

As of March 23, 2022

		Hand-release Push-up (HRP) (number of correctly performed repetitions in 2 minutes)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56			57-61		Over 62
Points	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	Points
100	57	53	61	50	62	48	60	47	59	41	56	36	55	35	51	30	46	24	43	24	100
99	56	50	60	49	59	45	59	46	57	39	55	34	53	34	48	28	43	23	41	23	99
98	54	47	57	46	56	42	56	43	54	36	53	31	50	31	45	26	40	22	39	22	98
97	53	45	54	43	55	39	54	40	53	34	50	30	47	30	43	25	38	21	37	21	97
96	51	43	53	42	53	38	53	37	51	33	48	28	44	27	40	24	37	20	35	20	96
95	50	42	52	39	52	36	52	36	48	31	46	26	42	25	38	23	35	19	34	19	95
94	49	39	50	37	51	35	50	35	46	28	44	24	41	24	35	22	34	18	33	18	94
93	48	---	49	36	49	34	48	34	45	27	43	23	39	23	34	20	33	---	31	---	93
92	47	38	48	35	48	33	47	32	44	26	42	22	38	22	33	19	31	17	30	17	92
91	46	37	47	34	47	32	45	31	43	23	41	21	36	21	32	18	30	16	29	16	91
90	45	36	46	33	46	30	44	30	42	22	38	20	34	20	31	17	29	15	26	15	90
89	44	35	45	32	45	28	43	28	41	---	37	---	33	19	30	---	26	14	24	14	89
88	43	34	44	31	44	27	42	26	39	21	36	19	---	18	28	16	25	---	---	---	88
87	42	33	43	30	43	26	41	25	38	---	34	18	32	---	27	15	24	---	23	---	87
86	41	32	42	28	42	25	40	---	37	20	33	17	31	17	26	---	23	---	---	13	86
85	---	31	41	27	41	---	39	24	34	---	32	16	30	16	25	14	---	---	22	---	85
84	40	30	40	26	40	24	38	---	33	19	---	---	29	15	24	---	22	13	21	---	84
83	39	29	38	25	38	23	36	23	32	18	31	15	28	14	23	---	21	---	20	---	83
82	38	28	37	24	37	22	34	---	---	17	30	---	27	---	---	13	20	---	19	---	82
81	---	---	---	---	36	---	33	22	31	---	29	14	25	13	22	---	19	---	18	---	81
80	37	27	35	---	35	21	---	19	30	16	28	---	23	---	21	---	18	---	17	---	80
79	36	26	34	23	34	20	32	---	29	15	27	13	22	---	20	---	---	---	16	12	79
78	35	25	33	22	33	19	---	18	28	14	26	---	---	---	19	---	17	---	---	---	78
77	34	24	32	21	32	18	31	---	27	---	25	---	21	---	18	---	---	12	15	---	77
76	33	23	31	19	---	17	30	---	26	13	23	---	---	---	17	---	16	---	14	---	76
75	32	22	---	---	31	---	29	17	25	---	22	---	20	---	---	---	15	---	---	---	75
74	---	21	---	18	30	16	28	16	24	---	21	---	19	12	16	12	---	---	13	---	74
73	31	---	30	---	29	---	26	15	23	---	20	12	18	---	---	---	14	---	---	---	73
72	30	20	27	17	27	15	24	14	22	12	---	---	17	---	15	---	---	---	---	---	72
71	29	19	26	16	26	---	23	---	21	---	19	---	16	---	14	---	13	---	12	---	71
70	28	18	25	15	23	14	22	13	20	---	18	---	15	---	---	---	---	---	---	---	70
69	27	17	22	14	21	---	21	---	19	---	17	---	14	---	13	---	---	---	---	11	69
68	25	16	21	13	---	13	20	---	17	---	16	---	13	---	---	---	12	---	11	---	68
67	24	---	---	---	---	---	19	---	16	11	15	11	---	11	12	11	---	11	---	---	67
66	23	15	20	---	20	---	17	12	15	---	14	---	12	---	---	---	---	---	---	---	66
65	22	14	17	12	18	12	16	---	14	---	13	---	---	---	---	---	11	---	---	---	65
64	20	13	16	---	16	---	14	11	13	---	12	---	---	---	11	---	---	---	---	---	64
63	17	---	14	---	14	11	13	---	12	---	---	---	11	---	---	---	---	---	---	---	63
62	16	12	13	11	12	---	12	---	---	---	11	---	---	---	---	---	---	---	---	---	62
61	13	11	12	---	11	---	11	---	11	---	---	---	---	---	---	---	---	---	---	---	61
60	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	10	60
50	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	50
40	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	40
30	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	30
20	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	20
10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	10
0	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	0