

## Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9 Females Age 10 & 11 HFZ: $\geq$ 40.2

		BMI	6.5	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
B.401 -	PACER	PACER				_																										
Mile																																F
Run 13:00	(20M) 10	(15M) 13	51.6	51.2	50.4	40 F	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.1	39.4	38.6	27.0	36.9	26.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5	27.7
12:45	11	14	51.5	51.2	50.4	49.4		47.7	46.9	46.1	45.2	44.4	43.5	42.7	41.9		40.1	39.3	38.5	37.7	36.8	36.0	35.1	34.3	33.5	32.6	31.8	30.9	30.1	29.3	28.4	27.7
12:45	12	15	51.5	51.1	50.3		48.5	47.7	46.9	46.0	45.2			42.7		41.0	40.1	39.3	38.5		36.8	35.9	35.1	34.3	33.4	32.6		30.9		29.2	28.4	27.5
11:50	15	19	51.6	51.2	50.3	49.5		47.8	47.0	46.1	45.3	44.4	43.6	42.8	41.9		40.2	39.4	38.6	37.7	36.9	36.0	35.2	34.4	33.5	32.7	31.8	31.0	30.2	29.3	28.5	27.6
11:10	19	25	52.0	51.5	50.7	49.9		48.2	47.3	46.5	45.7	44.8	44.0	43.1		41.5		39.8	38.9	38.1	37.3	36.4	35.6	34.7	33.9	33.1	32.2	31.4	30.5	29.7	28.9	28.0
10:40	23	30	52.5	52.0	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5
10:09	28	36	53.1	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6	31.7	30.9	30.0	29.2
9:46	32	42	53.8	53.3	52.5	51.7	50.8	50.0	49.1	48.3	47.5	46.6	45.8	44.9	44.1	43.3	42.4	41.6	40.7	39.9	39.1	38.2	37.4	36.5	35.7	34.9	34.0	33.2	32.3	31.5	30.7	29.8
9:22	37	48	54.5	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7	44.9	44.0	43.2	42.3	41.5	40.7	39.8	39.0	38.1	37.3	36.5	35.6	34.8	33.9	33.1	32.3	31.4	30.6
9:04	41	54	55.2	54.8	53.9	53.1	52.2	51.4	50.6	49.7	48.9	48.0	47.2	46.4	45.5	44.7	43.8	43.0	42.2	41.3	40.5	39.6	38.8	38.0	37.1	36.3	35.4	34.6	33.8	32.9	32.1	31.2
8:42	46	60	56.0	55.6	54.8	53.9	53.1	52.3	51.4	50.6	49.7	48.9	48.1	47.2	46.4	45.5	44.7	43.9	43.0	42.2	41.3	40.5	39.7	38.8	38.0	37.1	36.3	35.5	34.6	33.8	32.9	32.1
8:22	51	67	56.9	56.5	55.6	54.8	54.0	53.1	52.3	51.4	50.6	49.8	48.9	48.1	47.2	46.4	45.6	44.7	43.9	43.0	42.2	41.4	40.5	39.7	38.8	38.0	37.2	36.3	35.5	34.6	33.8	33.0
8:04	56	73	57.8	57.3	56.5	55.7	54.8	54.0	53.1	52.3	51.5	50.6	49.8	48.9	48.1	47.3	46.4	45.6	44.7	43.9	43.1	42.2	41.4	40.5	39.7	38.9	38.0	37.2	36.3	35.5	34.7	33.8
7:46	61	80	58.7	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8	38.9	38.1	37.2	36.4	35.6	34.7
7:25	67	87	59.8	59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9	45.1	44.3	43.4	42.6	41.7	40.9	40.1	39.2	38.4	37.5	36.7	35.9
7:10	72	94	60.7	60.2	59.4	58.6	57.7	56.9	56.0	55.2	54.4	53.5	52.7	51.8	51.0	50.2	49.3	48.5	47.6	46.8	46.0	45.1	44.3	43.4	42.6	41.8	40.9	40.1	39.2	38.4	37.6	36.7
6:52	78	101	61.8	61.3	60.5	59.7	58.8	58.0	57.1	56.3	55.5	54.6	53.8	52.9	52.1	51.3	50.4	49.6	48.7	47.9	47.1	46.2	45.4	44.5	43.7	42.9	42.0	41.2	40.3	39.5	38.7	37.8
6:37	83	108	62.7	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0	47.2	46.3	45.5	44.6	43.8	43.0	42.1	41.3	40.4	39.6	38.8
6:22	89	116	63.7	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8
6:10	94	123	64.5	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6
5:53	101	131	65.7	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8
5:44	106	138	66.4	66.0	65.1	64.3	63.5	62.6	61.8	60.9	60.1	59.3	58.4	57.6	56.7	55.9	55.1	54.2	53.4	52.5	51.7	50.9	50.0	49.2	48.3	47.5	46.7	45.8	45.0	44.1	43.3	42.5
5:31	113	147	67.4	67.0	66.2	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5
5:23	118	154	68.0	67.6	66.8	65.9	65.1	64.2	63.4	62.6	61.7	60.9	60.0	59.2	58.4	57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6	45.8	44.9	44.1
5:14	125	163	68.7	68.3	67.5	66.6	65.8	65.0	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2			55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8
5:11	131	171	69.6	69.2	68.4	67.5	66.7	65.9	65.0	64.2	63.3	62.5	61.7	60.8	60.0	59.1	58.3	57.5	56.6	55.8	54.9	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7
5:06	138	180	69.9	69.5	68.6	67.8	66.9	66.1	65.3	64.4	63.6	62.7	61.9	61.1		59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9
4:53	144	188	70.5	70.1	69.3	68.4	67.6	66.8	65.9	65.1	64.2	63.4	62.6	61.7	60.9	60.0	59.2	58.4	57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6
4:44	151	197	71.3	70.9	70.0	69.2	68.4	67.5	66.7	65.8	65.0	64.2	63.3	62.5	61.6	60.8	60.0	59.1	58.3	57.4	56.6	55.8	54.9	54.1	53.2	52.4	51.6	50.7	49.9	49.0	48.2	47.4
4:37	157	206	71.9	71.5	70.7	69.8		68.2	67.3	66.5	65.6	64.8	64.0	63.1	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0
