

BENCH

FEMALE 5K/10K

Age Body Weight	15 to 18 years old 55%	19 to 39 years old 70%	40 to 49 years old 60%	50 to 59 years old 50%	60+ years old 40%
95 lb	50	65	55	45	40
100 lb	55	70	60	50	40
105 lb	60	75	65	50	40
110 lb	60	75	65	55	45
115 lb	65	80	70	55	45
120 lb	65	85	70	60	50
125 lb	70	85	75	60	50
130 lb	70	90	80	65	50
135 lb	75	95	80	65	55
140 lb	75	100	85	70	55
145 lb	80	100	85	70	60
150 lb	80	105	90	75	60

FEMALE

BENCH**FEMALE 5K/10K**

Age Body Weight	15 to 18 years old 55%	19 to 39 years old 70%	40 to 49 years old 60%	50 to 59 years old 50%	60+ years old 40%
155 lb	85	110	95	75	60
160 lb	90	110	95	80	65
165 lb	90	115	100	80	65
170 lb	95	120	100	85	70
175 lb	95	120	105	85	70
180 lb	100	125	110	90	70
185 lb	100	130	110	90	75
190 lb	105	135	115	95	75
195 lb	105	135	115	95	80
200 lb	110	140	120	100	80
205 lb	115	145	125	100	80
210 lb	115	145	125	105	85

FEMALE