

BENCH

MALE 5K/10K

Age Body Weight	15 to 18 years old (85%)	19 to 39 years old (100%)	40 to 49 years old (90%)	50 to 59 years old (80%)	60+ years old (70%)
110 lb	95	110	100	90	80
115 lb	100	115	105	90	80
120 lb	100	120	110	95	85
125 lb	105	125	110	100	85
130 lb	110	130	115	105	90
135 lb	115	135	120	110	95
140 lb	120	140	125	110	100
145 lb	125	145	130	115	100
150 lb	125	150	135	120	105
155 lb	130	155	140	125	110
160 lb	135	160	145	130	110
165 lb	140	165	150	130	115

MALE

BENCH

MALE 5K/10K

Age Body Weight	15 to 18 years old (85%)	19 to 39 years old (100%)	40 to 49 years old (90%)	50 to 59 years old (80%)	60+ years old (70%)
170 lb	145	170	155	135	120
175 lb	150	175	155	140	120
180 lb	155	180	160	145	125
185 lb	155	185	165	150	130
190 lb	160	190	170	150	135
195 lb	165	195	175	155	135
200 lb	170	200	180	160	140
205 lb	175	205	185	165	145
210 lb	180	210	190	170	145
215 lb	185	215	195	170	150
220 lb	185	220	200	175	155
225 lb	190	225	200	180	155

MALE

BENCH**MALE 5K/10K**

Age Body Weight	15 to 18 years old (85%)	19 to 39 years old (100%)	40 to 49 years old (90%)	50 to 59 years old (80%)	60+ years old (70%)
230 lb	195	230	210	185	160
235 lb	200	235	210	190	165
240 lb	205	240	215	190	170
245 lb	210	245	220	195	170
250 lb	210	250	225	200	175
255 lb	215	255	230	205	180
260 lb	220	260	235	210	180
265 lb	225	265	240	210	185
270 lb	230	270	245	215	190
275 lb	235	275	245	220	190
280 lb	240	280	250	225	195
285 lb	240	285	255	230	200

MALE