

PUSH-UP Standards Rallye66 5K Ranger Run

Push Up Standards

| Age Groups | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | Age Groups | 42-46 | | 47-51 | | 52-56 | | 57-61 | | 62+ | | Age Groups | |
|-------------|-------|---|-------|---|-------|-----|-------|---|-------|---|-------------|-------|---|-------|---|-------|---|-------|---|-----|-----|-------------|----|
| Repetitions | m | f | m | f | m | f | m | f | m | f | Repetitions | m | f | m | f | m | f | m | f | m | f | Repetitions | |
| 77 | | | | | 100 | | | | | | | | | | | | | | | | | 77 | |
| 76 | | | | | 99 | | | | | | | | | | | | | | | | | | 76 |
| 75 | | | 100 | | 98 | | 100 | | | | | | | | | | | | | | | | 75 |
| 74 | | | 99 | | 97 | | 99 | | | | | | | | | | | | | | | | 74 |
| 73 | | | 98 | | 96 | | 98 | | 100 | | | | | | | | | | | | | | 73 |
| 72 | | | 97 | | 95 | | 97 | | 99 | | | | | | | | | | | | | | 72 |
| 71 | 100 | | 96 | | 94 | | 96 | | 98 | | | | | | | | | | | | | | 71 |
| 70 | 99 | | 94 | | 93 | | 95 | | 97 | | | | | | | | | | | | | | 70 |
| 69 | 97 | | 93 | | 92 | | 94 | | 96 | | | | | | | | | | | | | | 69 |
| 68 | 96 | | 92 | | 91 | | 93 | | 95 | | | | | | | | | | | | | | 68 |
| 67 | 94 | | 91 | | 89 | | 92 | | 94 | | | | | | | | | | | | | | 67 |
| 66 | 93 | | 90 | | 88 | | 91 | | 93 | | | 100 | | | | | | | | | | | 66 |
| 65 | 92 | | 89 | | 87 | | 90 | | 92 | | | 99 | | | | | | | | | | | 65 |
| 64 | 90 | | 87 | | 86 | | 89 | | 91 | | | 98 | | | | | | | | | | | 64 |
| 63 | 89 | | 86 | | 85 | | 88 | | 90 | | | 97 | | | | | | | | | | | 63 |
| 62 | 88 | | 85 | | 84 | | 87 | | 89 | | | 96 | | | | | | | | | | | 62 |
| 61 | 88 | | 84 | | 83 | | 86 | | 88 | | | 94 | | | | | | | | | | | 61 |
| 60 | 85 | | 83 | | 82 | | 85 | | 87 | | | 93 | | | | | | | | | | | 60 |
| 59 | 83 | | 82 | | 81 | | 84 | | 86 | | | 92 | | 100 | | | | | | | | | 59 |
| 58 | 82 | | 81 | | 80 | | 83 | | 85 | | | 91 | | 99 | | | | | | | | | 58 |
| 57 | 81 | | 79 | | 79 | | 82 | | 84 | | | 90 | | 98 | | | | | | | | | 57 |
| 56 | 79 | | 78 | | 78 | | 81 | | 83 | | | 89 | | 96 | | 100 | | | | | | | 56 |
| 55 | 78 | | 77 | | 77 | | 79 | | 82 | | | 88 | | 95 | | 99 | | | | | | | 55 |
| 54 | 77 | | 76 | | 76 | | 78 | | 81 | | | 87 | | 94 | | 98 | | | | | | | 54 |
| 53 | 75 | | 75 | | 75 | | 77 | | 79 | | | 86 | | 93 | | 97 | | 100 | | | | | 53 |
| 52 | 74 | | 74 | | 74 | | 76 | | 78 | | | 84 | | 92 | | 96 | | 99 | | | | | 52 |
| 51 | 72 | | 73 | | 73 | | 75 | | 77 | | | 83 | | 91 | | 95 | | 98 | | | | | 51 |
| 50 | 71 | | 71 | | 72 | 100 | 74 | | 76 | | | 82 | | 90 | | 94 | | 97 | | | 100 | | 50 |
| 49 | 70 | | 70 | | 71 | 99 | 73 | | 75 | | | 81 | | 89 | | 92 | | 95 | | | 99 | | 49 |

