



PFQ Challenge 2022 Top Scores

186 operators participated in the challenge - 122 maxed the test at 50+ points

FINAL SCORES							EXTRA CREDIT SCORES						
Age	Gender	800 Meter	400 Meter	Burpees	Squats	Pull-ups	800 Meter	400 Meter	Burpees	Squats	Pull-ups	Extra Credit	Final Score + Extra Credit
40	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	14	26	80	120	170
35	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	4	20	58	22	106	156
28	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	4	0	77	18	101	151
37	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	2	40	34	22	100	150
31	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	4	13	49	22	90	140
38	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	3	15	25	42	86	136
40	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	3	3	24	15	24	69	119
37	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	3	15	15	31	65	115
35	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	7	25	30	64	114
38	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	2	20	25	13	62	112
34	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	2	6	35	16	61	111
34	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	2	22	25	11	61	111
46	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	5	29	21	55	105
26	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	2	10	30	5	48	98
48	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	1	1	0	37	20	59	97
30	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	7	9	26	44	94
32	Male	3:14 or less = 10 points	2:44 or less = 10 points	38-39 = 2	75+ = 10 points	20+ = 10 points	1	4	0	35	10	45	92
28	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	2	12	13	12	41	91
31	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	1	2	19	7	30	90
38	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	3	8	22	5	39	89
33	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	4	7	8	17	37	87
31	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	10	14	10	36	86
29	Male	3:30 - 3:44 = 6	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	2	29	8	40	86
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	1	1	20	12	35	85
51	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	1	35	1	37	85
28	Female	3:14 or less = 10 points	2:45 - 2:59 = 8	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	3	26	5	34	84
27	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	1	1	0	30	5	37	83
37	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	1	20	13	34	82
38	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	3	26	1	31	82
29	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	1	0	23	12	36	82
33	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	2	16	12	30	80
29	Male	3:14 or less = 10 points	2:45 - 2:59 = 8	46-49 = 8	75+ = 10 points	20+ = 10 points	0	0	0	27	6	33	79
29	Male	3:30 - 3:44 = 6	2:45 - 2:59 = 8	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	2	18	15	35	79
47	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	3	14	13	30	78
28	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	1	1	25	28	78
33	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	0	20	5	27	77
30	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	2	4	8	12	27	77

Age	Gender	800 Meter	400 Meter	Burpees	Squats	Pull-ups	800 Meter	400 Meter	Burpees	Squats	Pull-ups	Extra Credit	Final Score + Extra Credit
35	Male	3:45 - 3:59 = 4	2:45 - 2:59 = 8	43-45 = 6	75+ = 10 points	20+ = 10 points	0	0	0	39	0	39	77
25	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	3	0	20	4	27	77
29	Male	3:14 or less = 10 points	3:00 - 3:14 = 6	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	3	8	20	31	77
45	Male	3:14 or less = 10 points	2:45 - 2:59 = 8	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	8	10	10	28	76
30	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	1	2	5	17	27	76
27	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	1	18	5	26	76
42	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	0	1	0	25	2	28	76
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	2	1	9	12	25	75
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	2	1	9	12	25	75
35	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	4	17	5	26	74
45	Male	3:14 or less = 10 points	3:00 - 3:14 = 6	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	1	20	7	28	74
40	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	2	2	20	24	74
31	Male	3:45 - 3:59 = 4	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	16-17 = 6	0	0	0	37	0	37	73
45	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	3	0	7	10	22	72
35	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	10	10	0	22	72
45	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	1	0	24	0	25	71
41	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	3	2	10	5	21	71
28	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	0	0	25	1	26	70
41	Male	3:15 - 3:29 = 8	2:45 - 2:59 = 8	40-42 = 4	75+ = 10 points	20+ = 10 points	0	0	0	25	5	30	70
38	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	40-42 = 4	75+ = 10 points	20+ = 10 points	0	1	0	25	2	28	70
41	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	8	8	5	22	70
29	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	73-74 = 8	20+ = 10 points	1	3	0	0	20	24	70
33	Male	3:45 - 3:59 = 4	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	2	0	24	3	29	69
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	2	0	12	5	19	69
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	0	2	0	15	4	19	69
33	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	3	3	0	11	2	19	69
32	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	6	14	0	20	68
21	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	70-72 = 6	20+ = 10 points	1	1	0	0	0	23	67
33	Male	3:14 or less = 10 points	2:45 - 2:59 = 8	43-45 = 6	75+ = 10 points	20+ = 10 points	0	0	0	15	8	23	67
32	Male	3:30 - 3:44 = 6	3:00 - 3:14 = 6	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	2	12	11	25	67
27	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	0	0	18	2	20	66
51	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	1	4	12	18	66
29	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	1	2	11	16	66
37	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	0	10	5	15	65
28	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	16-17 = 6	4	2	0	17	0	23	65
29	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	0	10	3	14	64
31	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	2	0	0	10	14	64
35	Male	3:14 or less = 10 points	3:30 - 3:44 = 2	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	0	4	9	8	22	64
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	1	1	0	7	7	16	64
50	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	0	11	2	13	63
40	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	0	1	0	3	11	15	63
26	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	1	2	0	12	2	17	63
34	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	1	2	0	11	1	15	63
39	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	0	0	11	12	62
34	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	1	4	5	11	61
27	Male	3:30 - 3:44 = 6	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	8	1	4	15	61
30	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	0	1	0	12	0	13	61
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	2	0	6	7	15	61
38	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	0	0	11	4	15	61
45	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	0	0	15	0	15	61
27	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	2	3	0	5	0	10	60

