Here is how armor and health actually works: Player base health is 90 HP, the Vitality Enhancer increases player health by 20%, bringing it up to 108 HP (it does nothing else). Limb Health and Limb Injuries have absolutely no relation whatsoever to damage taken, and are entirely separate from your HP. The base damage modifier for Torso is x1.0, Head is x1.5 and Arms and Legs are roughly x0.85 (limb damage modifier wasn't the main scope of our week of testing).

Unlike enemies, the player has an Armor Value (AV) of 0, meaning you can be damaged from any source. Instead, players use Damage Resistance (DR) which is a % of damage blocked by incoming damage, and is not represented or conveyed properly at all by the armor "stats". "Armor Rating" (AR) doesn't actually mean anything, it's fake UI element that's purely there to tell you if something has more or less "armor".

The actual table for AR translated to DR actually looks like this.

AR	DR	Blocked	Received
0	0%	x0.0	x1.0
50	20%	x0.2	x0.8
75	28%	x0.28	x0.72
100	36%	x0.36	x0.64
125	42.4%	x0.424	x0.576
150	48.8%	x.0488	x0.512
200	59.04%	x0.5904	x0.4096

If you want to calculate damage and health for yourself to compare vs known damage sources, like the MP98 Knight SMG (which does exactly 50 WPN DMG), or to find out how much WPN DMG an enemy attack does you will need to screenshot your HP bar and divide it into 9 segments of 2 blocks each (90 HP total, each block representing 5 HP) for BASE HP. To translate the segmented HP bar into Vitality Enhancement boosted HP, you instead interpret each block as 6 HP (12x9 = 108 HP).

You then screenshot your damaged HP bar, overlay it over your segmented bar to get your MISSING HP value (the amount of health LOST) and use it in this formula.

MISSING HP / RECIEVED = WPN DMG

The RECIEVED value corresponds to how much armor you have, so for the B-27 Fortified Commando, which has 200 AR (59.04% DR) the RECIEVED value will be 0.4096. If you instead already know WPN DMG and want to calculate how much damage it will inflict (ie MISSING HP) value you reverse the formula.

WPN DMG x RECIEVED = MISSING HP

The JAR-5 Dominator does 200 WPN DMG, so if you shoot a 200 AR player in the Chest you will deal 81.92 damage (MISSING HP).

OBSERVE, your Head has 0 AR / 0% DR at all times, you don't have ANY protection on your head and will ALWAYS take 100% damage + Headshot multiplier (x1.5 or higher). Your Cape for that matter also has 0 AR, and no stats of any kind, same as your Helmet.

REGARDING CRITS
There is no such thing as a "critical hit", not even for explosives. The cause for "crits" is a visual error due to your local game Client having a disagreement with the game Server about the visual for projectiles and animation state for both the Player and the enemy attacking you. What this means is that, on your screen (your Client), it sometimes looks like an enemy shoots or hits you in the Chest for half your HP or more, or as if your character just survived a direct impact from a rocket to the Head, but on the Server side the attack hit elsewhere. The animation state on your Client does not always reflect what the Server sees either, on your end you are looking up or turning around, on the Server end your character is lagging behind and flinching or looking down while reloading or aiming and was just shot in the head. This is also why Bile Spewers and Hulk Scorchers can sometimes instantly vaporize you before their spray/fire even hits you.

You can actually recreate this Server-Client disagreement in other ways:
1) Spectating other players while you're dead, which immediately tells you that what you see and other players see is not the same.
2) Piloting a Mech and having another player stand on your mech while you walk around, the pilot will see the surfer float and lag around behind them, but the surfer doesn't.
3) Shoot very precise shots at a stationary player (easier if they do the Hug emote and hold their arms out) right at the edge of their model hitbox, which on the recieving players end visually looks as if they were "hit", with your bullet being stopped and a blood effect playing with no damage taken and on your end looks as if your bullet kept going past them.

FORTIFIED/EXPLOSIVE RESISTANCE & DAMAGE
Fortified provides 50% Explosive Resistance (x0.5) AFTER your armor DR% has been calculated. Heavy Armor does in fact protect against explosives (but the damage is so high that you often can't tell), but wearing Heavy Armor with Fortified does not give you 98.8% Explosive Resistance. Instead it will first block 48.8% of the damage and then block 50% of the damage NOT blocked by your armor DR%. So if a rocket does 250 WPN DMG (I don't know the exact damage of a rocket), it will deal 122 damage to someone with 150 AR / 48.8% DR, which will kill them. But if they have Fortified, the game then takes that 122 damage and reduces it to 61. Also, rockets and shells have direct impact damage as well (which is not blocked by explosive resistance since it's a non-explosive damage type), which adds to the broad damage variance when being hit with explosives.

STAMINA
"Stamina Regen" is, just like "Armor Rating" a made-up fake stat in the stats UI. Stamina Regen is exactly the same for all armors (3.3 per second), and what it actually means is total Stamina. Stamina Regen is only increased by the Stamina Enhancement booster (by 65%), which also increases your total Stamina by 30%.

Class	Stamina	Time for stamina refill	Sprint speed
Light	125	9s	6.155m/s
Light-Medium	115	8s	
Medium	100	7s	5.680m/s
Medium-Heavy	75	6s	
Heavy	50	5s	5.184m/s