

| Points | Pushups<br>1:00 | Pullups<br>Non stop | Situps<br>2:00 | Squat          |                 | Points | Pushups<br>1:00 | Pullups<br>Non stop | Situps<br>2:00 | Squat          |                 | Points | Pushups<br>1:00 | Pullups<br>Non stop | Situps<br>2:00 | Squat          |                 |
|--------|-----------------|---------------------|----------------|----------------|-----------------|--------|-----------------|---------------------|----------------|----------------|-----------------|--------|-----------------|---------------------|----------------|----------------|-----------------|
|        |                 |                     |                | Thrust<br>1:00 | One Mile<br>Run |        |                 |                     |                | Thrust<br>1:00 | One Mile<br>Run |        |                 |                     |                | Thrust<br>1:00 | One Mile<br>Run |
| 1      |                 |                     |                | 14             | 12:00           | 36     | 15              |                     | 33             | 25             | 10:20           | 71     |                 |                     | 68             |                | 8:30            |
| 2      |                 |                     |                | 15             |                 | 37     |                 |                     | 34             |                |                 | 72     | 46              |                     | 69             | 34             | 8:20            |
| 3      |                 |                     |                |                |                 | 38     | 16              |                     | 35             |                |                 | 73     |                 |                     | 70             |                | 8:10            |
| 4      |                 |                     | 1              |                | 11:50           | 39     |                 | 4                   | 36             |                |                 | 74     | 47              | 11                  | 71             |                | 8:00            |
| 5      |                 |                     | 2              | 16             |                 | 40     | 17              |                     | 37             | 26             | 10:10           | 75     |                 |                     | 72             |                | 7:50            |
| 6      |                 |                     | 3              |                |                 | 41     | 18              |                     | 38             |                |                 | 76     | 48              |                     | 73             | 35             | 7:40            |
| 7      |                 |                     | 4              |                | 11:40           | 42     | 19              |                     | 39             |                |                 | 77     |                 |                     |                |                | 7:30            |
| 8      | 1               |                     | 5              | 17             |                 | 43     | 20              |                     | 40             | 27             |                 | 78     | 49              | 12                  | 74             |                | 7:20            |
| 9      |                 |                     | 6              |                |                 | 44     | 21              |                     | 41             |                | 10:00           | 79     |                 |                     |                |                | 7:10            |
| 10     | 2               |                     | 7              |                |                 | 45     | 22              | 5                   | 42             |                |                 | 80     | 50              |                     | 75             | 36             | 7:00            |
| 11     |                 |                     | 8              |                | 11:30           | 46     | 23              |                     | 43             |                |                 | 81     |                 |                     |                |                | 6:50            |
| 12     | 3               |                     | 9              | 18             |                 | 47     | 24              |                     | 44             | 28             |                 | 82     | 51              |                     | 76             |                | 6:40            |
| 13     |                 |                     | 10             |                |                 | 48     | 25              |                     | 45             |                | 9:50            | 83     |                 | 13                  |                |                | 6:30            |
| 14     | 4               |                     | 11             |                | 11:20           | 49     | 26              |                     | 46             |                |                 | 84     | 52              |                     | 77             |                | 6:20            |
| 15     |                 | 1                   | 12             | 19             |                 | 50     | 27              | 6                   | 47             |                |                 | 85     |                 |                     |                | 37             | 6:15            |
| 16     | 5               |                     | 13             |                |                 | 51     | 28              |                     | 48             | 29             |                 | 86     | 53              | 14                  | 78             |                | 6:14            |
| 17     |                 |                     | 14             |                | 11:10           | 52     | 29              |                     | 49             |                | 9:40            | 87     |                 |                     |                |                | 6:13            |
| 18     | 6               |                     | 15             | 20             |                 | 53     | 30              |                     | 50             |                |                 | 88     | 54              |                     | 79             |                | 6:12            |
| 19     |                 |                     | 16             |                |                 | 54     | 31              |                     | 51             |                |                 | 89     |                 |                     |                | 38             | 6:11            |
| 20     | 7               |                     | 17             | 21             | 11:00           | 55     | 32              | 7                   | 52             | 30             |                 | 90     | 55              | 15                  | 80             |                | 6:10            |
| 21     |                 |                     | 18             |                |                 | 56     | 33              |                     | 53             |                | 9:30            | 91     |                 |                     |                |                | 6:09            |
| 22     | 8               |                     | 19             |                |                 | 57     | 34              |                     | 54             |                |                 | 92     | 56              |                     | 81             |                | 6:08            |
| 23     |                 |                     | 20             |                |                 | 58     | 35              |                     | 55             |                |                 | 93     |                 |                     |                | 39             | 6:07            |
| 24     | 9               | 2                   | 21             |                | 10:50           | 59     | 36              |                     | 56             | 31             |                 | 94     | 57              | 16                  | 82             |                | 6:06            |
| 25     |                 |                     | 22             | 22             |                 | 60     | 37              | 8                   | 57             |                | 9:20            | 95     |                 |                     |                |                | 6:05            |
| 26     | 10              |                     | 23             |                |                 | 61     | 38              |                     | 58             |                |                 | 96     | 58              |                     | 83             |                | 6:04            |
| 27     |                 |                     | 24             |                |                 | 62     | 39              |                     | 59             |                |                 | 97     |                 | 17                  |                |                | 6:03            |
| 28     | 11              |                     | 25             | 23             | 10:10           | 63     | 40              |                     | 60             | 32             |                 | 98     | 59              |                     | 84             | 40             | 6:02            |
| 29     |                 |                     | 26             |                |                 | 64     | 41              |                     | 61             |                | 9:10            | 99     |                 |                     |                |                | 6:01            |
| 30     | 12              |                     | 27             |                |                 | 65     | 42              | 9                   | 62             |                |                 | 100    | 60              | 18                  | 85             | 41             | 6:00            |
| 31     |                 |                     | 28             |                |                 | 66     | 43              |                     | 63             |                |                 |        |                 |                     |                |                |                 |
| 32     | 13              |                     | 29             | 24             | 10:00           | 67     |                 |                     | 64             | 33             |                 |        |                 |                     |                |                |                 |
| 33     |                 | 3                   | 30             |                |                 | 68     | 44              |                     | 65             |                | 9:00            |        |                 |                     |                |                |                 |
| 34     | 14              |                     | 31             |                |                 | 69     |                 |                     | 66             |                | 8:50            |        |                 |                     |                |                |                 |
| 35     |                 |                     | 32             |                |                 | 70     | 45              | 10                  | 67             |                | 8:40            |        |                 |                     |                |                |                 |