

<b>Rating</b>	<b>Male</b>	<b>Female</b>
Excellent	< 7.1 seconds	< 8.0 seconds
Good	7.1 -7.3 seconds	8.0 - 8.4 seconds
Average	7.4 -7.8 seconds	8.5 - 8.9 seconds
Fair	7.9 -8.2 seconds	9.0 - 9.3 seconds
Poor	>8.3 seconds	>9.4 seconds