

MOTILAL NEHRU SCHOOL OF SPORTS, RAI-131029
DISTRICT SONIPAT (HARYANA)
PHYSICAL EFFICIENCY TEST SCORE CALCULATOR, BOYS

Age	30M Flying Start (Sec)	S. B. Jump (Cm)	Medicine Ball Put Up to 10Yrs -1Kg Above 10Yrs -2Kg (Mtrs)	6x10M Shuttle Run (Sec)	Forward Bend & Reach (Cm)	S.V Jump (Cm)	800M Run (Min.Sec)	Marks
08 Years	5.39 – 4.80	131 – 157	2.26 – 2.50	19.79 – 18.80	04 – 06	20 – 24	4.09.99 – 3.48.00	1
	4.79 – 4.50	158 – 176	2.51 – 2.76	18.79 – 17.80	07 – 10	25 – 29	3.47.99 – 3.27.00	2
	4.49 & Less	177 & Above	2.77 & Above	17.79 & Less	11 & Above	30 & Above	3.26.99 & Less	3
09 Years	5.19 – 4.70	139 – 159	2.51 – 2.82	19.39 – 18.50	05 – 07	23 – 27	4.03.99 – 3.37.00	1
	4.69 – 4.30	160 – 179	2.83 – 3.13	18.49 – 17.60	08 – 11	28 – 32	3.36.99 – 3.16.00	2
	4.29 & Less	180 & Above	3.14 & Above	17.59 & Less	12 & Above	33 & Above	3.15.99 & Less	3
10 Years	4.99 – 4.50	149 – 163	2.60 – 2.96	19.19 – 18.20	06 – 08	27 – 31	3.52.99 – 3.31.00	1
	4.49 – 4.10	164 – 184	2.97 – 3.43	18.19 – 17.40	09 – 12	32 – 36	3.30.99 – 3.11.00	2
	4.09 & Less	185 & Above	3.44 & Above	17.39 & Less	13 & Above	37 & Above	3.10.99 & Less	3
11 Years	4.89 – 4.40	156 – 176	2.66 – 3.13	18.49 – 17.70	07 – 09	30 – 35	3.36.99 – 3.21.00	1
	4.39 – 3.90	177 – 200	3.14 – 3.59	17.69 – 17.00	10 – 13	36 – 41	3.20.99 – 3.05.00	2
	3.89 & Less	201 & Above	3.60 & Above	16.99 & Less	14 & Above	42 & Above	3.04.99 & Less	3
12 Years	4.79 – 4.30	164 – 186	2.80 – 3.28	18.09 – 17.40	08 – 10	31 – 36	3.29.99 – 3.14.00	1
	4.29 – 3.80	187 – 209	3.29 – 3.97	17.39 – 16.70	11 – 14	37 – 41	3.13.99 – 3.01.00	2
	3.79 & Less	210 & Above	3.98 & Above	16.69 & Less	15 & Above	42 & Above	3.00.99 & Less	3
13 Years	4.29 – 4.00	171 – 191	3.01 – 3.62	17.69 – 17.00	09 – 11	33 – 39	3.23.99 – 3.09.00	1
	3.99 – 3.60	192 – 214	3.63 – 4.23	16.99 – 16.30	12 – 15	40 – 45	3.08.99 – 2.53.00	2
	3.59 & Less	215 & Above	4.24 & Above	16.29 & Less	16 & Above	46 & Above	2.52.99 & Less	3