| | | | | | | | | | | | | | | | | | | | | | | |
|----|----|-----|----|-----|----|----|----|-----|----|-----|--|----|-----|----|-----|----|-----|----|-----|----|-----|----|
| 48 | 68 | | 69 | | 69 | 98 | 72 | | 74 | | | 80 | | 88 | | 91 | | 94 | | 98 | | 48 |
| 47 | 67 | | 68 | | 68 | 96 | 71 | | 73 | | | 79 | | 87 | | 90 | | 93 | | 96 | | 47 |
| 46 | 66 | | 67 | 100 | 67 | 95 | 70 | | 72 | | | 78 | | 86 | | 89 | | 92 | | 95 | | 46 |
| 45 | 64 | | 66 | 99 | 66 | 94 | 69 | 100 | 71 | | | 77 | | 85 | | 88 | | 91 | | 94 | | 45 |
| 44 | 63 | | 65 | 97 | 65 | 93 | 68 | 99 | 70 | | | 76 | | 82 | | 87 | | 90 | | 93 | | 44 |
| 43 | 61 | | 63 | 96 | 64 | 92 | 67 | 97 | 69 | | | 74 | | 81 | | 86 | | 89 | | 92 | | 43 |
| 42 | 60 | 100 | 62 | 94 | 63 | 90 | 66 | 96 | 68 | | | 73 | | 80 | | 84 | | 87 | | 91 | | 42 |
| 41 | 59 | 98 | 61 | 93 | 62 | 89 | 65 | 95 | 67 | | | 72 | | 79 | | 83 | | 86 | | 89 | | 41 |
| 40 | 57 | 97 | 60 | 92 | 61 | 88 | 64 | 93 | 66 | 100 | | 71 | | 78 | | 82 | | 85 | | 88 | | 40 |
| 39 | 56 | 95 | 59 | 90 | 60 | 87 | 63 | 92 | 65 | 99 | | 70 | | 76 | | 81 | | 84 | | 87 | | 39 |
| 38 | 54 | 93 | 58 | 89 | 59 | 85 | 62 | 91 | 64 | 97 | | 69 | | 75 | | 80 | | 83 | | 86 | | 38 |
| 37 | 53 | 91 | 57 | 88 | 58 | 84 | 61 | 89 | 63 | 96 | | 68 | 100 | 74 | | 79 | | 82 | | 85 | | 37 |
| 36 | 52 | 90 | 55 | 86 | 57 | 83 | 60 | 88 | 62 | 94 | | 67 | 98 | 73 | | 78 | | 81 | | 84 | | 36 |
| 35 | 50 | 88 | 54 | 85 | 56 | 82 | 59 | 87 | 61 | 93 | | 66 | 97 | 72 | | 77 | | 79 | | 82 | | 35 |
| 34 | 49 | 86 | 53 | 83 | 55 | 81 | 58 | 85 | 60 | 91 | | 64 | 95 | 71 | 100 | 76 | | 78 | | 81 | | 34 |
| 33 | 48 | 84 | 52 | 82 | 54 | 79 | 57 | 84 | 59 | 90 | | 63 | 94 | 69 | 98 | 74 | | 77 | | 80 | | 33 |
| 32 | 46 | 83 | 51 | 81 | 53 | 78 | 56 | 83 | 58 | 88 | | 62 | 92 | 68 | 97 | 73 | | 76 | | 79 | | 32 |
| 31 | 45 | 81 | 50 | 79 | 52 | 77 | 55 | 81 | 57 | 87 | | 61 | 90 | 67 | 95 | 72 | 100 | 75 | | 78 | | 31 |
| 30 | 43 | 79 | 49 | 78 | 50 | 76 | 54 | 80 | 56 | 85 | | 60 | 89 | 66 | 93 | 71 | 89 | 74 | | 76 | | 30 |
| 29 | 42 | 77 | 47 | 77 | 49 | 75 | 53 | 79 | 55 | 84 | | 59 | 87 | 65 | 92 | 70 | 96 | 73 | | 75 | | 29 |
| 28 | 41 | 76 | 46 | 75 | 48 | 73 | 52 | 77 | 54 | 82 | | 58 | 86 | 64 | 90 | 69 | 95 | 71 | 100 | 74 | | 28 |
| 27 | 39 | 74 | 45 | 74 | 47 | 72 | 51 | 76 | 53 | 81 | | 57 | 84 | 62 | 88 | 68 | 93 | 70 | 98 | 73 | | 27 |
| 26 | 38 | 72 | 44 | 72 | 46 | 71 | 50 | 75 | 52 | 79 | | 56 | 82 | 61 | 87 | 67 | 91 | 69 | 96 | 72 | | 26 |
| 25 | 37 | 70 | 43 | 71 | 45 | 70 | 49 | 73 | 51 | 78 | | 54 | 81 | 60 | 85 | 66 | 89 | 68 | 94 | 71 | 100 | 25 |
| 24 | 35 | 69 | 42 | 70 | 44 | 68 | 48 | 72 | 50 | 76 | | 53 | 79 | 59 | 83 | 64 | 87 | 67 | 92 | 69 | 98 | 24 |
| 23 | 34 | 67 | 41 | 68 | 43 | 67 | 47 | 71 | 49 | 75 | | 52 | 78 | 58 | 82 | 63 | 85 | 66 | 90 | 68 | 96 | 23 |
| 22 | 32 | 65 | 39 | 67 | 42 | 66 | 46 | 69 | 48 | 73 | | 51 | 76 | 56 | 80 | 62 | 84 | 65 | 88 | 67 | 93 | 22 |
| 21 | 31 | 63 | 38 | 66 | 41 | 65 | 45 | 68 | 47 | 72 | | 50 | 64 | 55 | 78 | 61 | 82 | 63 | 86 | 66 | 91 | 21 |
| 20 | 30 | 62 | 37 | 64 | 40 | 64 | 44 | 67 | 46 | 70 | | 49 | 73 | 54 | 77 | 60 | 80 | 62 | 84 | 65 | 89 | 20 |

| | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|-------|----|-------|----|-------|----|-------|----|-------|----|--------------------|-------|----|-------|----|-------|----|-------|----|-----|----|--------------------|
| 19 | 28 | 60 | 36 | 63 | 39 | 62 | 43 | 65 | 45 | 69 | | 48 | 71 | 53 | 75 | 59 | 78 | 61 | 82 | 64 | 87 | 19 |
| 18 | 27 | 58 | 35 | 61 | 38 | 61 | 42 | 64 | 44 | 67 | | 47 | 70 | 52 | 73 | 58 | 76 | 60 | 80 | 62 | 84 | 18 |
| 17 | 26 | 57 | 34 | 60 | 37 | 60 | 41 | 63 | 43 | 66 | | 46 | 68 | 51 | 72 | 57 | 75 | 59 | 78 | 61 | 82 | 17 |
| 16 | 24 | 55 | 33 | 59 | 36 | 59 | 39 | 61 | 42 | 64 | | 44 | 66 | 50 | 70 | 56 | 73 | 58 | 76 | 60 | 80 | 16 |
| 15 | 23 | 53 | 31 | 57 | 35 | 58 | 38 | 60 | 41 | 63 | | 43 | 65 | 49 | 68 | 54 | 71 | 57 | 74 | 59 | 78 | 15 |
| 14 | 21 | 51 | 30 | 56 | 34 | 56 | 37 | 59 | 39 | 61 | | 42 | 63 | 48 | 67 | 53 | 69 | 55 | 72 | 58 | 76 | 14 |
| 13 | 20 | 50 | 29 | 54 | 33 | 55 | 36 | 58 | 38 | 60 | | 41 | 62 | 47 | 65 | 52 | 67 | 54 | 70 | 56 | 73 | 13 |
| 12 | 19 | 48 | 28 | 52 | 32 | 54 | 35 | 56 | 37 | 59 | | 40 | 50 | 46 | 63 | 51 | 65 | 53 | 68 | 55 | 71 | 12 |
| 11 | 17 | 46 | 27 | 50 | 31 | 52 | 34 | 54 | 36 | 57 | | 39 | 58 | 45 | 62 | 50 | 64 | 52 | 66 | 54 | 69 | 11 |
| 10 | 16 | 44 | 26 | 49 | 29 | 50 | 33 | 52 | 35 | 56 | | 38 | 57 | 42 | 60 | 49 | 62 | 51 | 64 | 53 | 67 | 10 |
| 9 | 14 | 43 | 25 | 49 | 28 | 49 | 32 | 50 | 34 | 54 | | 37 | 55 | 41 | 58 | 48 | 60 | 50 | 62 | 52 | 64 | 9 |
| 8 | 13 | 41 | 23 | 48 | 27 | 49 | 31 | 49 | 33 | 53 | | 36 | 54 | 40 | 57 | 47 | 58 | 49 | 60 | 51 | 62 | 8 |
| 7 | 12 | 39 | 22 | 46 | 26 | 48 | 30 | 49 | 32 | 51 | | 34 | 52 | 39 | 55 | 46 | 56 | 47 | 58 | 49 | 60 | 7 |
| 6 | 10 | 37 | 21 | 45 | 25 | 47 | 29 | 48 | 31 | 50 | | 33 | 50 | 38 | 53 | 44 | 55 | 46 | 56 | 48 | 58 | 6 |
| 5 | 9 | 36 | 20 | 43 | 24 | 45 | 28 | 47 | 30 | 48 | | 32 | 49 | 36 | 52 | 43 | 53 | 45 | 54 | 47 | 56 | 5 |
| 4 | 8 | 34 | 19 | 42 | 23 | 44 | 27 | 45 | 29 | 47 | | | | | | | | | | | | 4 |
| 3 | 6 | 32 | 18 | 41 | 22 | 43 | 26 | 44 | 28 | 45 | | | | | | | | | | | | 3 |
| 2 | 5 | 30 | 17 | 39 | 21 | 42 | 25 | | | | | | | | | | | | | | | 2 |
| 1 | 3 | 29 | 15 | 38 | 20 | 41 | 24 | | | | | | | | | | | | | | | 1 |
| Age Groups | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | Age Groups | 42-46 | | 47-51 | | 52-56 | | 57-61 | | 62+ | | Age Groups |
| Repetitions | m | f | m | f | m | f | m | f | | | Repetitions | m | f | m | f | m | f | m | f | m | f | Repetitions |

