40	17:31	21.99	27.22
55		50.16	17:34	22.09	27.30
54		49.90	17:39	22.11	27.34
53	19.50	49.70	17:46	22.12	27.65
52		49.60	17:49	22.19	27.83
51		49.31	17:52	22.22	27.96
50	19.25	49.25	18:00	22.27	28.15
49		48.70	18:04	22.30	28.33
48		48.53	18:09	22.38	28.50
47	19.00	47.97	18:13	22.40	28.66
46		47.80	18:17	22.46	28.85
45		47.40	18:27	22.50	28.97

Females 45-49

44	18.75	47.00	18:34	22.58	29.15
43		46.67	18:43	22.60	29.34
42		46.40	18:46	22.70	29.51
41	18.50	46.20	18:49	22.78	29.69
40		46.10	18:53	22.83	29.78
39		45.90	18:58	22.94	29.85
38		45.50	19:05	23.00	30.05
37	18.25	45.10	19:07	23.04	30.15
36		44.70	19:13	23.13	30.26
35		44.60	19:18	23.20	30.51
34	18.00	44.21	19:25	23.27	30.56
33		44.00	19:26	23.32	30.66
32		43.80	19:33	23.42	30.82
31		43.33	19:38	23.50	31.09
30	17.75	42.90	19:45	23.59	31.24
29		42.61	19:47	23.69	31.41
28		42.25	19:53	23.81	31.59
27	17.50	42.00	19:59	23.90	31.77
26		41.70	20:04	24.00	32.03
25	17.25	41.50	20:10	24.02	32.26
24		41.10	20:20	24.10	32.41
23		40.80	20:30	24.15	32.63
22	17.00	40.50	20:40	24.29	32.70
21		40.10	20:45	24.40	32.94
20		39.90	20:50	24.43	33.15
19		39.72	20:56	24.59	33.52
18	16.75	39.42	20:57	24.69	33.86
17	16.50	39.10	21:01	24.78	33.97
16		38.59	21:13	24.99	34.14
15	16.25	38.17	21:33	25.13	34.42
14		37.83	21:44	25.29	34.74
13	16.00	36.97	22:02	25.40	34.92
12		36.42	22:16	25.50	35.17
11	15.75	35.80	22:26	25.59	35.42
10	15.50	35.68	22:43	25.80	35.75
9	15.25	35.20	23:07	26.00	36.31
8	15.00	34.57	23:20	26.20	36.92
7		34.01	23:40	26.41	37.08
6	14.50	33.60	23:58	26.80	37.56
5	14.00	32.80	24:25	27.19	38.00
4	13.75	32.10	24:44	27.69	39.01
3	13.00	30.88	25:00	28.50	39.39
2	12.00	29.52	25:43	29.98	41.31
1	11.25	25.00	27:18	31.21	42.41

Females 50 - 54

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	25.00	112.85	10:45	17.64	11.69
98	24.50	76.50	11:48	18.76	14.60
97	23.25	72.46	12:55	19.28	16.50
96	23.00	68.68	13:35	19.56	18.25
95		67.36	13:37	19.65	18.59
94	22.75	64.52	14:14	19.71	18.84
93	22.50	63.27	14:26	19.72	19.42
92	22.25	62.94	14:32	19.95	20.61
91		61.36	14:36	20.08	20.99
90	22.00	60.90	14:37	20.22	21.41
89		59.67	14:42	20.44	21.74
88	21.75	58.83	14:47	20.71	22.10
87		57.29	14:57	20.75	22.49
86	21.50	56.50	15:06	20.98	22.65
85		56.28	15:12	21.07	23.07
84		55.87	15:20	21.15	23.35
83		55.60	15:29	21.22	23.45
82	21.25	55.22	15:33	21.37	23.73
81		55.20	15:50	21.45	24.08
80	21.00	55.10	15:56	21.51	24.39
79		54.70	16:06	21.53	24.54
78		54.37	16:11	21.57	24.58
77		54.30	16:18	21.65	24.83
76	20.75	54.20	16:33	21.70	25.12
75		54.10	16:40	21.72	25.33
74		53.93	16:58	21.75	25.60
73		52.80	17:02	21.87	25.64
72	20.50	52.60	17:05	22.02	25.91
71	20.25	52.39	17:08	22.13	26.00
70		52.21	17:11	22.19	26.11
69		52.10	17:15	22.30	26.22
68	20.00	51.78	17:23	22.34	26.67
67		51.36	17:27	22.45	26.93
66		51.08	17:31	22.53	27.16
65		50.89	17:35	22.61	27.24
64	19.75	50.07	17:39	22.70	27.28
63		49.79	17:43	22.71	27.64
62		48.98	17:54	22.79	27.90
61		48.59	18:31	22.81	28.26
60		48.32	18:37	22.93	28.45
59		47.99	18:41	22.95	28.63
58	19.50	47.51	18:44	23.00	28.73
57		47.23	18:48	23.02	29.26
56		46.90	19:06	23.12	29.41
55	19.25	46.73	19:12	23.24	29.50
54		46.40	19:14	23.30	29.64
53	19.00	46.10	19:15	23.36	29.73
52		45.93	19:17	23.43	30.00
51		45.63	19:20	23.48	30.14
50	18.50	45.50	19:33	23.53	30.22
49		45.17	19:36	23.60	30.35
48		45.07	19:39	23.69	30.48
47		44.70	19:46	23.98	30.57
46	18.25	43.91	19:50	24.00	30.92
45		43.64	19:54	24.03	31.07

