

BENCH**Female 5K**

Body Weight	18 to 39 years old 70%	40 to 49 years old 60%	50 to 59 years old 50%	60+ years old 40%
95 lb	65	55	45	40
100 lb	70	60	50	40
105 lb	75	65	50	40
110 lb	75	65	55	45
115 lb	80	70	55	45
120 lb	85	70	60	50
125 lb	85	75	60	50
130 lb	90	80	65	50
135 lb	95	80	65	55
140 lb	100	85	70	55
145 lb	100	85	70	60
150 lb	105	90	75	60
155 lb	110	95	75	60
160 lb	110	95	80	65
165 lb	115	100	80	65
170 lb	120	100	85	70
175 lb	120	105	85	70
180 lb	125	110	90	70
185 lb	130	110	90	75
190 lb	135	115	95	75
195 lb	135	115	95	80
200 lb	140	120	100	80
205 lb	145	125	100	80
210 lb	145	125	105	85