

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

Mile Run	PACER (20M)	PACER (15M)	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
			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	
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	40.1	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	40.1	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	27.6
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	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

Numbers to the left of the bold line are in the Healthy Fitness Zone[®]

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

		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 Run	PACER (20M)	PACER (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	66.9	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	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	

Numbers to the left of the bold line are in the Healthy Fitness Zone®

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

Mile Run	PACER (20M)	PACER (15M)	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
				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
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	66.9	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	59.9	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	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

Numbers to the left of the bold line are in the Healthy Fitness Zone[®]

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

Mile Run	PACER (20M)	PACER (15M)	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
				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
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	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

Numbers to the left of the bold line are in the Healthy Fitness Zone®

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

Mile Run	PACER (20M)	PACER (15M)	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
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	66.9	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	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

Numbers to the left of the bold line are in the Healthy Fitness Zone®

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

Mile Run	BMI		Age																																		
	PACER (20M)	PACER (15M)	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					
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	66.9	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	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					

Numbers to the left of the bold line are in the Healthy Fitness Zone[®]

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

Mile Run	PACER (20M)	PACER (15M)	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			
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	66.9	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	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			

Numbers to the left of the bold line are in the Healthy Fitness Zone®