SIT-UP Standards Rallye66 5K Ranger Run

SIT Up Standards

| Age Groups | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | Age Groups | 42-46 | | 47-51 | | 52-56 | | 57-61 | | 62+ | | Age Groups | |
|-------------|-------|-----|-------|-----|-------|-----|-------|-----|-------|-----|-------------|-------|-----|-------|-----|-------|-----|-------|-----|-----|-----|-------------|----|
| Repetitions | m | f | m | f | m | f | m | f | m | f | Repetitions | m | f | m | f | m | f | m | f | m | f | Repetitions | |
| 82 | | | | | 100 | 100 | | | | | | | | | | | | | | | | 82 | |
| 81 | | | | | 99 | 99 | | | | | | | | | | | | | | | | | 81 |
| 80 | | | 100 | 100 | 98 | 98 | | | | | | | | | | | | | | | | | 80 |
| 79 | | | 99 | 99 | 97 | 97 | | | | | | | | | | | | | | | | | 79 |
| 78 | 100 | 100 | 97 | 97 | 96 | 96 | | | | | | | | | | | | | | | | | 78 |
| 77 | 98 | 98 | 96 | 96 | 95 | 95 | | | | | | | | | | | | | | | | | 77 |
| 76 | 97 | 97 | 95 | 95 | 94 | 94 | 100 | 100 | 100 | 100 | | | | | | | | | | | | | 76 |
| 75 | 95 | 95 | 93 | 93 | 92 | 92 | 99 | 99 | 99 | 99 | | | | | | | | | | | | | 75 |
| 74 | 94 | 94 | 92 | 92 | 91 | 91 | 98 | 98 | 98 | 98 | | | | | | | | | | | | | 74 |
| 73 | 92 | 92 | 91 | 91 | 90 | 90 | 96 | 96 | 96 | 97 | | | | | | | | | | | | | 73 |
| 72 | 90 | 90 | 89 | 89 | 89 | 89 | 95 | 95 | 95 | 96 | | 100 | 100 | | | | | | | | | | 72 |
| 71 | 89 | 89 | 88 | 88 | 88 | 88 | 94 | 94 | 94 | 95 | | 99 | 99 | | | | | | | | | | 71 |
| 70 | 87 | 88 | 87 | 87 | 87 | 87 | 93 | 93 | 93 | 94 | | 98 | 98 | | | | | | | | | | 70 |
| 69 | 86 | 87 | 85 | 85 | 86 | 86 | 92 | 92 | 92 | 93 | | 97 | 97 | | | | | | | | | | 69 |
| 68 | 84 | 84 | 84 | 84 | 85 | 85 | 91 | 91 | 91 | 92 | | 96 | 96 | | | | | | | | | | 68 |
| 67 | 82 | 82 | 83 | 83 | 84 | 84 | 89 | 89 | 89 | 91 | | 95 | 95 | | | | | | | | | | 67 |
| 66 | 81 | 81 | 81 | 81 | 83 | 83 | 88 | 88 | 88 | 89 | | 94 | 94 | 100 | 100 | 100 | 100 | | | | | | 66 |
| 65 | 79 | 79 | 80 | 80 | 82 | 82 | 87 | 87 | 87 | 88 | | 93 | 93 | 99 | 99 | 99 | 99 | | | | | | 65 |
| 64 | 78 | 78 | 79 | 79 | 81 | 81 | 86 | 86 | 86 | 87 | | 92 | 92 | 98 | 98 | 98 | 98 | 100 | 100 | | | | 64 |
| 63 | 76 | 76 | 77 | 77 | 79 | 79 | 85 | 85 | 85 | 86 | | 91 | 91 | 97 | 97 | 97 | 97 | 99 | 99 | 100 | 100 | | 63 |
| 62 | 74 | 74 | 76 | 76 | 78 | 78 | 84 | 84 | 84 | 85 | | 90 | 90 | 96 | 96 | 96 | 96 | 98 | 98 | 99 | 99 | | 62 |
| 61 | 73 | 73 | 75 | 75 | 77 | 77 | 82 | 82 | 82 | 84 | | 89 | 89 | 94 | 94 | 95 | 95 | 97 | 97 | 98 | 98 | | 61 |
| 60 | 71 | 71 | 73 | 73 | 76 | 76 | 81 | 81 | 81 | 83 | | 88 | 88 | 93 | 93 | 94 | 94 | 96 | 96 | 97 | 97 | | 60 |
| 59 | 70 | 70 | 72 | 72 | 75 | 75 | 80 | 80 | 80 | 82 | | 87 | 87 | 92 | 92 | 93 | 93 | 95 | 95 | 96 | 96 | | 59 |
| 58 | 68 | 68 | 71 | 71 | 74 | 74 | 79 | 79 | 79 | 81 | | 86 | 86 | 91 | 91 | 92 | 92 | 94 | 94 | 95 | 95 | | 58 |