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14 Years	4.19 – 3.80	181 – 200	3.19 – 3.80	17.19 – 16.60	10 – 12	36 – 42	3.14.99 – 2.58.00	1
	3.79 – 3.40	201 – 220	3.81 – 4.41	16.59 – 16.10	13 – 16	43 – 49	2.57.99 – 2.41.00	2
	3.39 & Less	221 & Above	4.42 & Above	16.09 & Less	17 & Above	50 & Above	2.40.99 & Less	3
15 Years	3.79 – 3.60	201 – 215	3.81 – 4.09	16.49 – 16.30	11 – 13	38 – 45	3.07.99 – 2.56.00	1
	3.59 – 3.30	216 – 225	4.10 – 4.59	16.29 – 16.00	14 – 17	46 – 52	2.55.99 – 2.33.00	2
	3.29 & Less	226 & Above	4.60 & Above	15.99 & Less	18 & Above	53 & Above	2.32.99 & Less	3
16 Years	3.59 – 3.40	216 – 231	4.10 – 4.39	16.29 – 16.10	12 – 14	51 – 52	2.55.99 – 2.41.00	1
	3.39 – 3.20	232 – 235	4.40 – 4.79	16.09 – 15.90	15 – 18	53 – 54	2.40.99 – 2.29.00	2
	3.19 & Less	236 & Above	4.80 & Above	15.89 & Less	19 & Above	55 & Above	2.28.99 & Less	3
17 Years	3.39 – 3.20	232 – 235	4.40 – 4.69	16.09 – 15.90	13 – 15	53 – 54	2.39.99 – 2.28.00	1
	3.19 – 3.00	236 – 240	4.70 – 5.07	15.89 – 15.70	16 – 19	55 – 57	2.27.99 – 2.24.00	2
	2.99 & Less	241 & Above	5.08 & Above	15.69 & Less	20 & Above	58 & Above	2.23.99 & Less	3
18 Years	3.19 – 3.00	236 – 240	5.00 – 5.29	15.89 – 15.70	14 – 16	55 – 57	2.26.99 – 2.23.00	1
	2.99 – 2.80	241 – 244	5.30 – 5.57	15.69 – 15.50	17 – 20	58 – 60	2.22.99 – 2.18.00	2
	2.79 & Less	245 & Above	5.58 & Above	15.49 & Less	21 & Above	61 & Above	2.17.99 & Less	3
19 Years	3.09 – 2.90	241 – 244	5.30 – 5.79	15.69 – 15.50	15 – 17	58 – 60	2.22.99 – 2.20.00	1
	2.89 – 2.70	245 – 248	5.80 – 6.26	15.49 – 15.30	18 – 21	61 – 64	2.19.99 – 2.17.00	2
	2.69 & Less	249 & Above	6.27 & Above	15.29 & Less	22 & Above	65 & Above	2.16.99 & Less	3

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08 Years	6.20 – 5.70	114 – 130	1.80 – 2.13	20.59 – 19.70	04 – 06	19 – 21	5.07.99 – 4.31.00	1
	5.69 – 5.20	131 – 146	2.14 – 2.47	19.69 – 18.90	07 – 10	22 – 25	4.30.99 – 3.54.00	2
	5.19 & less	147 & Above	2.48 & Above	18.89 & Less	11 & Above	26 & Above	3.53.99 & Less	3
09 Years	6.00 - 5.50	123 – 140	2.02 – 2.40	20.59 – 19.60	05 – 07	20 – 24	4.45.99 – 4.13.00	1
	5.49 – 4.90	141 – 159	2.41 – 2.80	19.59 – 18.70	08 – 11	25 – 29	4.12.99 – 3.40.00	2
	4.89 & less	160 & Above	2.81 & Above	18.69 & Less	12 & Above	30 & Above	3.39.99 & Less	3
10 Years	5.80 - 5.30	129 – 149	2.21 – 2.69	20.29 – 19.30	06 – 08	23 – 27	4.34.99 – 4.05.00	1
	5.29 – 4.80	150 – 169	2.70 – 3.18	19.29 – 18.30	09 – 12	28 – 32	4.04.99 – 3.34.00	2
	4.79 & less	170 & Above	3.19 & Above	18.29 & Less	13 & Above	33 & Above	3.33.99 & Less	3
11 Years	5.40 – 5.00	136 – 151	2.41 – 2.84	19.49 – 18.60	07 – 09	25 – 30	4.29.99 – 3.56.00	1
	4.99 – 4.60	152 – 175	2.85 – 3.29	18.59 – 17.80	10 – 13	31 – 36	3.55.99 – 3.25.00	2
	4.59 & less	176 & Above	3.30 & Above	17.79 & Less	14 & Above	37 & Above	3.24.99 & Less	3
12 Years	5.30 – 4.90	146 – 165	2.51 – 2.94	19.39 – 18.50	08 – 10	28 – 32	4.19.99 – 3.50.00	1
	4.89 – 4.50	166 – 185	2.95 – 3.39	18.49 – 17.50	11 – 14	33 – 37	3.49.99 – 3.16.00	2
	4.49 & less	186 & Above	3.40 & Above	17.49 & Less	15 & Above	38 & Above	3.15.99 & Less	3
13 Years	4.80 – 4.50	151 – 168	2.56 – 3.02	18.69 – 18.00	09 – 11	30 – 33	4.14.99 – 3.41.00	1
	4.49 – 4.20	169 – 189	3.03 – 3.49	17.99 – 17.30	12 – 15	34 – 39	3.40.99 – 3.06.00	2
	4.19 & less	190 & Above	3.50 & Above	17.29 & Less	16 & Above	40 & Above	3.05.99 & Less	3

