



L-Drill Power Rating

(Regardless of Position or Sport)

<u>Time</u>		<u>Rating</u>
> 6.75	- 7.065	10
7.064	- 7.38	9
7.37	- 7.695	8
7.694	- 8.01	7
8.00	- 8.325	6
8.324	- 8.64	5
8.63	- 8.955	4
8.954	- 9.27	3
9.26	- 9.585	2
< 9.584	- 9.9	1