| | | | | | | | | | | | | | | | | | | | | | | |
|----|----|----|----|----|----|----|----|----|----|----|--|----|----|----|----|----|----|----|----|----|----|----|
| 57 | 66 | 66 | 69 | 69 | 73 | 73 | 78 | 78 | 78 | 80 | | 85 | 85 | 90 | 90 | 91 | 91 | 92 | 92 | 94 | 94 | 57 |
| 56 | 65 | 65 | 68 | 68 | 72 | 72 | 76 | 76 | 76 | 79 | | 84 | 84 | 89 | 89 | 89 | 89 | 91 | 91 | 92 | 92 | 56 |
| 55 | 63 | 63 | 67 | 67 | 71 | 71 | 75 | 75 | 75 | 78 | | 83 | 83 | 88 | 88 | 88 | 88 | 90 | 90 | 91 | 91 | 55 |
| 54 | 62 | 62 | 65 | 65 | 70 | 70 | 74 | 74 | 74 | 77 | | 82 | 82 | 87 | 87 | 87 | 87 | 89 | 89 | 90 | 90 | 54 |
| 53 | 60 | 60 | 64 | 64 | 69 | 69 | 73 | 73 | 73 | 76 | | 81 | 81 | 86 | 86 | 86 | 86 | 88 | 88 | 89 | 89 | 53 |
| 52 | 58 | 58 | 63 | 63 | 68 | 68 | 72 | 72 | 72 | 75 | | 80 | 80 | 84 | 84 | 85 | 85 | 87 | 87 | 88 | 88 | 52 |
| 51 | 57 | 57 | 61 | 61 | 66 | 66 | 71 | 71 | 71 | 74 | | 79 | 79 | 83 | 83 | 84 | 84 | 86 | 86 | 87 | 87 | 51 |
| 50 | 55 | 55 | 60 | 60 | 65 | 65 | 69 | 69 | 69 | 73 | | 78 | 78 | 82 | 82 | 83 | 83 | 85 | 85 | 86 | 86 | 50 |
| 49 | 54 | 54 | 59 | 59 | 64 | 64 | 68 | 68 | 68 | 72 | | 77 | 77 | 81 | 81 | 82 | 82 | 84 | 84 | 85 | 85 | 49 |
| 48 | 52 | 52 | 57 | 57 | 63 | 63 | 67 | 67 | 67 | 71 | | 76 | 76 | 80 | 80 | 81 | 81 | 83 | 83 | 84 | 84 | 48 |
| 47 | 50 | 50 | 56 | 56 | 62 | 62 | 66 | 66 | 66 | 69 | | 75 | 75 | 79 | 79 | 80 | 80 | 82 | 82 | 83 | 83 | 47 |
| 46 | 49 | 49 | 55 | 55 | 61 | 61 | 65 | 65 | 65 | 68 | | 74 | 74 | 78 | 78 | 79 | 79 | 81 | 81 | 82 | 82 | 46 |
| 45 | 47 | 47 | 53 | 53 | 60 | 60 | 64 | 64 | 64 | 67 | | 73 | 73 | 77 | 77 | 78 | 78 | 79 | 79 | 81 | 81 | 45 |
| 44 | 46 | 45 | 52 | 52 | 59 | 59 | 62 | 62 | 62 | 66 | | 72 | 72 | 76 | 76 | 77 | 77 | 78 | 78 | 79 | 79 | 44 |
| 43 | 44 | 44 | 50 | 50 | 58 | 58 | 61 | 61 | 61 | 65 | | 71 | 71 | 74 | 74 | 76 | 76 | 77 | 77 | 78 | 78 | 43 |
| 42 | 42 | 42 | 49 | 49 | 57 | 57 | 60 | 60 | 60 | 64 | | 70 | 70 | 73 | 73 | 75 | 75 | 76 | 76 | 77 | 77 | 42 |
| 41 | 41 | 41 | 48 | 48 | 56 | 56 | 59 | 59 | 59 | 63 | | 69 | 69 | 72 | 72 | 74 | 74 | 75 | 75 | 76 | 76 | 41 |
| 40 | 39 | 39 | 47 | 47 | 55 | 55 | 58 | 58 | 58 | 62 | | 68 | 68 | 71 | 71 | 73 | 73 | 74 | 74 | 75 | 75 | 40 |
| 39 | 38 | 38 | 45 | 45 | 54 | 54 | 56 | 56 | 56 | 61 | | 67 | 67 | 70 | 70 | 72 | 72 | 73 | 73 | 74 | 74 | 39 |
| 38 | 36 | 36 | 44 | 44 | 52 | 52 | 55 | 55 | 55 | 60 | | 66 | 66 | 69 | 69 | 71 | 71 | 72 | 72 | 73 | 73 | 38 |
| 37 | 34 | 34 | 43 | 43 | 51 | 51 | 54 | 54 | 54 | 59 | | 65 | 65 | 68 | 68 | 69 | 69 | 71 | 71 | 72 | 72 | 37 |
| 36 | 33 | 33 | 41 | 41 | 50 | 50 | 53 | 53 | 53 | 58 | | 64 | 64 | 67 | 67 | 68 | 68 | 70 | 70 | 71 | 71 | 36 |
| 35 | 31 | 31 | 40 | 40 | 49 | 49 | 52 | 52 | 52 | 57 | | 63 | 63 | 66 | 66 | 67 | 67 | 69 | 69 | 70 | 70 | 35 |
| 34 | 30 | 30 | 39 | 39 | 48 | 48 | 50 | 50 | 50 | 56 | | 62 | 62 | 64 | 64 | 66 | 66 | 68 | 68 | 69 | 69 | 34 |
| 33 | 28 | 28 | 37 | 37 | 47 | 47 | 49 | 49 | 49 | 55 | | 61 | 61 | 63 | 63 | 65 | 65 | 66 | 66 | 68 | 68 | 33 |
| 32 | 26 | 26 | 36 | 36 | 46 | 46 | 48 | 48 | 48 | 54 | | 60 | 60 | 62 | 62 | 64 | 64 | 65 | 65 | 66 | 66 | 32 |
| 31 | 25 | 25 | 35 | 35 | 45 | 45 | 47 | 47 | 47 | 53 | | 59 | 59 | 61 | 61 | 63 | 63 | 64 | 64 | 65 | 65 | 31 |
| 30 | 23 | 23 | 33 | 33 | 44 | 44 | 46 | 46 | 46 | 52 | | 58 | 58 | 60 | 60 | 62 | 62 | 63 | 63 | 64 | 64 | 30 |

| | | | | | | | | | | | | | | | | | | | | | | |
|-------------|-------|----|-------|----|-------|----|-------|----|-------|----|-------------|-------|----|-------|----|-------|----|-------|----|-----|----|-------------|
| 29 | 22 | 22 | 32 | 32 | 43 | 43 | 45 | 45 | 45 | 50 | | 57 | 57 | 59 | 59 | 61 | 61 | 62 | 62 | 63 | 63 | 29 |
| 28 | 20 | 20 | 31 | 31 | 42 | 42 | 44 | 44 | 44 | 49 | | 56 | 56 | 58 | 58 | 60 | 60 | 61 | 61 | 62 | 62 | 28 |
| 27 | 18 | 18 | 29 | 29 | 41 | 41 | 42 | 42 | 42 | 48 | | 55 | 55 | 57 | 57 | 59 | 59 | 60 | 60 | 61 | 61 | 27 |
| 26 | 17 | 17 | 28 | 28 | 39 | 39 | 41 | 41 | 41 | 47 | | 54 | 54 | 56 | 56 | 58 | 58 | 59 | 59 | 60 | 60 | 26 |
| 25 | 15 | 15 | 27 | 27 | 38 | 38 | 40 | 40 | 40 | 46 | | 53 | 53 | 54 | 54 | 57 | 57 | 58 | 58 | 59 | 59 | 25 |
| 24 | 14 | 14 | 25 | 25 | 37 | 37 | 39 | 39 | 39 | 45 | | 52 | 52 | 53 | 53 | 56 | 56 | 57 | 57 | 58 | 58 | 24 |
| 23 | 12 | 12 | 24 | 24 | 36 | 36 | 38 | 38 | 38 | 44 | | 51 | 51 | 52 | 52 | 55 | 55 | 56 | 56 | 57 | 57 | 23 |
| 22 | 10 | 10 | 23 | 23 | 35 | 35 | 36 | 36 | 36 | 43 | | 50 | 50 | 51 | 51 | 54 | 54 | 55 | 55 | 56 | 56 | 22 |
| 21 | 9 | 9 | 21 | 21 | 34 | 34 | 35 | 35 | 35 | 42 | | 49 | 49 | 50 | 50 | 53 | 53 | 54 | 54 | 55 | 55 | 21 |
| AGE GROUP | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | Age Groups | 42-46 | | 47-51 | | 52-56 | | 57-61 | | 62+ | | Age Groups |
| Repetitions | m | f | m | f | m | f | m | f | | | Repetitions | m | f | m | f | m | f | m | f | m | f | Repetitions |

