



Daniel J. Anair  
Chief of Police

# Rindge Police Department

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158 Main Street  
Rindge, N.H. 03461

## Physical Requirements Age 18-29

	20 <sup>th</sup> percentile	35 <sup>th</sup> percentile
1.5 mile run (male)	14:06	12:53
1.5 mile run (Female)	16:46	15:14
Push-ups (male)	22	27
Push-ups (female)	17 (mod) 10 (FB)	22 (mod) 14 (FB)
Sit-ups 1 min (male)	33	37
Sit-ups 1 min (female)	24	31

## Physical Requirements Age 30-39

	20 <sup>th</sup> percentile	35 <sup>th</sup> percentile
1.5 mile run (male)	14:34	13:24
1.5 mile run (Female)	17:38	17:58
Push-ups (male)	17	21
Push-ups (female)	11 (mod) 8 (FB)	17 (mod) 10 (FB)
Sit-ups 1 min (male)	30	33
Sit-ups 1 min (female)	20	24

***Sit-ups must be performed within 60 seconds, in the proper form.***

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Rindge Police Main Line  
603-899-5009

Emergency  
Dial 911

Fax Line  
603-899-2103



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## Physical Requirements Age 40-49

	20 <sup>th</sup> percentile	35 <sup>th</sup> percentile
1.5 mile run (male)	15:22	14:07
1.5 mile run (Female)	18:38	16:46
Push-ups (male)	11	16
Push-ups (female)	6 (mod) 6 (FB)	11 (mod) 8 (FB)
Sit-ups 1 min (male)	24	28
Sit-ups 1 min (female)	14	19

## Physical Requirements Age 50-59

	20 <sup>th</sup> percentile	35 <sup>th</sup> percentile
1.5 mile run (male)	16:46	15:20
1.5 mile run (Female)	20:32	18:37
Push-ups (male)	9	11
Push-ups (female)	6 (mod)	10 (mod)
Sit-ups 1 min (male)	19	22
Sit-ups 1 min (female)	10	12

***Sit-ups must be performed within 60 seconds, in the proper form.***



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## Physical Requirements Age 60-69

	20 <sup>th</sup> percentile	35 <sup>th</sup> percentile
1.5 mile run (male)	19:10	17:11
1.5 mile run (Female)	22:44	20:46
Push-ups (male)	6	9
Push-ups (female)	2 (mod)	4 (mod)
Sit-ups 1 min (male)	15	18
Sit-ups 1 min (female)	3	5

## Physical Requirements Age 70-79

	20 <sup>th</sup> percentile	35 <sup>th</sup> percentile
1.5 mile run (male)	21:47	19:39
1.5 mile run (Female)	23:46	22:20
Push-ups (male)	6	9
Push-ups (female)	2 (mod)	4 (mod)
Sit-ups 1 min (male)	15	18
Sit-ups 1 min (female)	3	5

***Sit-ups must be performed within 60 seconds, in the proper form.***