

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