Age	Gender	800 Meter	400 Meter	Burpees	Squats	Pull-ups	800 Meter	400 Meter	Burpees	Squats	Pull-ups	Extra Credit	Final Score + Extra Credit
29	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	1	2	0	1	8	12	60
41	Male	3:30 - 3:44 = 6	2:45 - 2:59 = 8	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	8	5	2	15	59
33	Male	3:14 or less = 10 points	2:44 or less = 10 points	38-39 = 2	75+ = 10 points	20+ = 10 points	3	2	0	5	7	27	59
40	Male	3:15 - 3:29 = 8	3:00 - 3:14 = 6	40-42 = 4	75+ = 10 points	20+ = 10 points	0	0	0	10	10	20	58
34	Male	3:14 or less = 10 points	2:45 - 2:59 = 8	43-45 = 6	75+ = 10 points	20+ = 10 points	0	0	0	6	8	14	58
41	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	0	0	0	5	5	10	58
28	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	0	0	0	11	2	13	57
27	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	0	5	0	6	56
31	Female	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	16-17 = 6	0	0	0	10	0	10	56
35	Male	3:14 or less = 10 points	2:44 or less = 10 points	38-39 = 2	75+ = 10 points	20+ = 10 points	0	1	0	10	3	14	56
35	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	0	0	6	6	56
37	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	14-15 = 4	0	2	3	7	0	12	56
33	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	0	0	5	6	56
40	Male	3:15 - 3:29 = 8	3:00 - 3:14 = 6	43-45 = 6	75+ = 10 points	16-17 = 6	0	0	0	20	0	20	56
32	Male	3:14 or less = 10 points	2:45 - 2:59 = 8	40-42 = 4	75+ = 10 points	20+ = 10 points	1	0	0	8	5	14	56
27	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	70-72 = 6	20+ = 10 points	1	4	0	0	5	10	56
41	Male	3:14 or less = 10 points	2:45 - 2:59 = 8	46-49 = 8	70-72 = 6	20+ = 10 points	1	0	0	0	12	13	55
33	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	1	1	0	0	7	9	55
42	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	70-72 = 6	20+ = 10 points	3	3	1	0	2	9	55
39	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	1	0	0	0	7	8	54
35	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	2	0	0	2	4	54
37	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	67-69 = 4	20+ = 10 points	1	0	5	0	4	10	54
34	Male	3:14 or less = 10 points	2:44 or less = 10 points	46-49 = 8	75+ = 10 points	20+ = 10 points	1	3	0	0	2	6	54
29	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	1	1	0	1	0	3	53
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	40-42 = 4	75+ = 10 points	20+ = 10 points	0	0	0	2	7	9	53
29	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	18-19 = 8	2	2	0	1	0	5	53
40	Male	3:14 or less = 10 points	2:45 - 2:59 = 8	50+ = 10 points	73-74 = 8	20+ = 10 points	0	0	0	0	6	6	52
32	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	0	2	1	4	52
37	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	70-72 = 6	20+ = 10 points	0	1	0	0	5	6	52
27	Male	3:30 - 3:44 = 6	2:44 or less = 10 points	40-42 = 4	73-74 = 8	20+ = 10 points	0	0	0	8	3	11	51
35	Male	3:15 - 3:29 = 8	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	1	0	0	2	3	51
31	Male	3:14 or less = 10 points	2:44 or less = 10 points	43-45 = 6	75+ = 10 points	20+ = 10 points	2	2	0	0	0	4	50
36	Male	3:14 or less = 10 points	2:44 or less = 10 points	50+ = 10 points	75+ = 10 points	20+ = 10 points	0	0	0	0	0	0	50
32	Male	3:30 - 3:44 = 6	3:15 - 3:29 = 4	40-42 = 4	75+ = 10 points	20+ = 10 points	0	0	0	11	5	16	50