

## Running and Rowing Standards Comparison

### Male

	3 mi Run			5k Rowing	
	46-50	51+		46-50	51+
<b>Max</b>	19:00	19:30	<b>Max</b>	20:40	21:10
<b>Min</b>	30:00	33:00	<b>Min</b>	25:40	27:50
<b>Min Pts</b>	40	40	<b>Min Pts</b>	40	40

### Female

	3 mi Run			5k Rowing	
	46-50	51+		46-50	51+
<b>Max</b>	22:00	22:30	<b>Max</b>	23:30	24:00
<b>Min</b>	33:30	36:00	<b>Min</b>	28:30	30:40
<b>Min Pts</b>	40	40	<b>Min Pts</b>	40	40

Time	46-50	51+
19:00	100	
19:10	99	
19:20	98	
19:30	97	100
19:40	96	99
19:50	95	99
20:00	95	98
20:10	94	97
20:20	93	96
20:30	92	96
20:40	91	95
20:50	90	94
21:00	89	93
21:10	88	93
21:20	87	92
21:30	86	91
21:40	85	90
21:50	85	90
22:00	84	89
22:10	83	88
22:20	82	87
22:30	81	87
22:40	80	86
22:50	79	85
23:00	78	84
23:10	77	84
23:20	76	83
23:30	75	82
23:40	75	81
23:50	74	81
24:00	73	80
24:10	72	79
24:20	71	79
24:30	70	78
24:40	69	77
24:50	68	76
25:00	67	76
25:10	66	75
25:20	65	74
25:30	65	73
25:40	64	73
25:50	63	72
26:00	62	71
26:10	61	70
26:20	60	70
26:30	59	69
26:40	58	68
26:50	57	67

Time	46-50	51+
20:40	100	
20:45	99	
20:50	98	
20:55	97	
21:00	96	
21:05	95	
21:10	94	100
21:15	93	99
21:20	92	99
21:25	91	98
21:30	90	97
21:35	89	96
21:40	88	96
21:45	87	95
21:50	86	94
21:55	85	93
22:00	84	93
22:05	83	92
22:10	82	91
22:15	81	90
22:20	80	90
22:25	79	89
22:30	78	88
22:35	77	87
22:40	76	87
22:45	75	86
22:50	74	85
22:55	73	84
23:00	72	84
23:05	71	83
23:10	70	82
23:15	69	81
23:20	68	81
23:25	67	80
23:30	66	79
23:35	65	78
23:40	64	78
23:45	63	77
23:50	62	76
23:55	61	75
24:00	60	75
24:05	59	74
24:10	58	73
24:15	57	72
24:20	56	72
24:25	55	71
24:30	54	70
24:35	53	69

Time	46-50	51+
22:00	100	
22:10	99	
22:20	98	
22:30	97	100
22:40	97	99
22:50	96	99
23:00	95	98
23:10	94	97
23:20	93	96
23:30	92	96
23:40	91	95
23:50	90	94
24:00	90	93
24:10	89	93
24:20	88	92
24:30	87	91
24:40	86	90
24:50	85	90
25:00	84	89
25:10	83	88
25:20	83	87
25:30	82	87
25:40	81	86
25:50	80	85
26:00	79	84
26:10	78	84
26:20	77	83
26:30	77	82
26:40	76	81
26:50	75	81
27:00	74	80
27:10	73	79
27:20	72	79
27:30	71	78
27:40	70	77
27:50	70	76
28:00	69	76
28:10	68	75
28:20	67	74
28:30	66	73
28:40	65	73
28:50	64	72
29:00	63	71
29:10	63	70
29:20	62	70
29:30	61	69
29:40	60	68
29:50	59	67

