

<b>Rating</b>	<b>Males</b>	<b>Females</b>
Excellent	< 54secs	< 59secs
Very Good	55 - 64secs	60 - 69secs
Average	65 - 69secs	70 - 74secs
Fair	70 - 74secs	75 - 79secs
Poor	> 74secs	> 79secs