

Table 2-4.--Plank Scoring Table.

Time	Score	Time	Score
3:45	100	2:25	69
3:43	99	2:23	68
3:40	98	2:20	67
3:38	97	2:18	66
3:35	96	2:15	65
3:33	95	2:12	64
3:30	94	2:10	63
3:27	93	2:07	62
3:25	92	2:05	61
3:22	91	2:02	60
3:20	90	2:00	59
3:17	89	1:57	58
3:14	88	1:54	57
3:12	87	1:52	56
3:09	86	1:49	55
3:07	85	1:47	54
3:04	84	1:44	53
3:02	83	1:41	52
2:59	82	1:39	51
2:56	81	1:36	50
2:54	80	1:34	49
2:51	79	1:31	48
2:49	78	1:29	47
2:46	77	1:26	46
2:43	76	1:23	45
2:41	75	1:21	44
2:38	74	1:18	43
2:36	73	1:16	42
2:33	72	1:13	41
2:31	71	1:10	40
2:28	70		

(NOTE: The plank scoring table is gender and age neutral with one table for both males and females regardless of age)