4:27	165	216	72.8	72.4	71.5	70.7		69.0	68.2	67.3	66.5			64.0		62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8
4:20	171	224	73.4	73.0	72.2	71.3		69.7	68.8	68.0	67.1	66.3	65.5	64.6	63.8		62.1	61.3	60.4	59.6	58.7	57.9	57.1	56.2	55.4	54.5	53.7	52.9	52.0	51.2	50.3	49.5
4:11	179	234	74.2	73.8	73.0	72.1		70.4	69.6	68.8	67.9	67.1	66.2	65.4		63.7	62.9	-	61.2	60.4	59.5	58.7	57.8	57.0	56.2	55.3	54.5	53.6			51.1	50.3
4:05	185	243	74.8	74.4	73.6	72.7	71.9	71.0	70.2	69.4	68.5	67.7	66.8	66.0	65.2		63.5	62.6	61.8	61.0	60.1	59.3	58.4	57.6	56.8	55.9	55.1	54.2	53.4	52.6	51.7	50.9
4:00	190	250	75.3	74.9	74.0	73.2	72.3	71.5	70.7	69.8	69.0	68.1	67.3	66.5	65.6	64.8	63.9	63.1	62.3	61.4	60.6	59.7	58.9	58.1	57.2	56.4	55.5	54.7	53.9	53.0	52.2	51.3





## Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9 Females Age 12 HFZ: ≥ 40.1

		ВМІ	6.5	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Mile	PACER	PACER																														
Run	(20M)	(15M)																														
13:00	10	13	51.6	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5	27.7
12:45	11	14	51.5	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7	41.9	41.0	40.2	39.3	38.5	37.7	36.8	36.0	35.1	34.3	33.5	32.6	31.8	30.9	30.1	29.3	28.4	27.6
12:29	12	15	51.5	51.1	50.2	49.4	48.5	47.7	46.9	46.0	45.2	44.3	43.5	42.7	41.8	41.0	40.1	39.3	38.5	37.6	36.8	35.9	35.1	34.3	33.4	32.6	31.7	30.9	30.1	29.2	28.4	27.5
11:50	15	19	51.6	51.2	50.3	49.5	48.6	47.8	47.0	46.1	45.3	44.4	43.6	42.8	41.9	41.1	40.2	39.4	38.6	37.7	36.9	36.0	35.2	34.4	33.5	32.7	31.8	31.0	30.2	29.3	28.5	27.6
11:10	19	25	52.0	51.5	50.7	49.9	49.0	48.2	47.3	46.5	45.7	44.8	44.0	43.1	42.3	41.5	40.6	39.8	38.9	38.1	37.3	36.4	35.6	34.7	33.9	33.1	32.2	31.4	30.5	29.7	28.9	28.0
10:40	23	30	52.5	52.0	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5
10:09	28	36	53.1	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6	31.7	30.9	30.0	29.2
9:46	32	42	53.8	53.3	52.5	51.7	50.8	50.0	49.1	48.3	47.5	46.6	45.8	44.9	44.1	43.3	42.4	41.6	40.7	39.9	39.1	38.2	37.4	36.5	35.7	34.9	34.0	33.2	32.3	31.5	30.7	29.8
9:22	37	48	54.5	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7	44.9	44.0	43.2	42.3	41.5	40.7	39.8	39.0	38.1	37.3	36.5	35.6	34.8	33.9	33.1	32.3	31.4	30.6
9:04	41	54	55.2	54.8	53.9	53.1	52.2	51.4	50.6	49.7	48.9	48.0	47.2	46.4	45.5	44.7	43.8	43.0	42.2	41.3	40.5	39.6	38.8	38.0	37.1	36.3	35.4	34.6	33.8	32.9	32.1	31.2
8:42	46	60	56.0	55.6	54.8	53.9	53.1	52.3	51.4	50.6	49.7	48.9	48.1	47.2	46.4	45.5	44.7	43.9	43.0	42.2	41.3	40.5	39.7	38.8	38.0	37.1	36.3	35.5	34.6	33.8	32.9	32.1
8:22	51	67	56.9	56.5	55.6	54.8	54.0	53.1	52.3	51.4	50.6	49.8	48.9	48.1	47.2	46.4	45.6	44.7	43.9	43.0	42.2	41.4	40.5	39.7	38.8	38.0	37.2	36.3	35.5	34.6	33.8	33.0
8:04	56	73	57.8	57.3	56.5	55.7	54.8	54.0	53.1	52.3	51.5	50.6	49.8	48.9	48.1	47.3	46.4	45.6	44.7	43.9	43.1	42.2	41.4	40.5	39.7	38.9	38.0	37.2	36.3	35.5	34.7	33.8
7:46	61	80	58.7	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8	38.9	38.1	37.2	36.4	35.6	34.7
7:25	67	87	59.8	59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9	45.1	44.3	43.4	42.6	41.7	40.9	40.1	39.2	38.4	37.5	36.7	35.9
7:10	72	94	60.7	60.2	59.4	58.6	57.7	56.9	56.0	55.2	54.4	53.5	52.7	51.8	51.0	50.2	49.3	48.5	47.6	46.8	46.0	45.1	44.3	43.4	42.6	41.8	40.9	40.1	39.2	38.4	37.6	36.7
6:52	78	101	61.8	61.3	60.5	59.7	58.8	58.0	57.1	56.3	55.5	54.6	53.8	52.9	52.1	51.3	50.4	49.6	48.7	47.9	47.1	46.2	45.4	44.5	43.7	42.9	42.0	41.2	40.3	39.5	38.7	37.8
6:37	83	108	62.7	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0	47.2	46.3	45.5	44.6	43.8	43.0	42.1	41.3	40.4	39.6	38.8
6:22	89	116	63.7	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8
6:10	94	123	64.5	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6
5:53	101	131	65.7	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8
5:44	106	138	66.4	66.0	65.1	64.3	63.5	62.6	61.8	60.9	60.1	59.3	58.4	57.6	56.7	55.9	55.1	54.2	53.4	52.5	51.7	50.9	50.0	49.2	48.3	47.5	46.7	45.8	45.0	44.1	43.3	42.5
5:31	113	147	67.4	67.0	66.2	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5
5:23	118	154	68.0	67.6	66.8	65.9	65.1	64.2	63.4	62.6	61.7	60.9	60.0	59.2	58.4	57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6	45.8	44.9	44.1
5:14	125	163	68.7	68.3	67.5	66.6	65.8	65.0	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8
5:11	131	171	69.6	69.2	68.4	67.5	66.7	65.9	65.0	64.2	63.3	62.5	61.7	60.8	60.0	59.1	58.3	57.5	56.6	55.8	54.9	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7