Females 50 - 54

44		43.50	19:59	24.20	31.19
43		43.40	20:07	24.25	31.25
42	18.00	43.29	20:19	24.37	31.48
41		43.20	20:22	24.43	31.80
40	17.75	43.04	20:24	24.51	32.18
39		42.81	20:29	24.55	32.33
38	17.50	42.60	20:34	24.72	32.75
37		42.57	20:39	24.75	32.81
36		42.18	20:45	24.78	32.83
35	17.25	41.53	20:49	24.90	32.90
34		41.48	20:51	25.05	33.06
33	17.00	41.40	20:53	25.15	33.21
32		41.36	20:55	25.33	33.36
31		40.77	21:01	25.58	33.51
30		40.68	21:06	25.64	33.63
29	16.75	40.13	21:14	25.68	33.80
28	16.50	39.55	21:23	25.91	34.15
27		39.30	21:38	26.02	34.39
26	16.25	39.10	21:46	26.20	34.73
25		38.98	21:51	26.24	34.90
24		38.90	22:04	26.34	35.10
23	16.00	38.72	22:11	26.67	35.22
22		38.50	22:15	26.71	35.25
21	15.75	37.87	22:21	26.90	35.59
20	15.50	37.14	22:43	27.00	35.70
19		36.78	22:50	27.07	36.06
18		36.49	22:57	27.10	36.27
17	15.25	36.31	23:03	27.23	36.47
16	15.00	35.76	23:07	27.28	36.67
15		35.55	23:09	27.59	37.05
14		35.31	23:17	27.91	37.22
13		34.48	23:32	27.98	37.37
12		34.39	23:41	28.18	37.67
11		34.03	24:05	28.34	37.96
10	14.75	33.42	24:40	28.39	38.07
9	14.50	32.98	25:24	28.57	38.35
8	14.00	32.53	26:09	29.05	38.68
7	13.75	32.14	26:16	29.14	39.15
6	13.25	31.90	26:56	29.42	39.55
5	12.75	31.82	27:16	29.99	40.81
4	12.50	31.13	28:00	31.06	41.21
3	11.75	30.19	28:11	31.54	41.33
2	10.75	28.77	28:20	33.32	43.03
1	10.00	28.33	30:48	34.53	44.99

