

test	from	to	score
Plank Hold Time	11.999	0	0
Plank Hold Time	12.75	12	10
Plank Hold Time	13.501	12.751	20
Plank Hold Time	14.252	13.502	30
Plank Hold Time	15.003	14.253	40
Plank Hold Time	15.754	15.004	50
Plank Hold Time	16.505	15.755	60
Plank Hold Time	17.256	16.506	70
Plank Hold Time	18.007	17.257	80
Plank Hold Time	18.758	18.008	90
Plank Hold Time	19.509	18.759	100
Plank Hold Time	20.26	19.51	110
Plank Hold Time	21.012	20.261	120
Plank Hold Time	21.763	21.013	130
Plank Hold Time	22.514	21.764	140
Plank Hold Time	23.265	22.515	150
Plank Hold Time	24.016	23.266	160
Plank Hold Time	24.767	24.017	170
Plank Hold Time	25.518	24.768	180
Plank Hold Time	26.269	25.519	190
Plank Hold Time	27.02	26.27	200
Plank Hold Time	27.771	27.021	210
Plank Hold Time	28.522	27.772	220
Plank Hold Time	29.273	28.523	230
Plank Hold Time	29.999	29.274	240
Plank Hold Time	32.4	30	250
Plank Hold Time	34.801	32.401	260
Plank Hold Time	37.202	34.802	270
Plank Hold Time	39.603	37.203	280
Plank Hold Time	42.004	39.604	290
Plank Hold Time	44.405	42.005	300
Plank Hold Time	46.806	44.406	310
Plank Hold Time	49.207	46.807	320
Plank Hold Time	51.608	49.208	330
Plank Hold Time	54.009	51.609	340
Plank Hold Time	56.41	54.01	350
Plank Hold Time	58.811	56.411	360
Plank Hold Time	61.213	58.812	370
Plank Hold Time	63.614	61.214	380
Plank Hold Time	66.015	63.615	390
Plank Hold Time	68.416	66.016	400
Plank Hold Time	70.817	68.417	410
Plank Hold Time	73.218	70.818	420
Plank Hold Time	75.619	73.219	430

Plank Hold Time	78.02	75.62	440
Plank Hold Time	80.421	78.021	450
Plank Hold Time	82.822	80.422	460
Plank Hold Time	85.223	82.823	470
Plank Hold Time	87.624	85.224	480
Plank Hold Time	89.999	87.625	490
Plank Hold Time	91.2	90	500
Plank Hold Time	92.401	91.201	510
Plank Hold Time	93.602	92.402	520
Plank Hold Time	94.803	93.603	530
Plank Hold Time	96.004	94.804	540
Plank Hold Time	97.205	96.005	550
Plank Hold Time	98.406	97.206	560
Plank Hold Time	99.607	98.407	570
Plank Hold Time	100.808	99.608	580
Plank Hold Time	102.009	100.809	590
Plank Hold Time	103.21	102.01	600
Plank Hold Time	104.411	103.211	610
Plank Hold Time	105.613	104.412	620
Plank Hold Time	106.814	105.614	630
Plank Hold Time	108.015	106.815	640
Plank Hold Time	109.216	108.016	650
Plank Hold Time	110.417	109.217	660
Plank Hold Time	111.618	110.418	670
Plank Hold Time	112.819	111.619	680
Plank Hold Time	114.02	112.82	690
Plank Hold Time	115.221	114.021	700
Plank Hold Time	116.422	115.222	710
Plank Hold Time	117.623	116.423	720
Plank Hold Time	118.824	117.624	730
Plank Hold Time	119.999	118.825	740
Plank Hold Time	128	120	750
Plank Hold Time	136.001	128.001	760
Plank Hold Time	144.002	136.002	770
Plank Hold Time	152.003	144.003	780
Plank Hold Time	160.004	152.004	790
Plank Hold Time	168.005	160.005	800
Plank Hold Time	176.006	168.006	810
Plank Hold Time	184.008	176.007	820
Plank Hold Time	192.009	184.009	830
Plank Hold Time	200.01	192.01	840
Plank Hold Time	208.011	200.011	850
Plank Hold Time	216.012	208.012	860
Plank Hold Time	224.013	216.013	870
Plank Hold Time	232.014	224.014	880

Plank Hold Time	239.999	232.015	890
Plank Hold Time	252	240	900
Plank Hold Time	264.001	252.001	910
Plank Hold Time	276.003	264.002	920
Plank Hold Time	288.004	276.004	930
Plank Hold Time	299.999	288.005	940
Plank Hold Time	340	300	950
Plank Hold Time	380.002	340.001	960
Plank Hold Time	420.003	380.003	970
Plank Hold Time	460.005	420.004	980
Plank Hold Time	499.999	460.006	990
Plank Hold Time	1200	500	1000