

**BRUNSWICK POLICE DEPARTMENT
PHYSICAL EFFICIENCY BATTERY**

AGILITY RUN STANDARDS

EFFICIENCY SCORE	AGE GROUPS							
	20-29 YEARS AGILITY TIME (SECONDS)		30-39 YEARS AGILITY TIME (SECONDS)		40-49 YEARS AGILITY TIME (SECONDS)		50 PLUS YEARS AGILITY TIME (SECONDS)	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
100	15.90	17.80	16.40	18.90	17.35	20.55	18.40	22.40
95	16.35	18.35	16.85	19.45	17.80	21.10	19.10	23.40
90	16.80	18.90	17.30	20.00	18.25	21.65	19.80	24.00
85	17.25	19.45	17.75	20.55	18.70	22.20	20.50	24.80
80	17.70	20.00	18.20	21.10	19.15	22.75	21.20	25.60
75	18.15	20.55	18.65	21.65	19.60	23.30	21.90	26.40
70	18.60	21.10	19.10	22.20	20.05	23.85	22.60	27.20
65	19.05	21.65	19.55	22.75	20.50	24.40	23.30	28.00
60	19.50	22.20	20.00	23.30	20.95	24.95	24.00	28.80
55	19.95	22.75	20.45	23.85	21.40	25.50	24.70	29.60
50	20.40	23.30	20.90	24.40	21.85	26.05	25.40	30.40

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1.5 MILE RUN STANDARDS

EFFICIENCY SCORE	AGE GROUPS							
	20-29 YEARS % 1.5 MILE RUN (MINUTES)		30-39 YEARS % 1.5 MILE RUN (MINUTES)		40-49 YEARS % 1.5 MILE RUN (MINUTES)		50 PLUS YEARS % 1.5 MILE RUN (MINUTES)	
	MALE	FEMAL E	MALE	FEMAL E	MALE	FEMAL E	MALE	FEMALE
100	9:00	10:48	10:00	12:00	11:00	13:12	11:55	15:40
95	9:55	11:53	10:55	13:05	11:55	14:17	13:10	16:40
90	10:50	12:58	11:50	14:10	12:50	15:22	14:25	17:40
85	11:45	14:03	12:45	15:15	13:45	16:27	15:40	18:52
80	12:40	15:08	13:40	16:20	14:40	17:32	16:65	19:52
75	13:35	16:13	14:35	17:25	15:35	18:37	18:10	20:52
70	14:30	17:18	15:30	18:30	16:30	19:42	19:25	21:52
65	15:25	18:23	16:25	19:35	17:25	20:47	20:40	22:52
60	16:20	19:28	17:20	20:40	18:20	21:52	21:55	23:52
55	17:15	20:33	18:15	21:45	19:15	22:57	23:10	24:52
50	18:10	21:38	19:10	22:50	20:10	24:02	24:25	25:52

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BODY WEIGHT PUSHED STANDARDS

EFFICIENCY SCORE	AGE GROUPS							
	20-29 YEARS % BODY WEIGHT PUSHED		30-39 YEARS % BODY WEIGHT PUSHED		40-49 YEARS % BODY WEIGHT PUSHED		50 PLUS YEARS % BODY WEIGHT PUSHED	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
100	135.0	87.8	130.0	84.5	125.0	81.3	98.0	61.5
95	125.0	81.3	120.0	78.0	115.0	74.8	91.3	57.5
90	115.0	74.8	110.0	71.5	105.0	68.3	84.7	53.5
85	105.0	68.3	100.0	65.0	95.0	61.8	78.0	49.5
80	95.0	61.8	90.0	58.5	85.0	55.3	71.3	45.5
75	85.0	55.3	80.0	52.0	75.0	48.8	64.7	41.5
70	75.0	48.8	70.0	45.5	65.0	42.3	58.0	37.5
65	65.0	42.3	60.0	39.0	55.0	35.8	51.3	33.5
60	55.0	35.8	50.0	32.5	45.0	29.3	43.3	29.5
55	45.0	29.3	40.0	26.0	35.0	22.8	36.7	25.5
50	35.0	22.8	30.0	19.5	25.0	16.3	30.0	21.5

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TRUNK FLEXION STANDARDS

EFFICIENCY SCORE	AGE GROUPS							
	20-29 YEARS TRUNK FLEXION (IN)		30-39 YEARS TRUNK FLEXION (IN)		40-49 YEARS TRUNK FLEXION (IN)		50 PLUS YEARS TRUNK FLEXION (IN)	
	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE	MALE	FEMALE
100	25	26	24	25	23	24	22	23
95	24	25	23	24	22	23	19.5	21
90	23	24	22	23	21	22	17	18.5
85	21	22	20	21	19	20	14.5	16
80	19	20	18	19	17	18	12	13.5
75	15	16	14	15	13	14	9.5	11
70	11	12	10	11	9	10	7	8.5
65	7	8	6	7	5	6	4.5	6.0
60	3	4	2	3	1	2	2	3.5

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BODY COMPOSITION STANDARDS

EFFICIENCY SCORE	AGE GROUPS							
	20-29 YEARS BODY FAT %		30-39 YEARS BODY FAT %		40-49 YEARS BODY FAT %		50 PLUS YEARS BODY FAT %	
	MALE	FEMAL E	MALE	FEMAL E	MALE	FEMAL E	MALE	FEMALE
100	7.0	14.0	9.0	16.0	11.00	18.0	13.0	20.0
95	9.2	16.2	11.2	18.2	13.2	20.2	15.2	22.2
90	11.4	18.4	13.4	20.4	15.4	22.4	17.4	24.4
85	13.6	20.6	15.6	22.6	17.6	24.6	19.6	26.6
80	15.8	22.8	17.8	24.8	19.8	26.8	21.8	28.8
75	18.0	25.0	20.0	27.0	22.0	29.0	24.0	21.3
70	20.2	27.2	22.2	29.2	24.2	31.2	26.2	33.2
65	22.4	29.4	24.4	31.4	26.4	33.4	28.4	35.4
60	24.6	31.6	26.6	33.6	28.6	35.6	30.6	37.6
55	26.8	33.8	28.8	35.8	30.8	37.8	32.8	39.8
50	29.0	36.0	31.0	38.0	33.0	40.0	35.0	42.0