

## AEROBIC FEMALES

%	AGE 20-29		AGE 30-34		AGE 35-39		
	12 Min. Distance	1.5 Mile Time	12 Min. Distance	1.5 Mile Time	12 Min. Run	1.5 Mile Distance	
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	<b>S</b>
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	<b>E</b>
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	<b>G</b>
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	<b>F</b>
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	<b>P</b>
15	1.13	16:58	1.09	17:29	1.05	17:55	
10	1.1	17:21	1.05	18:00	1.03	18:16	
5	1.03	18:14	1.01	18:31	0.98	18:48	<b>VP</b>

## AEROBIC FEMALES

%	AGE 40-44		AGE 45-49		AGE 50-54		
	12 Min. Distance	1.5 Mile Time	12 Min. Distance	1.5 Mile Time	12 Min. Run	1.5 Mile Distance	
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	<b>S</b>
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	<b>E</b>
75	1.29	14:57	1.24	15:31	1.2	16:05	
70	1.25	15:76	1.21	15:57	1.17	16:27	
65	1.23	15:41	1.18	16:16	1.14	15:51	
60	1.21	15:57	1.17	16:28	1.13	16:58	<b>G</b>
55	1.19	16:12	1.15	16:43	1.11	17:14	
50	1.17	16:27	1.13	16:56	1.1	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	<b>F</b>
35	1.12	16:59	1.08	17:34	1.04	18:09	
30	1.1	17:24	1.06	17:54	1.02	18:22	
25	1.09	17:29	1.05	18:00	1.01	18:31	
20	1.05	18:00	1.01	18:25	0.98	18:49	<b>P</b>
15	1.02	18:21	0.99	18:42	.97	19:02	
10	1.01	18:31	0.97	19:01	.93	19:30	
5	0.96	19:05	0.93	19:31	0.9	19:57	<b>VP</b>

## AEROBIC FEMALES

%	AGE 55-59		AGE 60+		
	12 Min. Distance	1.5 Mile Time	12 Min. Distance	1.5 Mile Time	
99	1.51	12:02	1.55	11:36	
95	1.34	14:13	1.35	14:06	<b>S</b>
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	<b>E</b>
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	1.1	17:22	1.07	17:46	<b>G</b>
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	0.99	18:44	<b>F</b>
35	1.01	18:32	0.98	18:54	
30	0.99	18:41	0.97	18:59	
25	0.98	18:47	0.97	19:02	
20	0.96	19:05	0.94	19:21	<b>P</b>
15	0.95	19:18	0.93	19:33	
10	0.91	19:47	0.89	20:04	
5	0.88	20:10	0.86	20:23	<b>VP</b>

# 1 MINUTE MODIFIED PUSHUP

Females

AGE

%	20-29	30-34	35-39	40-44	45-49	50-54	55-59	60+	
99	>70	>56	>58	>60	>50	>31	>25	>20	
95	45	39	36	33	30	28	24	20	<b>S</b>
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	<b>E</b>
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	<b>G</b>
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	<b>F</b>
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	<b>P</b>
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	
<9	<4	<2	<1	<1	<1	0	0	0	<b>VP</b>



# Wyoming Law Enforcement Academy

1556 Riverbend Drive, Douglas, Wyoming 82633

Phone (307) 358-3617 Fax (307) 358-9603

[www.WLEAcademy.com](http://www.WLEAcademy.com)



## 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
50%	1.37	13.53	1.33	14.24	1.29	14.55
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+

	12 Mins. Distance	1.5 Mi. Time	12 Mins. Distance	1.5 Mi. Time
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
50%	1.24	15.31	1.19	16.07
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



# Wyoming Law Enforcement Academy

1556 Riverbend Drive, Douglas, Wyoming 82633

Phone (307) 358-3617 Fax (307) 358-9603

[www.WLEAcademy.com](http://www.WLEAcademy.com)



## 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
<b>50%</b>	<b>1.29</b>	<b>14.55</b>	<b>1.25</b>	<b>15.26</b>	<b>1.21</b>	<b>15.57</b>
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
<b>50%</b>	<b>1.06</b>	<b>17.50</b>	<b>1.03</b>	<b>18.16</b>
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
<b>50%</b>	<b>34</b>	<b>27</b>	<b>24</b>	<b>22</b>	<b>19</b>	<b>17</b>	<b>12</b>	<b>8</b>
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