Time	46-50	51+
23:30	100	
23:35	99	
23:40	98	
23:45	97	
23:50	96	
23:55	95	
24:00	94	100
24:05	93	99
24:10	92	99
24:15	91	98
24:20	90	97
24:25	89	96
24:30	88	96
24:35	87	95
24:40	86	94
24:45	85	93
24:50	84	93
24:55	83	92
25:00	82	91
25:05	81	90
25:10	80	90
25:15	79	89
25:20	78	88
25:25	77	87
25:30	76	87
25:35	75	86
25:40	74	85
25:45	73	84
25:50	72	84
25:55	71	83
26:00	70	82
26:05	69	81
26:10	68	81
26:15	67	80
26:20	66	79
26:25	65	78
26:30	64	78
26:35	63	77
26:40	62	76
26:45	61	75
26:50	60	75
26:55	59	74
27:00	58	73
27:05	57	72
27:10	56	72
27:15	55	71
27:20	54	70
27:25	53	69

MCBUL 6100 allows commanders the flexibility to establish the order of PFT event execution. It is strongly recommended that rowing be conducted as the last PFT event for those that choose to row

### Running and Rowing Standards Comparison

#### Male

	3 mi Run		5k Rowing	
	46-50	51+	46-50	51+
<b>Max</b>	19:00	19:30	20:40	21:10
<b>Min</b>	30:00	33:00	25:40	27:50
<b>Min Pts</b>	40	40	40	40

#### Female

	3 mi Run		5k Rowing	
	46-50	51+	46-50	51+
<b>Max</b>	22:00	22:30	23:30	24:00
<b>Min</b>	33:30	36:00	28:30	30:40
<b>Min Pts</b>	40	40	40	40

Time	46-50	51+
27:00	56	67
27:10	55	66
27:20	55	65
27:30	54	64
27:40	53	64
27:50	52	63
28:00	51	62
28:10	50	61
28:20	49	61
28:30	48	60
28:40	47	59
28:50	46	59
29:00	45	58
29:10	45	57
29:20	44	56
29:30	43	56
29:40	42	55
29:50	41	54
30:00	40	53
30:10		53
30:20		52
30:30		51
30:40		50
30:50		50
31:00		49
31:10		48
31:20		47
31:30		47
31:40		46
31:50		45
32:00		44
32:10		44
32:20		43
32:30		42
32:40		41
32:50		41
33:00		40

Time	46-50	51+
24:40	52	69
24:45	51	68
24:50	50	67
24:55	49	66
25:00	48	66
25:05	47	65
25:10	46	64
25:15	45	63
25:20	44	63
25:25	43	62
25:30	42	61
25:35	41	60
25:40	40	60
25:45		59
25:50		58
25:55		57
26:00		57
26:05		56
26:10		55
26:15		54
26:20		54
26:25		53
26:30		52
26:35		51
26:40		51
26:45		50
26:50		49
26:55		48
27:00		48
27:05		47
27:10		46
27:15		45
27:20		45
27:25		44
27:30		43
27:35		42
27:40		42
27:45		41
27:50		40

Time	46-50	51+
30:00	58	67
30:10	57	66
30:20	57	65
30:30	56	64
30:40	55	64
30:50	54	63
31:00	53	62
31:10	52	61
31:20	51	61
31:30	50	60
31:40	50	59
31:50	49	59
32:00	48	58
32:10	47	57
32:20	46	56
32:30	45	56
32:40	44	55
32:50	43	54
33:00	43	53
33:10	42	53
33:20	41	52
33:30	40	51
33:40		50
33:50		50
34:00		49
34:10		48
34:20		47
34:30		47
34:40		46
34:50		45
35:00		44
35:10		44
35:20		43
35:30		42
35:40		41
35:50		41
36:00		40

Time	46-50	51+
27:30	52	69
27:35	51	68
27:40	50	67
27:45	49	66
27:50	48	66
27:55	47	65
28:00	46	64
28:05	45	63
28:10	44	63
28:15	43	62
28:20	42	61
28:25	41	60
28:30	40	60
28:35		59
28:40		58
28:45		57
28:50		57
28:55		56
29:00		55
29:05		54
29:10		54
29:15		53
29:20		52
29:25		51
29:30		51
29:35		50
29:40		49
29:45		48
29:50		48
29:55		47
30:00		46
30:05		45
30:10		45
30:15		44
30:20		43
30:25		42
30:30		42
30:35		41
30:40		40