5K Run Standards Rallye66 5K Ranger Run

5K Run Standards

| Age Groups | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | Age Groups | 42-46 | | 47-51 | | 52-56 | | 57-61 | | 62+ | | Age Groups | |
|--------------|-------|-----|-------|-----|-------|-----|-------|-----|-------|---|--------------|-------|---|-------|---|-------|---|-------|---|-----|---|--------------|---------|
| Overall Time | m | f | m | f | m | f | m | f | m | f | Overall Time | m | f | m | f | m | f | m | f | m | f | Overall Time | |
| 23m 31s | 100 | | 100 | | | | | | | | | | | | | | | | | | | 23m 31s | |
| 23m 37s | 99 | | 99 | | | | | | | | | | | | | | | | | | | | 23m 37s |
| 23m 43s | 98 | | 98 | | 100 | | 100 | | | | | | | | | | | | | | | | 23m 43s |
| 23m 49s | 97 | | 97 | | 99 | | 99 | | | | | | | | | | | | | | | | 23m 49s |
| 23m 55s | 96 | | 96 | | 98 | | 98 | | | | | | | | | | | | | | | | 23m 55s |
| 24m 01s | 95 | | 95 | | 97 | | 97 | | | | | | | | | | | | | | | | 24m 01s |
| 24m 07s | 94 | | 94 | | 96 | | 96 | | 100 | | | | | | | | | | | | | | 24m 07s |
| 24m 13s | 93 | | 93 | | 95 | | 95 | | 99 | | | | | | | | | | | | | | 24m 13s |
| 24m 19s | 92 | | 92 | | 94 | | 94 | | 98 | | | | | | | | | | | | | | 24m 19s |
| 24m 25s | 91 | | 91 | | 93 | | 93 | | 97 | | | | | | | | | | | | | | 24m 25s |
| 24m 31s | 89 | | 89 | | 92 | | 92 | | 96 | | | | | | | | | | | | | | 24m 31s |
| 24m 37s | 88 | | 88 | | 91 | | 91 | | 95 | | | 100 | | | | | | | | | | | 24m 37s |
| 24m 43s | 87 | | 87 | | 90 | | 90 | | 94 | | | 99 | | | | | | | | | | | 24m 43s |
| 24m 49s | 86 | | 86 | | 89 | | 89 | | 93 | | | 98 | | | | | | | | | | | 24m 49s |
| 24m 55s | 85 | | 85 | | 88 | | 88 | | 92 | | | 97 | | 100 | | | | | | | | | 24m 55s |
| 25m 01s | 84 | | 84 | | 87 | | 87 | | 91 | | | 96 | | 99 | | | | | | | | | 25m 01s |
| 25m 07s | 83 | | 83 | | 86 | | 86 | | 90 | | | 94 | | 98 | | | | | | | | | 25m 07s |
| 25m 13s | 82 | | 82 | | 85 | | 85 | | 89 | | | 93 | | 96 | | 100 | | | | | | | 25m 13s |
| 25m 19s | 81 | | 81 | | 84 | | 84 | | 88 | | | 92 | | 95 | | 99 | | | | | | | 25m 19s |
| 25m 25s | 80 | | 80 | | 83 | | 83 | | 87 | | | 91 | | 94 | | 98 | | | | | | | 25m 25s |
| 25m 31s | 79 | | 79 | | 82 | | 82 | | 86 | | | 90 | | 93 | | 96 | | | | | | | 25m 31s |
| 25m 37s | 78 | | 78 | | 81 | | 81 | | 85 | | | 89 | | 92 | | 95 | | | | | | | 25m 37s |
| 25m 43s | 77 | | 77 | | 79 | | 79 | | 84 | | | 88 | | 91 | | 94 | | | | | | | 25m 43s |
| 25m 49s | 76 | | 76 | | 78 | | 78 | | 83 | | | 87 | | 90 | | 93 | | 100 | | | | | 25m 49s |
| 25m 55s | 75 | | 75 | | 77 | | 77 | | 82 | | | 86 | | 89 | | 92 | | 99 | | | | | 25m 55s |
| 26m 01s | 74 | 100 | 74 | 100 | 76 | | 76 | | 81 | | | 84 | | 88 | | 91 | | 98 | | | | | 26m 01s |
| 26m 07s | 73 | 98 | 73 | 98 | 75 | | 75 | | 79 | | | 83 | | 87 | | 90 | | 97 | | 100 | | | 26m 07s |
| 26m 13s | 72 | 97 | 72 | 97 | 74 | 100 | 74 | 100 | 78 | | | 82 | | 86 | | 89 | | 95 | | 99 | | | 26m 13s |