5:06	138	180	69.9	69.5	68.6	67.8		66.1	65.3	64.4	63.6	_		61.1		59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6		
4:53	144	188	70.5	70.1	69.3	68.4	67.6		65.9	65.1	64.2	63.4	62.6	_		60.0		58.4	57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	
4:44	151	197	71.3	70.9	70.0	69.2		67.5	66.7	65.8	65.0	64.2	63.3	_		60.8	60.0	59.1	58.3	57.4	56.6	55.8	54.9	54.1	53.2	52.4	51.6	50.7	49.9	-	48.2	
4:37	157	206	71.9	71.5	70.7	69.8	69.0	68.2	67.3	66.5	65.6	64.8	64.0			61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	
4:27	165	216	72.8	72.4	71.5	70.7	69.8	69.0	68.2	67.3	66.5	65.6	64.8	_		62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6		53.9	53.0	52.2	51.4		49.7	48.8
4:20	171	224	73.4	73.0	72.2	71.3	70.5	69.7	68.8	68.0	67.1	66.3	65.5		63.8		62.1	61.3	60.4	59.6	58.7	57.9	57.1	56.2	55.4	54.5	53.7	52.9	52.0		50.3	
4:11	179	234	74.2	73.8		72.1	71.3	70.4	69.6	68.8	67.9	67.1	66.2	_			62.9			60.4	59.5	58.7	57.8	57.0		55.3	54.5	53.6	52.8	$\overline{}$	51.1	50.3
4:05	185 190	243 250	74.8	74.4	73.6	72.7	71.9	71.0	70.2	69.4	68.5	67.7	66.8			64.3	63.5	62.6	61.8	61.0	60.1	59.3	58.4	57.6	56.8	55.9	55.1	54.2	53.4	52.6	51.7	50.9
4:00	190	250	75.3	74.9	74.0	73.2	72.3	/1.5	70.7	69.8	69.0	68.1	67.3	66.5	65.6	64.8	63.9	65.1	62.3	61.4	60.6	59.7	58.9	58.1	57.2	56.4	55.5	54.7	53.9	53.0	52.2	51.3





## Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9 Females Age 13 HFZ: ≥ 39.7

		BMI	6.5	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Mile	PACER	PACER				_																										22
Run	(20M)	(15M)																														
13:00	10	13	51.6	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5	27.7
12:45	11	14	51.5	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7	41.9	41.0	40.2	39.3	38.5	37.7	36.8	36.0	35.1	34.3	33.5	32.6	31.8	30.9	30.1	29.3	28.4	27.6
12:29	12	15	51.5	51.1	50.2	49.4	48.5	47.7	46.9	46.0	45.2	44.3	43.5	42.7	41.8	41.0	40.1	39.3	38.5	37.6	36.8	35.9	35.1	34.3	33.4	32.6	31.7	30.9	30.1	29.2	28.4	27.5
11:50	15	19	51.6	51.2	50.3	49.5	48.6	47.8	47.0	46.1	45.3	44.4	43.6	42.8	41.9	41.1	40.2	39.4	38.6	37.7	36.9	36.0	35.2	34.4	33.5	32.7	31.8	31.0	30.2	29.3	28.5	27.6
11:10	19	25	52.0	51.5	50.7	49.9	49.0	48.2	47.3	46.5	45.7	44.8	44.0	43.1	42.3	41.5	40.6	39.8	38.9	38.1	37.3	36.4	35.6	34.7	33.9	33.1	32.2	31.4	30.5	29.7	28.9	28.0
10:40	23	30	52.5	52.0	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5
10:09	28	36	53.1	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6	31.7	30.9	30.0	29.2
9:46	32	42	53.8	53.3	52.5	51.7	50.8	50.0	49.1	48.3	47.5	46.6	45.8	44.9	44.1	43.3	42.4	41.6	40.7	39.9	39.1	38.2	37.4	36.5	35.7	34.9	34.0	33.2	32.3	31.5	30.7	29.8
9:22	37	48	54.5	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7	44.9	44.0	43.2	42.3	41.5	40.7	39.8	39.0	38.1	37.3	36.5	35.6	34.8	33.9	33.1	32.3	31.4	30.6
9:04	41	54	55.2	54.8	53.9	53.1	52.2	51.4	50.6	49.7	48.9	48.0	47.2	46.4	45.5	44.7	43.8	43.0	42.2	41.3	40.5	39.6	38.8	38.0	37.1	36.3	35.4	34.6	33.8	32.9	32.1	31.2
8:42	46	60	56.0	55.6	54.8	53.9	53.1	52.3	51.4	50.6	49.7	48.9	48.1	47.2	46.4	45.5	44.7	43.9	43.0	42.2	41.3	40.5	39.7	38.8	38.0	37.1	36.3	35.5	34.6	33.8	32.9	32.1
8:22	51	67	56.9	56.5	55.6	54.8	54.0	53.1	52.3	51.4	50.6	49.8	48.9	48.1	47.2	46.4	45.6	44.7	43.9	43.0	42.2	41.4	40.5	39.7	38.8	38.0	37.2	36.3	35.5	34.6	33.8	33.0
8:04	56	73	57.8	57.3	56.5	55.7	54.8	54.0	53.1	52.3	51.5	50.6	49.8	48.9	48.1	47.3	46.4	45.6	44.7	43.9	43.1	42.2	41.4	40.5	39.7	38.9	38.0	37.2	36.3	35.5	34.7	33.8
7:46	61	80	58.7	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8	38.9	38.1	37.2	36.4	35.6	34.7
7:25	67	87	59.8	59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9	45.1	44.3	43.4	42.6	41.7	40.9	40.1	39.2	38.4	37.5	36.7	35.9
7:10	72	94	60.7	60.2	59.4	58.6	57.7	56.9	56.0	55.2	54.4	53.5	52.7	51.8	51.0	50.2	49.3	48.5	47.6	46.8	46.0	45.1	44.3	43.4	42.6	41.8	40.9	40.1	39.2	38.4	37.6	36.7
6:52	78	101	61.8	61.3	60.5	59.7	58.8	58.0	57.1	56.3	55.5	54.6	53.8	52.9	52.1	51.3	50.4	49.6	48.7	47.9	47.1	46.2	45.4	44.5	43.7	42.9	42.0	41.2	40.3	39.5	38.7	37.8
6:37	83	108	62.7	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0	47.2	46.3	45.5	44.6	43.8	43.0	42.1	41.3	40.4	39.6	38.8
6:22	89	116	63.7	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8
6:10	94	123	64.5	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9			52.4			49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1		41.4	40.6
5:53	101	131	65.7	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8
