

Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9 Males Age 10 HFZ: ≥ 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
Mile	PACER	PACER																														-
Run	(20M)	(15M)																														
13:00	10	13	53.7	53.3	52.5	51.6							45.7											36.5							30.6	
12:45	11	14	53.6	53.2	52.4	51.5	50.7	49.8	49.0	48.2			45.6		44.0	43.1	42.3			39.8			37.2		35.6	34.7	33.9	33.0	32.2		30.5	
12:29	12	15	53.6	53.2	52.3	51.5	50.6		49.0	48.1	47.3		45.6		43.9	43.1	42.2			39.7		38.0	37.2		35.5	34.7	33.8	33.0		31.3		29.6
11:50	15	19	53.7	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	29.7
11:10	19	25	54.1	53.6	52.8	52.0	51.1	50.3	49.4	48.6	47.8	46.9	46.1	45.2	44.4	43.6	42.7	41.9	41.0	40.2	39.4	38.5	37.7	36.8	36.0	35.2	34.3	33.5	32.6	31.8	31.0	30.1
10:40	23	30	54.6	54.1	53.3	52.5	51.6	50.8	49.9	49.1	48.3	47.4	46.6	45.7	44.9	44.1	43.2	42.4	41.5	40.7	39.9	39.0	38.2	37.3	36.5	35.7	34.8	34.0	33.1	32.3	31.5	30.6
10:09	28	36	55.2	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	33.0	32.1	31.3
9:46	32	42	55.9	55.4	54.6	53.8	52.9	52.1	51.2	50.4	49.6	48.7	47.9	47.0	46.2	45.4	44.5	43.7	42.8	42.0	41.2	40.3	39.5	38.6	37.8	37.0	36.1	35.3	34.4	33.6	32.8	31.9
9:22	37	48	56.6	56.2	55.4	54.5	53.7	52.8	52.0	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
9:04	41	54	57.3	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	35.0	34.2	33.3
8:42	46	60	58.1	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	35.9	35.0	34.2
8:22	51	67	59.0	58.6	57.7	56.9	56.1	55.2	54.4	53.5	52.7	51.9	51.0	50.2	49.3	48.5	47.7	46.8	46.0	45.1	44.3	43.5	42.6	41.8	40.9	40.1	39.3	38.4	37.6	36.7	35.9	35.1
8:04	56	73	59.9	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	41.0	40.1	39.3	38.4	37.6	36.8	35.9
7:46	61	80	60.8	60.3	59.5	58.7	57.8	57.0	56.1	55.3	54.5	53.6	52.8	51.9	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
7:25	67	87	61.9	61.5	60.6	59.8	59.0	58.1	57.3	56.4	55.6	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
7:10	72	94	62.8	62.3	61.5	60.7	59.8	59.0	58.1	57.3	56.5	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
6:52	78	101	63.9	63.4	62.6	61.8	60.9	60.1	59.2	58.4	57.6	56.7	55.9	55.0	54.2	53.4	52.5	51.7	50.8	50.0	49.2	48.3	47.5	46.6	45.8	45.0	44.1	43.3	42.4	41.6	40.8	39.9
6:37	83	108	64.8	64.4	63.5	62.7	61.9	61.0	60.2	59.3	58.5	57.7	56.8	56.0	55.1	54.3	53.5	52.6	51.8	50.9	50.1	49.3	48.4	47.6	46.7	45.9	45.1	44.2	43.4	42.5	41.7	40.9
6:22	89	116	65.8	65.4	64.5	63.7	62.9	62.0	61.2	60.3	59.5	58.7	57.8	57.0	56.1	55.3	54.5	53.6	52.8	51.9	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7	41.9
6:10	94	123	66.6	66.2	65.4	64.5	63.7	62.9	62.0	61.2	60.3	59.5	58.7	57.8	57.0	56.1	55.3	54.5	53.6	52.8	51.9	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7
5:53	101	131	67.8	67.4	66.6	65.7	64.9	64.1	63.2	62.4	61.5	60.7	59.9	59.0	58.2	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