Females 55 Above

PEB Areas	Flexibility	% Body Wt Push	1.5 Mile Run	Agility Run	Body Fat %
Percentiles	inches	% of body weight	min:sec	seconds	percent fat
99	25.75	72.87	11:14	18.85	13.59
98	25.25	70.90	12:21	19.70	16.60
97	23.75	70.85	14:16	19.89	17.27
96		69.88	14:40	19.99	18.22
95	23.50	66.67	14:58	20.30	18.57
94		64.18	15:20	20.49	18.81
93		63.01	15:27	20.91	19.13
92	23.25	61.62	15:30	21.05	19.89
91		60.24	15:41	21.15	21.08
90		59.24	15:42	21.30	21.83
89	23.00	59.00	15:44	21.52	21.94
88		58.52	15:56	21.59	22.32
87	22.75	57.68	16:09	21.60	22.96
86	22.50	56.83	16:11	21.64	23.80
85		55.26	16:14	21.71	23.88
84		55.10	16:25	21.77	24.07
83	22.25	54.79	16:28	21.89	24.14
82	22.00	54.07	16:30	21.91	24.15
81		53.69	16:32	21.96	24.19
80		53.56	16:34	21.99	24.24
79	21.75	53.14	16:36	22.15	24.28
78	21.50	52.27	16:38	22.27	24.42
77	21.25	51.81	16:47	22.42	24.46
76	21.00	51.19	16:57	22.54	24.92
75		50.75	17:10	22.75	24.97
74		50.31	17:22	22.90	25.13
73	20.50	49.63	17:33	22.95	25.24
72		49.40	17:40	23.02	25.60
71	20.25	49.25	17:49	23.17	25.93
70		48.80	17:52	23.30	26.19
69	20.00	48.44	18:04	23.32	26.39
68		48.40	18:20	23.36	26.58
67	19.75	48.37	18:26	23.39	26.72
66		48.34	18:29	23.41	26.78
65		46.98	18:31	23.43	26.90
64		46.70	18:39	23.54	27.19
63	19.50	46.16	18:54	23.56	27.35
62	19.25	45.94	19:00	23.70	27.57
61		45.80	19:05	23.81	27.60
60		45.68	19:11	23.88	27.81
59		45.50	19:13	23.95	27.88
58	19.00	45.14	19:29	24.00	27.92
57		44.80	19:41	24.05	27.99
56		44.61	19:43	24.19	28.08
55		44.43	19:46	24.31	28.23
54		44.10	19:49	24.53	28.62
53		43.75	19:53	24.62	28.99
52		43.61	19:58	24.89	29.22
51		43.51	20:02	25.34	29.25
50	18.75	43.30	20:04	25.59	29.28
49		42.94	20:07	25.73	29.31
48	18.50	41.96	20:09	25.79	29.52
47		41.65	20:23	25.85	30.11
46		41.40	20:39	25.89	30.22
45		41.34	20:48	25.94	30.25

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44		41.13	20:58	26.04	30.31
43	18.25	40.96	21:03	26.08	30.38
42		40.71	21:04	26.09	30.49
41		40.23	21:05	26.15	30.57
40	18.00	39.88	21:11	26.20	30.84
39		39.60	21:25	26.32	31.01
38		39.21	21:30	26.61	31.09
37	17.75	38.40	21:41	26.72	31.12
36	17.50	38.03	22:07	26.89	31.16
35	17.25	37.82	22:21	27.13	31.50
34	17.00	37.61	22:27	27.25	31.78
33	16.75	36.40	22:34	27.47	32.25
32	16.50	36.18	22:39	27.70	32.43
31		35.84	22:48	27.76	32.60
30		35.50	22:55	27.80	32.87
29	16.25	35.40	22:59	28.17	33.04
28	16.00	35.04	23:01	28.49	33.12
27		34.75	23:04	28.68	33.23
26	15.75	34.46	23:06	28.93	33.40
25	15.50	34.30	23:09	29.00	33.44
24		33.92	23:11	29.09	33.74
23	15.25	33.39	23:17	29.19	33.95
22	15.00	33.13	23:34	29.35	34.16
21		32.88	23:51	29.43	34.55
20	14.75	32.80	24:07	29.50	35.47
19	14.50	32.71	24:15	29.56	36.08
18	14.25	32.52	24:31	30.01	36.34
17	14.00	31.81	24:40	30.12	36.45
16	13.75	30.68	24:42	30.30	36.48
15	13.50	30.14	24:46	30.74	36.51
14		29.60	25:13	30.97	36.92
13	13.25	29.36	25:20	31.18	37.10
12	12.75	28.50	25:24	31.40	37.27
11	12.50	28.23	26:00	31.75	37.74
10	12.25	27.54	26:31	32.15	37.81
9	12.00	27.30	26:37	32.36	38.01
8		26.99	26:49	32.66	38.49
7	11.75	26.64	27:07	33.14	38.85
6	11.25	25.96	28:35	33.65	39.35
5		25.18	28:40	34.17	39.71
4	11.00	24.85	29:01	34.62	39.85
3	10.25	22.01	30:02	35.64	39.86
2	9.25	20.96	30:44	36.17	40.17
1	7.25	13.29	32:01	37.31	43.24