5:44	106	138	66.4	66.0	65.1	64.3	63.5	62.6	61.8	60.9	60.1	59.3	58.4	57.6	56.7	55.9	55.1	54.2	53.4	52.5	51.7	50.9	50.0	49.2	48.3	47.5	46.7	45.8	45.0	44.1	43.3	42.5
5:31	113	147	67.4	67.0	66.2	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5
5:23	118	154	68.0	67.6	66.8	65.9	65.1	64.2	63.4	62.6	61.7	60.9	60.0	59.2	58.4	57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6	45.8	44.9	44.1
5:14	125	163	68.7	68.3	67.5	66.6				63.3	62.4	61.6	60.8	59.9				56.6			54.0		52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5		_
5:11	131	171	69.6	69.2			66.7			64.2	63.3	62.5	61.7						56.6		54.9		53.3	52.4	51.6	50.7	49.9	49.1	48.2		46.5	
5:06	138	180	69.9	69.5				66.1		64.4	63.6	62.7		61.1					56.9		55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5			
4:53	144	188	70.5	70.1			67.6	66.8	65.9	65.1	64.2	63.4	62.6		60.9			58.4			55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1		47.4	
4:44	151	197	71.3	70.9						65.8	65.0	64.2	63.3						58.3		56.6		54.9	54.1	53.2	52.4	51.6	50.7	49.9	_		
4:37 4:27	157 165	206 216	71.9 72.8	71.5		69.8 70.7	69.0 69.8		67.3 68.2	66.5	65.6	64.8	64.0		62.3			59.8	59.8		57.2 58.1	56.4 57.2	55.6 56.4	54.7 55.6	53.9 54.7	53.0 53.9	52.2	51.4	50.5		48.8	
4:27	171	224	73.4	73.0		71.3	70.5	69.7	68.8	68.0	67.1	66.3	65.5		63.8			61.3			58.7	57.2	57.1	56.2	55.4	54.5	53.7	52.2	52.0	_	50.3	_
4:20	171	234	74.2	73.8			71.3	70.4	69.6	68.8	67.9	67.1	66.2		64.6			62.0			59.5	58.7	57.8	57.0	56.2	55.3	54.5	53.6	52.8			
4:05	185	243	74.8	74.4	73.6		71.9	71.0	70.2	69.4	68.5	67.7	66.8		65.2		63.5	62.6		61.0	60.1	59.3	58.4	57.6	56.8	55.9	55.1	54.2	53.4		51.7	
4:00	190	250	75.3	74.9			72.3			69.8	69.0	68.1	67.3					63.1			60.6		58.9	58.1	57.2	56.4	55.5	54.7	53.9		52.2	
																																-





## Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9 Females Age 14 HFZ: ≥ 39.4

		BMI	6.5	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Mile	PACER	PACER	0.5	•	Ŭ																											- 55
Run	(20M)	(15M)																														
13:00	10	13	51.6	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.3	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5	27.7
12:45	11	14	51.5	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7	41.9	41.0	40.2	39.3	38.5	37.7	36.8	36.0	35.1	34.3	33.5	32.6	31.8	30.9	30.1	29.3	28.4	27.6
12:29	12	15	51.5	51.1	50.2	49.4	48.5	47.7	46.9	46.0	45.2	44.3	43.5	42.7	41.8	41.0	40.1	39.3	38.5	37.6	36.8	35.9	35.1	34.3	33.4	32.6	31.7	30.9	30.1	29.2	28.4	27.5
11:50	15	19	51.6	51.2	50.3	49.5	48.6	47.8	47.0	46.1	45.3	44.4	43.6	42.8	41.9	41.1	40.2	39.4	38.6	37.7	36.9	36.0	35.2	34.4	33.5	32.7	31.8	31.0	30.2	29.3	28.5	27.6
11:10	19	25	52.0	51.5	50.7	49.9	49.0	48.2	47.3	46.5	45.7	44.8	44.0	43.1	42.3	41.5	40.6	39.8	38.9	38.1	37.3	36.4	35.6	34.7	33.9	33.1	32.2	31.4	30.5	29.7	28.9	28.0
10:40	23	30	52.5	52.0	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5
10:09	28	36	53.1	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6	31.7	30.9	30.0	29.2
9:46	32	42	53.8	53.3	52.5	51.7	50.8	50.0	49.1	48.3	47.5	46.6	45.8	44.9	44.1	43.3	42.4	41.6	40.7	39.9	39.1	38.2	37.4	36.5	35.7	34.9	34.0	33.2	32.3	31.5	30.7	29.8
9:22	37	48	54.5	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7	44.9	44.0	43.2	42.3	41.5	40.7	39.8	39.0	38.1	37.3	36.5	35.6	34.8	33.9	33.1	32.3	31.4	30.6
9:04	41	54	55.2	54.8	53.9	53.1	52.2	51.4	50.6	49.7	48.9	48.0	47.2	46.4	45.5	44.7	43.8	43.0	42.2	41.3	40.5	39.6	38.8	38.0	37.1	36.3	35.4	34.6	33.8	32.9	32.1	31.2
8:42	46	60	56.0	55.6	54.8	53.9	53.1	52.3	51.4	50.6	49.7	48.9	48.1	47.2	46.4	45.5	44.7	43.9	43.0	42.2	41.3	40.5	39.7	38.8	38.0	37.1	36.3	35.5	34.6	33.8	32.9	32.1
8:22	51	67	56.9	56.5	55.6	54.8	54.0	53.1	52.3	51.4	50.6	49.8	48.9	48.1	47.2	46.4	45.6	44.7	43.9	43.0	42.2	41.4	40.5	39.7	38.8	38.0	37.2	36.3	35.5	34.6	33.8	33.0
8:04	56	73	57.8	57.3	56.5	55.7	54.8	54.0	53.1	52.3	51.5	50.6	49.8	48.9	48.1	47.3	46.4	45.6	44.7	43.9	43.1	42.2	41.4	40.5	39.7	38.9	38.0	37.2	36.3	35.5	34.7	33.8
7:46	61	80	58.7	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8	38.9	38.1	37.2	36.4	35.6	34.7
7:25	67	87	59.8	59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9	45.1	44.3	43.4	42.6	41.7	40.9	40.1	39.2	38.4	37.5	36.7	35.9
7:10	72	94	60.7	60.2	59.4	58.6	57.7	56.9	56.0	55.2	54.4	53.5	52.7	51.8	51.0	50.2	49.3	48.5	47.6	46.8	46.0	45.1	44.3	43.4	42.6	41.8	40.9	40.1	39.2	38.4	37.6	36.7
6:52	78	101	61.8	61.3	60.5	59.7	58.8	58.0	57.1	56.3	55.5	54.6	53.8	52.9	52.1	51.3	50.4	49.6	48.7	47.9	47.1	46.2	45.4	44.5	43.7	42.9	42.0	41.2	40.3	39.5	38.7	37.8
