

Table 2-4.--Plank Scoring Table.

Time	Score		Time	Score
4:20	100		2:42	70
4:17	99		2:39	69
4:14	98		2:35	68
4:11	97		2:32	67
4:07	96		2:29	66
4:04	95		2:26	65
4:01	94		2:22	64
3:58	93		2:19	63
3:54	92		2:16	62
3:51	91		2:12	61
3:48	90		2:09	60
3:44	89		2:06	59
3:41	88		2:03	58
3:38	87		1:59	57
3:35	86		1:56	56
3:31	85		1:53	55
3:28	84		1:49	54
3:25	83		1:46	53
3:21	82		1:43	52
3:18	81		1:40	51
3:15	80		1:36	50
3:12	79		1:33	49
3:08	78		1:30	48
3:05	77		1:26	47
3:02	76		1:23	46
2:58	75		1:20	45
2:55	74		1:17	44
2:52	73		1:13	43
2:49	72		1:10	42
2:45	71		1:07	41
2:42	70		1:03	40

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