MARINE CORPS PHYSICAL FITNESS TEST SCORING

Points	Pullups	Flexarm	Crunches	Run(m/f)
100	20	70	100	18:00 / 21:00
99			99	18:10 / 21:10
98		69	98	18:20 / 21:20
97			97	18:30 / 21:30
96		68	96	18:40 / 21:40
95	19		95	18:50 / 21:50
94		67	94	19:00 / 22:00
93			93	19:10 / 22:10
92		66	92	19:20 / 22:20
91			91	19:30 / 22:30
90	18	65	90	19:40 / 22:40
89			89	19:50 / 22:50
88		64	88	20:00 / 23:00
87			87	20:10 / 23:10
86		63	86	20:20 / 23:20
85	17		85	20:30 / 23:30
84		62	84	20:40 / 23:40
83			83	20:50 / 23:50
82		61	82	21:00 / 24:00
81			81	21:10 / 24:10
80	16	60	80	21:20 / 24:20
79			79	21:30 / 24:30
78		59	78	21:40 / 24:40
77			77	21:50 / 24:50
76		58	76	22:00 / 25:00
75	15		75	22:10 / 25:10
74		57	74	22:20 / 25:20
73			73	22:30 / 25:30
72		56	72	22:40 / 25:40
71			71	22:50 / 25:50
70	14	55	70	23:00 / 26:00
69			69	23:10 / 26:10
68		54	68	23:20 / 26:20
67			67	23:30 / 26:30
66		53	66	23:40 / 26:40
65	13		65	23:50 / 26:50
64		52	64	24:00 / 27:00
63			63	24:10 / 27:10
62		51	62	24:20 / 27:20
61			61	24:30 / 27:30
60	12	50	60	24:40 / 27:40
59			59	24:50 / 27:50
58		49	58	25:00 / 28:00
57			57	25:10 / 28:10
56		48	56	25:20 / 28:20
55	11		55	25:30 / 28:30
54		47	54	25:40 / 28:40
53			53	25:50 / 28:50
52		46	52	26:00 / 29:00
51			51	26:10 / 29:10

Points	Pullups	Flexarm	Crunches	Run(m/f)
50	10	45	50	26:20 / 29:20
49			49	26:30 / 29:30
48		44	48	26:40 / 29:40
47			47	26:50 / 29:50
46		43	46	27:00 / 30:00
45	9		45	27:10 / 30:10
44		42	44	27:20 / 30:20
43			43	27:30 / 30:30
42		41	42	27:40 / 30:40
41			41	27:50 / 30:50
40	8	40	40	28:00 / 31:00
39		39	39	28:10 / 31:10
38		38	38	28:20 / 31:20
37		37	37	28:30 / 31:30
36		36	36	28:40 / 31:40
35	7	35	35	28:50 / 31:50
34		34	34	29:00 / 32:00
33		33	33	29:10 / 32:10
32		32	32	29:20 / 32:20
31		31	31	29:30 / 32:30
30	6	30	30	29:40 / 32:40
29		29	29	29:50 / 32:50
28		28	28	30:00 / 33:00
27		27	27	30:10 / 33:10
26		26	26	30:20 / 33:20
25	5	25	25	30:30 / 33:30
24		24	24	30:40 / 33:40
23		23	23	30:50 / 33:50
22		22	22	31:00 / 34:00
21		21	21	31:10 / 34:10
20	4	20	20	31:20 / 34:20
19		19	19	31:30 / 34:30
18		18	18	31:40 / 34:40
17		17	17	31:50 / 34:50
16		16	16	32:00 / 35:00
15	3	15	15	32:10 / 35:10
14		14	14	32:20 / 35:20
13		13	13	32:30 / 35:30
12		12	12	32:40 / 35:40
11		11	11	32:50 / 35:50
10	2	10	10	33:00 / 36:00
9		9	9	33:10 / 36:10
8		8	8	33:20 / 36:20
7		7	7	33:30 / 36:30
6		6	6	33:40 / 36:40
5	1	5	5	33:50 / 36:50
4		4	4	34:00 / 37:00
3		3	3	34:10 / 37:10
2		2	2	34:20 / 37:20
1		1	1	34:30 / 37:30

Scoring: Points are assessed according to performance in each event. Maximum attainable score for any one event is 100 points, while 300 points represents an overall perfect score.

Events: The PFT is comprised of three events:

a. **Pull-ups (male), Flex Arm Hang (Female)**
b. **Crunches – 2 minutes timed**
c. **3-mile timed individual run**