6:37	83	108	62.7	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0	47.2	46.3	45.5	44.6	43.8	43.0	42.1	41.3	40.4	39.6	38.8
6:22	89	116	63.7	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8
6:10	94	123	64.5	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6
5:53	101	131	65.7	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8
5:44	106	138	66.4	66.0	65.1	64.3	63.5	62.6	61.8	60.9	60.1	59.3	58.4	57.6	56.7	55.9	55.1	54.2	53.4	52.5	51.7	50.9	50.0	49.2	48.3	47.5	46.7	45.8	45.0	44.1	43.3	42.5
5:31	113	147	67.4	67.0	66.2	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5
5:23	118	154	68.0	67.6	66.8	65.9	65.1	64.2	63.4	62.6	61.7	60.9	60.0	59.2	58.4	57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6	45.8	44.9	44.1
5:14	125	163	68.7	68.3	67.5	66.6	65.8	65.0	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8
5:11	131	171	69.6	69.2	68.4	67.5	66.7	65.9	65.0	64.2	63.3	62.5	61.7	60.8	60.0	59.1	58.3	57.5	56.6	55.8	54.9	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7
5:06	138	180	69.9	69.5	68.6	67.8	66.9	66.1	65.3	64.4	63.6	62.7	61.9	61.1	60.2	59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9
4:53	144	188	70.5	70.1	69.3	68.4	67.6	66.8	65.9	65.1	64.2	63.4	62.6	61.7	60.9	60.0	59.2	58.4	57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6
4:44	151	197	71.3	70.9	70.0	69.2	68.4	67.5	66.7	65.8	65.0	64.2	63.3	62.5	61.6	60.8	60.0	59.1	58.3	57.4	56.6	55.8	54.9	54.1	53.2	52.4	51.6	50.7	49.9	49.0	48.2	47.4
4:37	157	206	71.9	71.5	70.7	69.8	69.0	68.2	67.3	66.5	65.6	64.8	64.0	63.1	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0
4:27	165	216	72.8	72.4	71.5	70.7	69.8	69.0	68.2	67.3	66.5	65.6	64.8	64.0	63.1	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8
4:20	171	224	73.4	73.0	72.2	71.3	70.5	69.7	68.8	68.0	67.1	66.3	65.5	64.6	63.8	62.9	62.1	61.3	60.4	59.6	58.7	57.9	57.1	56.2	55.4	54.5	53.7	52.9	52.0	51.2	50.3	49.5
4:11	179	234	74.2	73.8	73.0	72.1	71.3	70.4	69.6	68.8	67.9	67.1		65.4		63.7				60.4	59.5		57.8	57.0		55.3	54.5	53.6	52.8		51.1	50.3
4:05	185	243	74.8	74.4			71.9		70.2	69.4	68.5	67.7	66.8				63.5			61.0	60.1	59.3	58.4	57.6		55.9	55.1	54.2	53.4		51.7	50.9
4:00	190	250	75.3	74.9	74.0	73.2	72.3	71.5	70.7	69.8	69.0	68.1	67.3	66.5	65.6	64.8	63.9	63.1	62.3	61.4	60.6	59.7	58.9	58.1	57.2	56.4	55.5	54.7	53.9	53.0	52.2	51.3





# Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9 Females Age 15 $HFZ: \ge 39.1$

		DNAL		7	8	9	10	- 11	12	12	- 14	15	10	17	10	10	20	21	22	22	24	25	25	27	28	20	20	21	22	22	24	25
Mile	PACER	PACER	6.5	,	۰	9	10	11	12	13	14	15	16	1/	10	19	20	21	22	23	24	25	26	27	20	29	30	31	32	33	34	35
Mile	(20M)	(15M)																														
13:00	10	13	51.6	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5	27.7
12:45	11	14	51.5	51.1	_		48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7	41.9	_	40.2	39.3	38.5		36.8	36.0	35.1	34.3	33.5	32.6	31.8	30.9	30.1	29.3	28.4	
12:29	12	15	51.5	51.1			48.5		46.9	46.0	45.2			42.7		41.0					36.8		35.1	34.3	33.4	32.6		30.9		29.2		
11:50	15	19	51.6	51.2	50.3	49.5	48.6	47.8	47.0	46.1	45.3	44.4	43.6	42.8	41.9	41.1	40.2	39.4	38.6	37.7	36.9	36.0	35.2	34.4	33.5	32.7	31.8	31.0	30.2	29.3	28.5	27.6
11:10	19	25	52.0	51.5	50.7	49.9	49.0	48.2	47.3	46.5	45.7	44.8	44.0	43.1	42.3	41.5	40.6	39.8	38.9	38.1	37.3	36.4	35.6	34.7	33.9	33.1	32.2	31.4	30.5	29.7	28.9	28.0
10:40	23	30	52.5	52.0	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5
10:09	28	36	53.1	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6	31.7	30.9	30.0	29.2
9:46	32	42	53.8	53.3	52.5	51.7	50.8	50.0	49.1	48.3	47.5	46.6	45.8	44.9	44.1	43.3	42.4	41.6	40.7	39.9	39.1	38.2	37.4	36.5	35.7	34.9	34.0	33.2	32.3	31.5	30.7	29.8
9:22	37	48	54.5	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7	44.9	44.0	43.2	42.3	41.5	40.7	39.8	39.0	38.1	37.3	36.5	35.6	34.8	33.9	33.1	32.3	31.4	30.6
9:04	41	54	55.2	54.8	53.9	53.1	52.2	51.4	50.6	49.7	48.9	48.0	47.2	46.4	45.5	44.7	43.8	43.0	42.2	41.3	40.5	39.6	38.8	38.0	37.1	36.3	35.4	34.6	33.8	32.9	32.1	31.2
8:42	46	60	56.0	55.6	54.8	53.9	53.1	52.3	51.4	50.6	49.7	48.9	48.1	47.2	46.4	45.5	44.7	43.9	43.0	42.2	41.3	40.5	39.7	38.8	38.0	37.1	36.3	35.5	34.6	33.8	32.9	32.1
8:22	51	67	56.9	56.5	55.6	54.8	54.0	53.1	52.3	51.4	50.6	49.8	48.9	48.1	47.2	46.4	45.6	44.7	43.9	43.0	42.2	41.4	40.5	39.7	38.8	38.0	37.2	36.3	35.5	34.6	33.8	33.0
8:04	56	73	57.8	57.3	56.5	55.7	54.8	54.0	53.1	52.3	51.5	50.6	49.8	48.9	48.1	47.3	46.4	45.6	44.7	43.9	43.1	42.2	41.4	40.5	39.7	38.9	38.0	37.2	36.3	35.5	34.7	33.8