| | | | | | | | | | | | | | | | | | | | | | | |
|----------------|----|----|----|----|----|----|----|----|----|-----|---|----|-----|----|-----|----|--|----|--|----|--|----------------|
| 26m 19s | 71 | 95 | 71 | 95 | 73 | 99 | 73 | 99 | 77 | | | 81 | | 85 | | 88 | | 94 | | 98 | | 26m 19s |
| 26m 25s | 69 | 93 | 69 | 93 | 72 | 98 | 72 | 98 | 76 | | | 80 | | 82 | | 87 | | 93 | | 96 | | 26m 25s |
| 26m 31s | 68 | 91 | 68 | 91 | 71 | 96 | 71 | 96 | 75 | | | 79 | | 81 | | 86 | | 92 | | 95 | | 26m 31s |
| 26m 37s | 67 | 90 | 67 | 90 | 70 | 95 | 70 | 95 | 74 | | | 78 | | 80 | | 85 | | 91 | | 94 | | 26m 37s |
| 26m 43s | 66 | 88 | 66 | 88 | 69 | 94 | 69 | 94 | 73 | | | 77 | | 79 | | 82 | | 90 | | 93 | | 26m 43s |
| 26m 49s | 65 | 86 | 65 | 86 | 68 | 93 | 68 | 93 | 72 | | | 76 | | 78 | | 81 | | 89 | | 92 | | 26m 49s |
| 26m 55s | 64 | 84 | 64 | 84 | 67 | 92 | 67 | 92 | 71 | | | 74 | | 76 | | 80 | | 87 | | 91 | | 26m 55s |
| 27m 01s | 63 | 83 | 63 | 83 | 66 | 90 | 66 | 90 | 70 | | | 73 | | 75 | | 79 | | 86 | | 89 | | 27m 01s |
| 27m 07s | 62 | 81 | 62 | 81 | 65 | 89 | 65 | 89 | 69 | | | 72 | | 74 | | 78 | | 85 | | 88 | | 27m 07s |
| 27m 13s | 61 | 79 | 61 | 79 | 64 | 88 | 64 | 88 | 68 | | | 71 | | 73 | | 76 | | 84 | | 87 | | 27m 13s |
| 27m 19s | 60 | 77 | 60 | 77 | 63 | 87 | 63 | 87 | 67 | | | 70 | | 72 | | 75 | | 83 | | 86 | | 27m 19s |
| 27m 25s | 59 | 76 | 59 | 76 | 62 | 85 | 62 | 85 | 66 | | | 69 | | 71 | | 74 | | 82 | | 85 | | 27m 25s |
| 27m 31s | 58 | 74 | 58 | 74 | 61 | 84 | 61 | 84 | 65 | 100 | | 68 | | 69 | | 73 | | 81 | | 84 | | 27m 31s |
| 27m 37s | 57 | 72 | 57 | 72 | 60 | 83 | 60 | 83 | 64 | 99 | | 67 | | 68 | | 72 | | 79 | | 82 | | 27m 37s |
| 27m 43s | 56 | 70 | 56 | 70 | 59 | 82 | 59 | 82 | 63 | 97 | | 66 | | 67 | | 71 | | 78 | | 81 | | 27m 43s |
| 27m 49s | 55 | 69 | 55 | 69 | 58 | 81 | 58 | 81 | 62 | 96 | | 64 | | 66 | | 69 | | 77 | | 80 | | 27m 49s |
| 27m 55s | 54 | 67 | 54 | 67 | 57 | 79 | 57 | 79 | 61 | 94 | - | 63 | 100 | 65 | | 68 | | 76 | | 79 | | 27m 55s |
| 28m 01s | 53 | 65 | 53 | 65 | 56 | 78 | 56 | 78 | 60 | 93 | | 62 | 98 | 64 | | 67 | | 75 | | 78 | | 28m 01s |
| 28m 07s | 52 | 63 | 52 | 63 | 55 | 77 | 55 | 77 | 59 | 91 | | 61 | 97 | 62 | 100 | 66 | | 74 | | 76 | | 28m 07s |
| 28m 13s | 50 | 62 | 50 | 62 | 54 | 76 | 54 | 76 | 58 | 90 | | 60 | 95 | 61 | 98 | 65 | | 73 | | 75 | | 28m 13s |
| 28m 19s | 49 | 60 | 49 | 60 | 53 | 75 | 53 | 75 | 57 | 88 | | 59 | 94 | 60 | 97 | 64 | | 71 | | 74 | | 28m 19s |
| 28m 25s | 48 | 58 | 48 | 58 | 52 | 73 | 52 | 73 | 56 | 87 | | 58 | 92 | 59 | 95 | 62 | | 70 | | 73 | | 28m 25s |
| 28m 31s | 47 | 57 | 47 | 57 | 51 | 72 | 51 | 72 | 55 | 85 | | 57 | 90 | 58 | 94 | 61 | | 69 | | 72 | | 28m 31s |
| 28m 37s | 46 | 55 | 46 | 55 | 50 | 71 | 50 | 71 | 54 | 84 | | 56 | 89 | 56 | 92 | 60 | | 68 | | 71 | | 28m 37s |
| 28m 43s | 45 | 53 | 45 | 53 | 49 | 70 | 49 | 70 | 53 | 82 | | 54 | 87 | 55 | 90 | 59 | | 67 | | 69 | | 28m 43s |
| 28m 49s | 44 | 51 | 44 | 51 | 48 | 68 | 48 | 68 | 52 | 81 | | 53 | 86 | 54 | 89 | 58 | | 66 | | 68 | | 28m 49s |
| 28m 55s | 43 | 50 | 43 | 50 | 47 | 67 | 47 | 67 | 51 | 79 | | 52 | 84 | 53 | 87 | 56 | | 65 | | 67 | | 28m 55s |
| 29m 01s | 42 | 48 | 42 | 48 | 46 | 66 | 46 | 66 | 50 | 78 | | 51 | 82 | 52 | 86 | 55 | | 63 | | 66 | | 29m 01s |

