

[米海兵隊] フィジカルフィットネステスト [通称 PET]

Marine Corps PFT Classification Scores - Male and Female

Class	Age 17-26	Age 27-39	Age 40-45	Age 46+
1st	225	200	175	150
2nd	175	150	125	100
3rd	135	110	88	65

ポイント	懸垂 (回)	腹筋 (回)	3 mile run (分)	1 kmあたり
100	20	100	18:00	3 : 45
99		99	18:10	
98		98	18:20	
97		97	18:30	
96		96	18:40	
95	19	95	18:50	
94		94	19:00	
93		93	19:10	
92		92	19:20	
91		91	19:30	
90	18	90	19:40	4 : 05
89		89	19:50	
88		88	20:00	
87		87	20:10	
86		86	20:20	
85	17	85	20:30	
84		84	20:40	
83		83	20:50	
82		82	21:00	
81		81	21:10	
80	16	80	21:20	4 : 26

79		79	21:30	
78		78	21:40	
77		77	21:50	
76		76	22:00	
75	15	75	22:10	
74		74	22:20	
73		73	22:30	
72		72	22:40	
71		71	22:50	
70	14	70	23:00	4 : 47
69		69	23:10	
68		68	23:20	
67		67	23:30	
66		66	23:40	
65	13	65	23:50	
64		64	24:00	
63		63	24:10	
62		62	24:20	
61		61	24:30	
60	12	60	24:40	5 : 08
59		59	24:50	
58		58	25:00	
57		57	25:10	
56		56	25:20	
55	11	55	25:30	
54		54	25:40	
53		53	25:50	
52		52	26:00	
51		51	26:10	
50	10	50	26:20	5 : 29

49		49	26:30	
48		48	26:40	
47		47	26:50	
46		46	27:00	
45	9	45	27:10	
44		44	27:20	
43		43	27:30	
42		42	27:40	
41		41	27:50	
40	8	40	28:00	5 : 50
39			28:10	
38			28:20	
37			28:30	
36			28:40	
35	7		28:50	
34			29:00	
33			29:10	
32			29:20	
31			29:30	
30	6		29:40	6 : 11
29			29:50	
28			30:00	
27			30:10	
26			30:20	
25	5		30:30	
24			30:40	
23			30:50	
22			31:00	
21			31:10	
20	4		31:20	6 : 32

19			31:30	
18			31:40	
17			31:50	
16			32:00	
15	3		32:10	
14			32:20	
13			32:30	
12			32:40	
11			32:50	
10			33:00	6 : 53
9				
8				
7				
6				
5				
4				
3				
2				
1				