7:46	61	80	58.7	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8	38.9	38.1	37.2	36.4	35.6	34.7
7:25	67	87	59.8	59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9	45.1	44.3	43.4	42.6	41.7	40.9	40.1	39.2	38.4	37.5	36.7	35.9
7:10	72	94	60.7	60.2	59.4	58.6	57.7	56.9	56.0	55.2	54.4	53.5	52.7	51.8	51.0	50.2	49.3	48.5	47.6	46.8	46.0	45.1	44.3	43.4	42.6	41.8	40.9	40.1	39.2	38.4	37.6	36.7
6:52	78	101	61.8	61.3	60.5	59.7	58.8	58.0	57.1	56.3	55.5	54.6	53.8	52.9	52.1	51.3	50.4	49.6	48.7	47.9	47.1	46.2	45.4	44.5	43.7	42.9	42.0	41.2	40.3	39.5	38.7	37.8
6:37	83	108	62.7	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0	47.2	46.3	45.5	44.6	43.8	43.0	42.1	41.3	40.4	39.6	38.8
6:22	89	116	63.7	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8
6:10	94	123	64.5	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6
5:53	101	131	65.7	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8
5:44	106	138	66.4	66.0	65.1	64.3	63.5	62.6	61.8	60.9	60.1	59.3	58.4	57.6	56.7	55.9	55.1	54.2	53.4	52.5	51.7	50.9	50.0	49.2	48.3	47.5	46.7	45.8	45.0	44.1	43.3	42.5
5:31	113	147	67.4	67.0	66.2		64.5	63.6	62.8	62.0	61.1	60.3	59.4			56.9		55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	_
5:23	118	154	68.0	67.6			65.1	64.2	63.4	62.6	61.7	60.9	60.0	59.2		57.5			55.0		53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6		44.9	
5:14	125	163	68.7	68.3				65.0		63.3	62.4		60.8	_			57.4		55.7		54.0		52.4	51.5	50.7	49.8	49.0	48.2	47.3			
5:11	131	171	69.6	69.2			66.7	65.9	65.0	64.2	63.3		61.7			59.1	58.3		56.6		54.9		53.3	52.4	51.6	50.7	49.9	49.1	48.2		46.5	
5:06 4:53	138 144	180 188	69.9 70.5	69.5 70.1			66.9 67.6	66.1 66.8	65.3 65.9	64.4	63.6 64.2	62.7	61.9			60.0	58.5 59.2		56.9 57.5		55.2 55.8	54.3 55.0	53.5 54.2	52.7 53.3	51.8 52.5	51.0 51.6	50.1	49.3 50.0	48.5 49.1	47.6 48.3	46.8	
4:44	151	197	71.3	70.1			68.4		66.7	65.8	65.0		63.3				60.0		58.3		56.6		54.9	54.1	53.2	52.4	51.6	50.7	49.9			
4:37	157	206	71.9	71.5			69.0		67.3	66.5	65.6		64.0	_			60.6		58.9		57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5		48.8	
4:27	165	216	72.8	72.4			69.8		68.2	67.3	66.5	65.6	64.8				61.4		59.8		58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4			
4:20	171	224	73.4	73.0	72.2	71.3	70.5	69.7	68.8	68.0	67.1	66.3	65.5	_	63.8	62.9	62.1	61.3	60.4	59.6	58.7	57.9	57.1	56.2	55.4	54.5	53.7	52.9	52.0	51.2	50.3	49.5
4:11	179	234	74.2	73.8	73.0	72.1	71.3	70.4	69.6	68.8	67.9	67.1	66.2	65.4	64.6	63.7	62.9	62.0	61.2	60.4	59.5	58.7	57.8	57.0	56.2	55.3	54.5	53.6	52.8	52.0	51.1	50.3
4:05	185	243	74.8	74.4	73.6	72.7	71.9	71.0	70.2	69.4	68.5	67.7	66.8	66.0	65.2	64.3	63.5	62.6	61.8	61.0	60.1	59.3	58.4	57.6	56.8	55.9	55.1	54.2	53.4	52.6	51.7	50.9
4:00	190	250	75.3	74.9	74.0	73.2	72.3	71.5	70.7	69.8	69.0	68.1	67.3	66.5	65.6	64.8	63.9	63.1	62.3	61.4	60.6	59.7	58.9	58.1	57.2	56.4	55.5	54.7	53.9	53.0	52.2	51.3





## Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9 Females Age 16 HFZ: ≥ 38.9

		BMI	6.5	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Mile	PACER	PACER																														
Run	(20M)	(15M)																														
13:00	10	13	51.6	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5	27.7
12:45	11	14	51.5	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7	41.9	41.0	40.2	39.3	38.5	37.7	36.8	36.0	35.1	34.3	33.5	32.6	31.8	30.9	30.1	29.3	28.4	27.6
12:29	12	15	51.5	51.1	50.2	49.4	48.5	47.7	46.9	46.0	45.2	44.3	43.5	42.7	41.8	41.0	40.1	39.3	38.5	37.6	36.8	35.9	35.1	34.3	33.4	32.6	31.7	30.9	30.1	29.2	28.4	27.5
11:50	15	19	51.6	51.2	50.3	49.5	48.6	47.8	47.0	46.1	45.3	44.4	43.6	42.8	41.9	41.1	40.2	39.4	38.6	37.7	36.9	36.0	35.2	34.4	33.5	32.7	31.8	31.0	30.2	29.3	28.5	27.6
11:10	19	25	52.0	51.5	50.7	49.9	49.0	48.2	47.3	46.5	45.7	44.8	44.0	43.1	42.3	41.5	40.6	39.8	38.9	38.1	37.3	36.4	35.6	34.7	33.9	33.1	32.2	31.4	30.5	29.7	28.9	28.0
10:40	23	30	52.5	52.0	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5
10:09	28	36	53.1	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6	31.7	30.9	30.0	29.2
9:46	32	42	53.8	53.3	52.5	51.7	50.8	50.0	49.1	48.3	47.5	46.6	45.8	44.9	44.1	43.3	42.4	41.6	40.7	39.9	39.1	38.2	37.4	36.5	35.7	34.9	34.0	33.2	32.3	31.5	30.7	29.8
9:22	37	48	54.5	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7	44.9	44.0	43.2	42.3	41.5	40.7	39.8	39.0	38.1	37.3	36.5	35.6	34.8	33.9	33.1	32.3	31.4	30.6