| | | | | | | | | | | | | | | | | | | | | | | |
|--------------------|-------|----|-------|----|-------|----|-------|----|-------|----|--------------------|-------|----|-------|----|-------|-----|-------|-----|-----|-----|--------------------|
| 29m 07s | 41 | 46 | 41 | 46 | 45 | 65 | 45 | 65 | 49 | 76 | | 50 | 81 | 51 | 84 | 54 | | 62 | | 65 | | 29m 07s |
| 29m 13s | 40 | 44 | 40 | 44 | 44 | 64 | 44 | 64 | 48 | 75 | | 49 | 79 | 50 | 82 | 53 | | 61 | | 64 | | 29m 13s |
| 29m 19s | 39 | 43 | 39 | 43 | 43 | 62 | 43 | 62 | 47 | 73 | | 48 | 78 | 49 | 81 | 52 | | 60 | | 62 | | 29m 19s |
| 29m 25s | 38 | 41 | 38 | 41 | 42 | 61 | 42 | 61 | 46 | 72 | | 47 | 76 | 48 | 79 | 51 | | 59 | | 61 | | 29m 25s |
| 29m 31s | 37 | 40 | 37 | 40 | 41 | 60 | 41 | 60 | 45 | 70 | | 46 | 64 | 47 | 78 | 50 | 100 | 58 | | 60 | | 29m 31s |
| 29m 37s | 36 | 39 | 36 | 39 | 39 | 59 | 39 | 59 | 44 | 69 | | 44 | 73 | 46 | 76 | 49 | 98 | 57 | | 59 | | 29m 37s |
| 29m 43s | 35 | 38 | 35 | 38 | 38 | 58 | 38 | 58 | 43 | 67 | | 43 | 71 | 45 | 74 | 48 | 97 | 55 | | 58 | | 29m 43s |
| 29m 49s | 34 | 37 | 34 | 37 | 37 | 56 | 37 | 56 | 42 | 66 | | 42 | 70 | 42 | 73 | 47 | 95 | 54 | | 56 | | 29m 49s |
| 29m 55s | 33 | 36 | 33 | 36 | 36 | 55 | 36 | 55 | 41 | 64 | | 41 | 68 | 41 | 71 | 46 | 94 | 53 | | 55 | | 29m 55s |
| 30m 01s | 32 | 35 | 32 | 35 | 35 | 54 | 35 | 54 | 39 | 63 | | 40 | 66 | 40 | 70 | 45 | 92 | 52 | | 54 | | 30m 01s |
| 30m 07s | 31 | 34 | 31 | 34 | 34 | 52 | 34 | 52 | 38 | 61 | | 39 | 65 | 39 | 68 | 42 | 90 | 51 | 100 | 53 | | 30m 07s |
| 30s 13s | 29 | 33 | 29 | 33 | 33 | 50 | 33 | 50 | 37 | 60 | | 38 | 63 | 38 | 66 | 41 | 89 | 50 | 98 | 52 | | 30s 13s |
| 30s 19s | 28 | 32 | 28 | 32 | 32 | 49 | 32 | 49 | 36 | 59 | | 37 | 62 | 36 | 65 | 40 | 87 | 49 | 97 | 51 | | 30s 19s |
| 30m 25s | 27 | 31 | 27 | 31 | 31 | 49 | 31 | 49 | 35 | 57 | | 36 | 50 | 35 | 63 | 39 | 86 | 47 | 95 | 49 | 100 | 30m 25s |
| 30m 31s | 26 | 29 | 26 | 29 | 30 | 48 | 30 | 48 | 34 | 56 | | 34 | 58 | 34 | 62 | 38 | 84 | 46 | 94 | 48 | 98 | 30m 31s |
| 30m 37s | 25 | 28 | 25 | 28 | 29 | 47 | 29 | 47 | 33 | 54 | | 33 | 57 | 33 | 50 | 36 | 82 | 45 | 92 | 47 | 96 | 30m 37s |
| 30m 43s | 24 | 27 | 24 | 27 | 28 | 45 | 28 | 45 | 32 | 53 | | 32 | 55 | 32 | 58 | 35 | 81 | 44 | 90 | 46 | 93 | 30m 43s |
| 30m 49s | 23 | 26 | 23 | 26 | 27 | 44 | 27 | 44 | 31 | 51 | | 31 | 54 | 31 | 57 | 34 | 79 | 43 | 89 | 45 | 91 | 30m 49s |
| 30m 55s | 22 | 25 | 22 | 25 | 26 | 43 | 26 | 43 | 30 | 50 | | 30 | 53 | 30 | 55 | 33 | 78 | 42 | 87 | 44 | 89 | 30m 55s |
| 31m 01s | 21 | 24 | 21 | 24 | 25 | 42 | 25 | 42 | 29 | 48 | | 29 | 52 | 29 | 54 | 32 | 76 | 41 | 86 | 43 | 87 | 31m 01s |
| 31m 07s | 20 | 23 | 20 | 23 | 24 | 41 | 24 | 41 | 28 | 47 | | 28 | 51 | 28 | 53 | 31 | 74 | 39 | 84 | 42 | 84 | 31m 07s |
| Age Groups | 17-21 | | 22-26 | | 27-31 | | 32-36 | | 37-41 | | Age Groups | 42-46 | | 47-51 | | 52-56 | | 57-61 | | 62+ | | Age Groups |
| Repetitions | m | f | m | f | m | f | m | f | | | Repetitions | m | f | m | f | m | f | m | f | m | f | Repetitions |