

PALADIN DEFENSE GROUP, INC.
PFT STANDARD SCORING

80		80	100	13:00	100	37:00	100		
79		79	99	13:06	99	37:06	99		
78		78	98	13:12	98	37:12	98		
77		77	97	13:18	97	37:18	97		
76		76	96	13:24	96	37:24	96		
75	100	75	95	13:30	95	37:30	95		
74	99	74	94	13:36	94	37:36	94		
73	98	73	93	13:42	93	37:42	93		
72	97	72	92	13:48	92	37:48	92		
71	96	71	91	13:54	91	37:54	91		
70	95	70	90	14:00	90	37:00	90		
69	94	69	89	14:06	89	38:06	89		
68	93	68	88	14:12	88	38:12	88		
67	92	67	87	14:18	87	38:18	87		
66	91	66	86	14:24	86	38:24	86		
65	90	65	85	14:30	85	38:30	85		
64	89	64	84	14:36	84	38:36	84		
63	88	63	83	14:42	83	38:42	83		
62	87	62	82	14:48	82	38:48	82		
61	86	61	81	14:54	81	38:54	81		
60	85	60	80	15:00	80	38:00	80		
59	84	59	79	15:06	79	39:06	79		
58	83	58	78	15:12	78	39:12	78		
57	82	57	77	15:18	77	39:18	77		
56	81	56	76	15:24	76	39:24	76		
55	80	55	75	15:30	75	39:30	75		
54	79	54	74	15:36	74	39:36	74		
53	78	53	73	15:42	73	39:42	73		
52	77	52	72	15:48	72	39:48	72		
51	76	51	71	15:54	71	39:54	71	2:00	100
50	75	50	70	16:00	70	40:00	70	2:06	99
49	74	49	69	16:06	69	40:06	69	2:12	98
48	73	48	68	16:12	68	40:12	68	2:18	97
47	72	47	67	16:18	67	40:18	67	2:24	96
46	71	46	66	16:24	66	40:24	66	2:30	95
45	70	45	65	16:30	65	40:30	65	2:36	94
44	69	44	64	16:36	64	40:36	64	2:42	93
43	68	43	63	16:42	63	40:42	63	2:48	92
42	67	42	62	16:48	62	40:48	62	2:54	91
41	66	41	61	16:54	61	40:54	61	2:00	90
40	65	40	60	17:00	60	41:00	60	2:06	89
39	64	39	59	17:06	59	41:06	59	2:12	88
38	63	38	58	17:12	58	41:12	58	2:18	87
37	62	37	57	17:18	57	41:18	57	2:24	86
36	61	36	56	17:24	56	41:24	56	2:30	85
35	60	35	55	17:30	55	41:30	55	2:36	84
34	59	34	54	17:36	54	41:36	54	2:42	83
33	58	33	53	17:42	53	41:42	53	2:48	82
32	57	32	52	17:48	52	41:48	52	2:54	81
31	56	31	51	17:54	51	41:54	51	3:00	80
30	55	30	50	18:00	50	42:00	50	3:06	79
29	54	29	49	18:06	49	42:06	49	3:12	78
28	53	28	48	18:12	48	42:12	48	3:18	77
27	52	27	47	18:18	47	42:18	47	3:24	76
26	51	26	46	18:24	46	42:24	46	3:30	75
25	50	25	45	18:30	45	42:30	45	3:36	74
24	49	24	44	18:36	44	42:36	44	3:42	73
23	48	23	43	18:42	43	42:42	43	3:48	72
22	47	22	42	18:48	42	42:48	42	3:54	71
21	46	21	41	18:54	41	42:54	41	4:00	70
20	45	20	40	19:00	40	43:00	40	4:06	69
19	44	19	39	19:06	39	43:06	39	4:12	68
18	43	18	38	19:12	38	43:12	38	4:18	67
17	42	17	37	19:18	37	43:18	37	4:24	66
16	41	16	36	19:24	36	43:24	36	4:30	65
15	40	15	35	19:30	35	43:30	35	4:36	64
14	39	14	34	19:36	34	43:36	34	4:42	63
13	38	13	33	19:42	33	43:42	33	4:48	62
12	37	12	32	19:48	32	43:48	32	4:54	61
11	36	11	31	19:54	31	43:54	31	5:00	60
10	35	10	30	20:00	30	44:00	30	5:06	59
9	34	9	29	20:06	29	44:06	29	5:12	58
8	33	8	28	20:12	28	44:12	28	5:18	57
7	32	7	27	20:18	27	44:18	27	5:24	56
6	31	6	26	20:24	26	44:24	26	5:30	55
5	30	5	25	20:30	25	44:30	25	5:36	54
4	29	4	24	20:36	24	44:36	24	5:42	53
3	28	3	23	20:42	23	44:42	23	5:48	52
2	27	2	22	20:48	22	44:48	22	5:54	51
1	26	1	21	20:54	21	44:54	21	6:00	50
No.	Pts.	No.	Pts.	Mins.	Pts.	Mins.	Pts.	Hrs.	Pts.
PUSH-UPS		SIT-UPS		2-MILE RUN		5-MILE RUN		12-MILE RUCK	