9:04	41	54	55.2	54.8	53.9	53.1	52.2	51.4	50.6	49.7	48.9	48.0	47.2	46.4	45.5	44.7	43.8	43.0	42.2	41.3	40.5	39.6	38.8	38.0	37.1	36.3	35.4	34.6	33.8	32.9	32.1	31.2
8:42	46	60	56.0	55.6	54.8	53.9	53.1	52.3	51.4	50.6	49.7	48.9	48.1	47.2	46.4	45.5	44.7	43.9	43.0	42.2	41.3	40.5	39.7	38.8	38.0	37.1	36.3	35.5	34.6	33.8	32.9	32.1
8:22	51	67	56.9	56.5	55.6	54.8	54.0	53.1	52.3	51.4	50.6	49.8	48.9	48.1	47.2	46.4	45.6	44.7	43.9	43.0	42.2	41.4	40.5	39.7	38.8	38.0	37.2	36.3	35.5	34.6	33.8	33.0
8:04	56	73	57.8	57.3	56.5	55.7	54.8	54.0	53.1	52.3	51.5	50.6	49.8	48.9	48.1	47.3	46.4	45.6	44.7	43.9	43.1	42.2	41.4	40.5	39.7	38.9	38.0	37.2	36.3	35.5	34.7	33.8
7:46	61	80	58.7	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8	38.9	38.1	37.2	36.4	35.6	34.7
7:25	67	87	59.8	59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9	45.1	44.3	43.4	42.6	41.7	40.9	40.1	39.2	38.4	37.5	36.7	35.9
7:10	72	94	60.7	60.2	59.4	58.6	57.7	56.9	56.0	55.2	54.4	53.5	52.7	51.8	51.0	50.2	49.3	48.5	47.6	46.8	46.0	45.1	44.3	43.4	42.6	41.8	40.9	40.1	39.2	38.4	37.6	36.7
6:52	78	101	61.8	61.3	60.5	59.7	58.8	58.0	57.1	56.3	55.5	54.6	53.8	52.9	52.1	51.3	50.4	49.6	48.7	47.9	47.1	46.2	45.4	44.5	43.7	42.9	42.0	41.2	40.3	39.5	38.7	37.8
6:37	83	108	62.7	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0	47.2	46.3	45.5	44.6	43.8	43.0	42.1	41.3	40.4	39.6	38.8
6:22	89	116	63.7	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8
6:10	94	123	64.5	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6
5:53	101	131	65.7	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8
5:44	106	138	66.4	66.0	65.1	64.3	63.5	62.6	61.8	60.9	60.1	59.3	58.4	57.6	56.7	55.9	55.1	54.2	53.4	52.5	51.7	50.9	50.0	49.2	48.3	47.5	46.7	45.8	45.0	44.1	43.3	42.5
5:31	113	147	67.4	67.0	66.2	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5
5:23	118	154	68.0	67.6	66.8	65.9	65.1	64.2	63.4	62.6	61.7	60.9	60.0	59.2	58.4	57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6	45.8	44.9	44.1
5:14	125	163	68.7	68.3	67.5	66.6		65.0	64.1	63.3	62.4			59.9		_		56.6	55.7	54.9	54.0		52.4	_	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8
5:11	131	171	69.6	69.2		67.5	66.7		65.0	64.2	63.3	62.5	61.7			59.1	58.3		56.6	55.8	54.9		53.3	52.4	51.6	50.7	49.9	49.1	48.2	-	46.5	45.7
5:06	138	180	69.9	69.5					65.3	64.4	63.6		61.9				58.5			56.0	55.2		53.5		51.8	51.0	50.1	49.3	48.5			45.9
4:53	144	188	70.5	70.1	69.3	68.4		66.8	65.9	65.1	64.2	63.4	62.6		60.9		59.2		57.5	56.7	55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6
4:44	151	197	71.3	70.9	70.0			67.5	66.7	65.8	65.0			62.5		60.8	60.0		58.3	57.4	56.6		54.9	54.1	53.2	52.4	51.6	50.7	49.9		48.2	47.4
4:37	157	206	71.9	71.5		69.8	69.0		67.3	66.5	65.6		64.0		_	61.4	60.6		58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	$\overline{}$	48.8	48.0
4:27	165	216	72.8	72.4	_	70.7		69.0	68.2	67.3	66.5		64.8			62.3	61.4	_		58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	$\overline{}$		48.8
4:20	171	224	73.4	73.0		71.3	70.5		68.8	68.0	67.1	66.3	65.5	_	63.8	_	62.1	61.3	60.4	59.6	58.7	57.9	57.1	56.2	55.4	54.5	53.7	52.9	52.0		50.3	49.5 50.3
4:11	179 185	243	74.2 74.8	73.8 74.4				70.4	69.6	68.8	67.9			65.4		64.3	62.9	_		60.4	59.5 60.1			57.0 57.6	56.2	55.3	54.5 55.1	53.6 54.2	52.8	-		
4:05	190	250	75.3	74.4			71.9	71.0	70.2	69.4 69.8	68.5		66.8	66.0 66.5	65.2	_	63.5 63.9		61.8 62.3	61.0 61.4	60.6	59.3 59.7	58.4 58.9		56.8 57.2	55.9 56.4	55.5	54.2	53.4 53.9	$\overline{}$		50.9
4:00	150	250	/5.5	74.9	74.0	75.2	72.5	/1.5	70.7	05.8	65.0	00.1	67.5	00.5	05.6	04.8	65.9	05.1	02.5	61.4	60.6	55.7	30.5	20.1	57.2	50.4	55.5	54.7	55.5	35.0	32.2	31.5





## Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9 Females Age 17 HFZ: ≥ 38.8

		вмі	6.5	7	8	9	10	11	12	12	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35
Mile	PACER	PACER	0.5	•		,	10	- 11	12	13	14	- 15	10	1,	10	15	20	21	- 22	23	24	23	20	21	20	23	30	31	32	33	34	33
Run	(20M)	(15M)																														
13:00	10	13	51.6	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5	27.7
12:45	11	14	51.5	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7	41.9	41.0	40.2	39.3	38.5	37.7	36.8	36.0	35.1	34.3	33.5	32.6	31.8	30.9	30.1	29.3	28.4	27.6
12:29	12	15	51.5	51.1	50.2	49.4	48.5	47.7	46.9	46.0	45.2	44.3	43.5	42.7	41.8	41.0	40.1	39.3	38.5	37.6	36.8	35.9	35.1	34.3	33.4	32.6	31.7	30.9	30.1	29.2	28.4	27.5
11:50	15	19	51.6	51.2	50.3	49.5	48.6	47.8	47.0	46.1	45.3	44.4	43.6	42.8	41.9	41.1	40.2	39.4	38.6	37.7	36.9	36.0	35.2	34.4	33.5	32.7	31.8	31.0	30.2	29.3	28.5	27.6
