

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