ANNEXURE-B2

MPED Physical Fitness Test

PERFORMANCE CONVERSION TABLE

OVERHEAD BACK THROW

Men (3 Kg.)		Women (2 Kg.)	
Distance (Meters)	**Points**	**Distance (Meters)**	**Points**
15.00 and above	100	12.50 and above	100
14.50	94	12.00	94
14.00	89	11.50	87
13.50	84	11.00	81
13.00	79	10.50	76
12.50	74	10.00	71
12.00	69	9.50	66
11.50	66	9.00	61
11.00	63	8.50	57
10.50	60	8.00	53
10.00	57	7.50	49
9.50	54	7.00	45
9.00	51	6.50	41
8.50	48	6.00	38
8.00	45	5.50	35
7.50	42	5.00	32
7.00	39	4.50	29
6.50	36	4.00	26
6.00	33	3.50	23
5.50	30	3.00	20
5.00	28		
4.50	26		
4.00	24		
3.50	22		
3.00 and below	20		

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