

Performance		Points	Males: Age 25 - 29 years					
			Push- ups	Forearm Planks	1.5 - mile run	2-km row	500 - yd swim	450 - m swim
Outstanding	High	100	84	3:16	8:55	7:10	6:38	6:28
Outstanding	Medium	95	82	3:11	9:23	7:20	7:08	6:58
Outstanding	Low	90	77	3:06	9:38	7:30	7:38	7:28
Excellent	High	85	73	2:56	10:15	7:40	8:08	7:58
Excellent	Medium	80	69	2:47	10:30	7:50	8:23	8:13
Excellent	Low	75	67	2:37	10:52	8:00	8:53	8:43
Good	High	70	60	2:17	11:23	8:20	9:38	9:28
Good	Medium	65	51	1:58	12:15	8:40	10:38	10:28
Good	Low	60	44	1:38	12:53	9:00	11:38	11:28
Satisfactory	High	55	41	1:28	13:23	9:10	12:08	11:58
Satisfactory	Medium	50	38	1:18	13:45	9:20	12:23	12:13
Probationary		45	34	1:09	14:00	9:30	13:08	12:58

# Navy Prt Operating Guide

**M Mark**



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