

Table 2-4.--Plank Scoring Table.

Time	Score
3:45	100
3:43	99
3:40	98
3:38	97
3:35	96
3:33	95
3:30	94
3:27	93
3:25	92
3:22	91
3:20	90
3:17	89
3:14	88
3:12	87
3:09	86
3:07	85
3:04	84
3:02	83
2:59	82
2:56	81
2:54	80
2:51	79
2:49	78
2:46	77
2:43	76
2:41	75
2:38	74
2:36	73
2:33	72
2:31	71
2:28	70

Time	Score
2:25	69
2:23	68
2:20	67
2:18	66
2:15	65
2:12	64
2:10	63
2:07	62
2:05	61
2:02	60
2:00	59
1:57	58
1:54	57
1:52	56
1:49	55
1:47	54
1:44	53
1:41	52
1:39	51
1:36	50
1:34	49
1:31	48
1:29	47
1:26	46
1:23	45
1:21	44
1:18	43
1:16	42
1:13	41
1:10	40

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