



40 Yard Dash Power Rating

(Regardless of Position or Sport)

<u>Time</u>			<u>Rating</u>
> 4.25	-	4.46	10
4.45	-	4.672	9
4.671	-	4.883	8
4.882	-	5.094	7
5.093	-	5.305	6
5.304	-	5.516	5
5.515	-	5.727	4
5.726	-	5.938	3
5.937	-	6.149	2
< 6.148	-	6.36	1