11:10	19	25	52.0	51.5	50.7	49.9	49.0	48.2	47.3	46.5	45.7	44.8	44.0	43.1	42.3	41.5	40.6	39.8	38.9	38.1	37.3	36.4	35.6	34.7	33.9	33.1	32.2	31.4	30.5	29.7	28.9	28.0
10:40	23	30	52.5	52.0	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.3	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2	29.4	28.5
10:09	28	36	53.1	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6	31.7	30.9	30.0	29.2
9:46	32	42	53.8	53.3	52.5	51.7	50.8	50.0	49.1	48.3	47.5	46.6	45.8	44.9	44.1	43.3	42.4	41.6	40.7	39.9	39.1	38.2	37.4	36.5	35.7	34.9	34.0	33.2	32.3	31.5	30.7	29.8
9:22	37	48	54.5	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	45.7	44.9	44.0	43.2	42.3	41.5	40.7	39.8	39.0	38.1	37.3	36.5	35.6	34.8	33.9	33.1	32.3	31.4	30.6
9:04	41	54	55.2	54.8	53.9	53.1	52.2	51.4	50.6	49.7	48.9	48.0	47.2	46.4	45.5	44.7	43.8	43.0	42.2	41.3	40.5	39.6	38.8	38.0	37.1	36.3	35.4	34.6	33.8	32.9	32.1	31.2
8:42	46	60	56.0	55.6	54.8	53.9	53.1	52.3	51.4	50.6	49.7	48.9	48.1	47.2	46.4	45.5	44.7	43.9	43.0	42.2	41.3	40.5	39.7	38.8	38.0	37.1	36.3	35.5	34.6	33.8	32.9	32.1
8:22	51	67	56.9	56.5	55.6	54.8	54.0	53.1	52.3	51.4	50.6	49.8	48.9	48.1	47.2	46.4	45.6	44.7	43.9	43.0	42.2	41.4	40.5	39.7	38.8	38.0	37.2	36.3	35.5	34.6	33.8	33.0
8:04	56	73	57.8	57.3	56.5	55.7	54.8	54.0	53.1	52.3	51.5	50.6	49.8	48.9	48.1	47.3	46.4	45.6	44.7	43.9	43.1	42.2	41.4	40.5	39.7	38.9	38.0	37.2	36.3	35.5	34.7	33.8
7:46	61	80	58.7	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8	38.9	38.1	37.2	36.4	35.6	34.7
7:25	67	87	59.8	59.4	58.5	57.7	56.9	56.0	55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6	46.8	45.9	45.1	44.3	43.4	42.6	41.7	40.9	40.1	39.2	38.4	37.5	36.7	35.9
7:10	72	94	60.7	60.2	59.4	58.6	57.7	56.9	56.0	55.2	54.4	53.5	52.7	51.8	51.0	50.2	49.3	48.5	47.6	46.8	46.0	45.1	44.3	43.4	42.6	41.8	40.9	40.1	39.2	38.4	37.6	36.7
6:52	78	101	61.8	61.3	60.5	59.7	58.8	58.0	57.1	56.3	55.5	54.6	53.8	52.9	52.1	51.3	50.4	49.6	48.7	47.9	47.1	46.2	45.4	44.5	43.7	42.9	42.0	41.2	40.3	39.5	38.7	37.8
6:37	83	108	62.7	62.3	61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	48.0	47.2	46.3	45.5	44.6	43.8	43.0	42.1	41.3	40.4	39.6	38.8
6:22	89	116	63.7	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6	39.8
6:10	94	123	64.5	64.1	63.3	62.4	61.6	60.8	59.9	59.1	58.2	57.4	56.6	55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5	45.6	44.8	44.0	43.1	42.3	41.4	40.6
5:53	101	131	65.7	65.3	64.5	63.6	62.8	62.0	61.1	60.3	59.4	58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5	42.6	41.8
5:44	106	138	66.4	66.0	65.1	64.3	63.5	62.6	61.8	60.9	60.1	59.3	58.4	57.6	56.7	55.9	55.1	54.2	53.4	52.5	51.7	50.9	50.0	49.2	48.3	47.5	46.7	45.8	45.0	44.1	43.3	42.5
5:31	113	147	67.4	67.0	66.2	65.3	64.5	63.6	62.8	62.0	61.1	60.3		58.6	57.8	56.9	56.1	55.2	54.4	53.6	52.7	51.9	51.0	50.2	49.4	48.5	47.7	46.8	46.0	45.2	44.3	43.5
5:23	118	154	68.0	67.6		65.9	65.1	64.2	63.4	62.6	61.7	60.9	60.0	_				55.8	55.0	54.2	53.3	52.5	51.6	50.8	50.0	49.1	48.3	47.4	46.6	45.8		
5:14	125	163	68.7	68.3						63.3	62.4	61.6		59.9		58.2	57.4		55.7	54.9	54.0	53.2	52.4	51.5	50.7	49.8	49.0	48.2	47.3	46.5		_
5:11	131	171	69.6	69.2		67.5	66.7	65.9		64.2	63.3	62.5	61.7	60.8	60.0		58.3	57.5	56.6	55.8	54.9	54.1	53.3	52.4	51.6	50.7	49.9	49.1	48.2	47.4	46.5	
5:06	138	180	69.9 70.5	69.5				66.1	65.3	64.4	63.6		61.9			59.4			56.9		55.2	54.3	53.5	52.7	51.8	51.0	50.1	49.3	48.5	47.6		
4:53 4:44	144 151	188 197	71.3	70.1	69.3 70.0	68.4	67.6 68.4	66.8	65.9 66.7	65.1 65.8	64.2	63.4	62.6	61.7	60.9	60.0	59.2	58.4	57.5	56.7	55.8 56.6	55.0 55.8	54.2	53.3 54.1	52.5	51.6 52.4	50.8	50.0	49.1	48.3	47.4	
4:44	157	206	71.9	71.5		69.8	69.0	68.2	67.3	66.5	65.6	64.8	64.0			61.4	60.6	59.8	58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5	49.7	48.8	
4:37	165	216	72.8	72.4				69.0		67.3		65.6		64.0		62.3				58.9	58.1	57.2	56.4	55.6	54.7	53.9	53.0	52.2	51.4	50.5		48.8
4:20	171	224	73.4	73.0		71.3	70.5	69.7	68.8	68.0	67.1	66.3	65.5	64.6		62.9	62.1	61.3	60.4	59.6	58.7	57.9	57.1	56.2	55.4	54.5	53.7	52.9	52.0	51.2		
4:11	179	234	74.2	73.8	73.0	72.1	71.3	70.4	69.6	68.8	67.9			65.4			62.9	62.0	61.2	60.4	59.5	58.7	57.8	57.0	56.2	55.3	54.5	53.6	52.8	52.0		
4:05	185	243	74.8	74.4	73.6	72.7	71.9	71.0	70.2	69.4	68.5	67.7	66.8	66.0	65.2	64.3	63.5	62.6	61.8	61.0	60.1	59.3	58.4	57.6	56.8	55.9	55.1	54.2	53.4	52.6	51.7	50.9
4:00	190	250	75.3	74.9	74.0	73.2	72.3	71.5	70.7	69.8	69.0	68.1	67.3	66.5	65.6	64.8	63.9	63.1	62.3	61.4	60.6	59.7	58.9	58.1	57.2	56.4	55.5	54.7	53.9	53.0	52.2	51.3