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14 Years	4.60 – 4.30	153 – 170	2.61 – 3.09	18.59 – 17.90	10 – 12	32 – 34	4.09.99 – 3.33.00	1
	4.29 – 4.00	171 – 192	3.10 – 3.59	17.89 – 17.20	13 – 16	35 – 40	3.32.99 – 3.01.00	2
	3.99 & Less	193 & Above	3.60 & Above	17.19 & Less	17 & Above	41 & Above	3.00.99 & Less	3
15 Years	4.40 – 4.10	170 – 187	2.65 – 3.13	18.29 – 17.70	11 – 13	36 – 38	3.33.99 – 3.17.00	1
	4.09 – 3.80	188 – 197	3.14 – 3.63	17.69 – 17.00	14 – 17	39 – 41	3.16.99 – 2.56.00	2
	3.79 & Less	198 & Above	3.64 & Above	16.99 & Less	18 & Above	42 & Above	2.55.99 & Less	3
16 Years	4.20 – 3.90	188 – 194	2.70 – 3.18	18.19 – 17.50	12 – 14	39 – 40	3.16.99 – 2.56.00	1
	3.89 – 3.60	195 – 205	3.19 – 3.68	17.49 – 16.80	15 – 18	41 – 42	2.55.99 – 2.49.00	2
	3.59 & Less	209 & Above	3.69 & Above	16.79 & Less	19 & Above	43 & Above	2.48.99 & Less	3
17 Years	4.00 - 3.70	190 – 199	2.75 – 3.23	17.69 – 17.00	13 – 15	41 – 42	3.14.99 – 2.54.00	1
	3.69 – 3.40	200 – 215	3.24 – 3.73	16.99 – 16.50	16 – 18	43 – 44	2.53.99 – 2.45.00	2
	3.39 & Less	216 & Above	3.74 & Above	16.49 & Less	19 & Above	45 & Above	2.44.99 & Less	3
18 Years	3.80 – 3.50	201 – 218	2.80 – 3.28	17.49 – 16.80	14 – 16	43 – 44	3.12.99 – 2.53.00	1
	3.49 – 3.20	219 – 227	3.29 – 3.78	16.79 – 16.10	17 – 19	45 – 46	2.52.99 – 2.40.00	2
	3.19 & Less	228 & Above	3.79 & Above	16.09 & Less	20 & Above	47 & Above	2.39.99 & Less	3
19 Years	3.80 – 3.40	224 – 230	2.85 – 3.33	16.09 – 15.80	15 – 17	45 – 46	3.10.99 – 2.50.00	1
	3.39 – 3.00	231 – 239	3.34 – 3.83	15.79 – 15.60	18 – 20	47 – 48	2.49.99 – 2.25.00	2
	2.99 & Less	240 & Above	3.84 & Above	15.59 & Less	21 & Above	49 & Above	2.24.99 & Less	3