

Age Groups	Pull-Ups/ Flexed Arm	Abdominal Crunches	3.0 Mile Run (Min)	Total Points	Min Score	Additional Points Needed
17-26	3/15 (SEC)	50	28 (m) 31 (f)	105	135	30
27-39	3/15	45	29 (m) 32 (f)	94	110	16
40-45	3/15	45	30 (m) 33 (f)	88	88	0
46+	3/15	40	33 (m) 36 (f)	65	65	0

Table 2-1. -- PFT Minimum Performance Requirements

7. Classification. The minimum performance in each event will not achieve the overall points required for a passing score. Additional points must be earned in at least one event in order to achieve a 3d Class PFT or better, as shown in Table 2-2. Failure to meet the minimum requirements in any one event constitutes a failure of the entire test, regardless of the total number of points earned. Table 1-2 shows the minimum score required, per age group, to earn each PFT classification score. Marines should be encouraged to continually strive to perform their best and not merely accept minimum performance.

PFT Class	Age Groups			
	17-26	27-39	40-45	46+
1st	225	200	175	150
2d	175	150	125	100
3d	135	110	88	65

Table 2-2. -- PFT Classification Scores

8. Score. Calculating a cumulative score for a completed PFT can be derived from Table 2-3. The official Marine Corps PFT calculator is found at Marine OnLine (MOL): <https://tfas.mol.usmc.mil/SSO/LoginRequest.do>.

9. Altitude Considerations. Units administering the PFT at altitudes of 4,500 feet or more above sea level will utilize Table 2-4 for adjusted run times. Commanders are directed to provide Marines a 30-day acclimatization period prior to conducting a PFT at altitude. Marines scheduled to report to commands at altitude in June or December will complete their PFTs prior to detaching.

PFT SCORING TABLE (FEMALES)

Points	Flexed-Arm Hang	Crunches	3-Mile Run	Points	Flexed-Arm Hang	Crunches	3-Mile Run
100	70 sec	100	21:00	50	45 sec	50	29:20
99		99	21:10	49		49	29:30
98	69 sec	98	21:20	48	44 sec	48	29:40
97		97	21:30	47		47	29:50
96	68 sec	96	21:40	46	43 sec	46	30:00
95		95	21:50	45		45	30:10
94	67 sec	94	22:00	44	42 sec	44	30:20
93		93	22:10	43		43	30:30
92	66 sec	92	22:20	42	41 sec	42	30:40
91		91	22:30	41		41	30:50
90	65 sec	90	22:40	40	40 sec	40	31:00
89		89	22:50	39	39 sec	x	31:10
88	64 sec	88	23:00	38	38 sec	x	31:20
87		87	23:10	37	37 sec	x	31:30
86	63 sec	86	23:20	36	36 sec	x	31:40
85		85	23:30	35	35 sec	x	31:50
84	62 sec	84	23:40	34	34 sec	x	32:00
83		83	23:50	33	33 sec	x	32:10
82	61 sec	82	24:00	32	32 sec	x	32:20
81		81	24:10	31	31 sec	x	32:30
80	60 sec	80	24:20	30	30 sec	x	32:40
79		79	24:30	29	29 sec	x	32:50
78	59 sec	78	24:40	28	28 sec	x	33:00
77		77	24:50	27	27 sec	x	33:10
76	58 sec	76	25:00	26	26 sec	x	33:20
75		75	25:10	25	25 sec	x	33:30
74	57 sec	74	25:20	24	24 sec	x	33:40
73		73	25:30	23	23 sec	x	33:50
72	56 sec	72	25:40	22	22 sec	x	34:00
71		71	25:50	21	21 sec	x	34:10
70	55 sec	70	26:00	20	20 sec	x	34:20
69		69	26:10	19	19 sec	x	34:30
68	54 sec	68	26:20	18	18 sec	x	34:40
67		67	26:30	17	17 sec	x	34:50
66	53 sec	66	26:40	16	16 sec	x	35:00
65		65	26:50	15	15 sec	x	35:10
64	52 sec	64	27:00	14	x	x	35:20
63		63	27:10	13	x	x	35:30
62	51 sec	62	27:20	12	x	x	35:40
61		61	27:30	11	x	x	35:50
60	50 sec	60	27:40	10	x	x	36:00
59		59	27:50	9	x	x	X
58	49 sec	58	28:00	8	x	x	X
57		57	28:10	7	x	x	X
56	48 sec	56	28:20	6	x	x	X
55		55	28:30	5	x	x	X
54	47 sec	54	28:40	4	x	x	X
53		53	28:50	3	x	x	X
52	46 sec	52	29:00	2	x	x	X
51		51	29:10	1	x	x	X

*Round up all values (e.g., 21:01 to 21:09 equals 99 points)

Table 2-3. -- PFT Scoring Table (Females)

PFT SCORING TABLE (MALES)

Points	Pull-ups	Crunches	3-Mile Run	Points	Pull-ups	Crunches	3-Mile Run
100	20	100	18:00	50	10	50	26:20
99		99	18:10	49		49	26:30
98		98	18:20	48		48	26:40
97		97	18:30	47		47	26:50
96		96	18:40	46		46	27:00
95	19	95	18:50	45	9	45	27:10
94		94	19:00	44		44	27:20
93		93	19:10	43		43	27:30
92		92	19:20	42		42	27:40
91		91	19:30	41		41	27:50
90	18	90	19:40	40	8	40	28:00
89		89	19:50	39		x	28:10
88		88	20:00	38		x	28:20
87		87	20:10	37		x	28:30
86		86	20:20	36		x	28:40
85	17	85	20:30	35	7	x	28:50
84		84	20:40	34		x	29:00
83		83	20:50	33		x	29:10
82		82	21:00	32		x	29:20
81		81	21:10	31		x	29:30
80	16	80	21:20	30	6	x	29:40
79		79	21:30	29		x	29:50
78		78	21:40	28		x	30:00
77		77	21:50	27		x	30:10
76		76	22:00	26		x	30:20
75	15	75	22:10	25	5	x	30:30
74		74	22:20	24		x	30:40
73		73	22:30	23		x	30:50
72		72	22:40	22		x	31:00
71		71	22:50	21		x	31:10
70	14	70	23:00	20	4	x	31:20
69		69	23:10	19		x	31:30
68		68	23:20	18		x	31:40
67		67	23:30	17		x	31:50
66		66	23:40	16		x	32:00
65	13	65	23:50	15	3	x	32:10
64		64	24:00	14	x	x	32:20
63		63	24:10	13	x	x	32:30
62		62	24:20	12	x	x	32:40
61		61	24:30	11	x	x	32:50
60	12	60	24:40	10	x	x	33:00
59		59	24:50	9	x	x	x
58		58	25:00	8	x	x	x
57		57	25:10	7	x	x	x
56		56	25:20	6	x	x	x
55	11	55	25:30	5	x	x	x
54		54	25:40	4	x	x	x
53		53	25:50	3	x	x	x
52		52	26:00	2	x	x	x
51		51	26:10	1	x	x	x

* Round up all values (e.g., 18:01 to 18:09 equals 99 points)

Table 2-3. -- PFT Scoring Table (Males)