

<b>Rating</b>	<b>Male</b>	<b>Female</b>
Excellent	<15.1 seconds	<17.1 seconds
Good	15.1 - 16.1 seconds	17.1 - 18.0 seconds
Average	16.2 - 18.1 seconds	18.1 - 21.8 seconds
Fair	18.2 - 18.3 seconds	21.9 - 23.1 seconds
Poor	>18.4 seconds	> 23.2 seconds

Source: [www.topendsports.com](http://www.topendsports.com)