5:44	106	138	68.5	68.1	67.2	66.4	65.6	64.7	63.9	63.0	62.2	61.4	60.5	59.7	58.8	58.0	57.2	56.3	55.5	54.6	53.8	53.0	52.1	51.3	50.4	49.6	48.8	47.9	47.1	46.2	45.4	44.6
5:31	113	147	69.5	69.1	68.3	67.4	66.6	65.7	64.9	64.1	63.2	62.4	61.5	60.7	59.9	59.0	58.2	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
5:23	118	154	70.1	69.7	68.9	68.0	67.2	66.3	65.5	64.7	63.8	63.0	62.1	61.3	60.5	59.6	58.8	57.9	57.1	56.3	55.4	54.6	53.7	52.9	52.1	51.2	50.4	49.5	48.7	47.9	47.0	46.2
5:14	125	163	70.8	70.4	69.6	68.7	67.9	67.1	66.2	65.4	64.5	63.7	62.9	62.0	61.2	60.3	59.5	58.7	57.8	57.0	56.1	55.3	54.5	53.6	52.8	51.9	51.1	50.3	49.4	48.6	47.7	46.9
5:11	131	171	71.7	71.3	70.5	69.6	68.8	68.0	67.1	66.3	65.4	64.6	63.8	62.9	62.1	61.2	60.4	59.6	58.7	57.9	57.0	56.2	55.4	54.5	53.7	52.8	52.0	51.2	50.3	49.5	48.6	47.8
5:06	138	180	72.0	71.6	70.7	69.9	69.0	68.2	67.4	66.5	65.7	64.8	64.0	63.2	62.3	61.5	60.6	59.8	59.0	58.1	57.3	56.4	55.6	54.8	53.9	53.1	52.2	51.4	50.6	49.7	48.9	48.0
4:53	144	188	72.6	72.2	71.4	70.5	69.7	68.9	68.0	67.2	66.3	65.5		63.8	63.0	62.1		60.5		58.8	57.9		56.3	55.4	54.6	53.7	52.9	52.1	51.2	50.4	49.5	48.7
4:44	151	197	73.4	73.0	72.1	71.3	70.5	69.6	68.8	67.9	67.1	66.3	65.4	64.6	63.7	62.9	62.1	61.2	60.4	59.5			57.0		55.3	54.5	53.7	52.8	52.0	51.1	50.3	49.5
4:37	157	206	74.0	73.6	72.8	71.9	71.1	70.3	69.4	68.6	67.7	66.9	66.1	65.2	64.4	63.5	62.7	61.9	61.0	60.2	59.3	58.5	57.7	56.8	56.0	55.1	54.3	53.5	52.6	51.8	50.9	50.1
4:27	165	216	74.9	74.5	73.6	72.8			70.3	69.4			66.9		65.2	64.4		62.7		61.0	60.2		58.5	57.7	56.8	56.0	55.1	54.3	53.5			50.9
4:20	171	224	75.5	75.1	74.3	73.4	72.6		70.9	70.1	69.2		67.6		65.9	65.0	64.2			61.7	60.8		59.2	58.3	57.5	56.6	55.8	55.0	54.1	53.3	52.4	
4:11	179	234	76.3	75.9	75.1	74.2		72.5		70.9					66.7	65.8		64.1		62.5		60.8	59.9		58.3	57.4	56.6	55.7		54.1		52.4
4:05	185	243	76.9	76.5	75.7	74.8	74.0	73.1	72.3	71.5	70.6		68.9		67.3	66.4	65.6		63.9	63.1	62.2	61.4	60.5	59.7	58.9	58.0	57.2	56.3	55.5			53.0
4:00	190	250	77.4	77.0	76.1	75.3	74.4	73.6	72.8	71.9	71.1	70.2	69.4	68.6	67.7	66.9	66.0	65.2	64.4	63.5	62.7	61.8	61.0	60.2	59.3	58.5	57.6	56.8	56.0	55.1	54.3	53.4

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 Males Age 11 HFZ: ≥ 40.3

		BMI	6.5	7	8	9	10	4.4	10	10	14	15	10	17	10	19	20	21	- 22	23	24	25	26	27	28	29	30	24	- 22	22	34	25
Mile	PACER	PACER	6.5		ð	9	10	- 11	12	15	14	15	16	1/	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	54	35
Run	(20M)	(15M)																														-
13:00	10	13	53.9	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	35.0	34.2	33.3	32.5	31.7	30.8	30.0
12:45	11	14	53.8	53.4	52.6	51.7	50.9		49.2	48.4	47.5	46.7		45.0	44.2	43.3	42.5		40.8	40.0	39.1	38.3	37.5		35.8	34.9		33.3		31.6	30.7	
12:29	12	15	53.8	53.4	52.5	51.7	50.8	50.0	49.2	48.3	47.5	46.6	45.8	45.0	44.1	43.3	42.4	41.6	40.8	39.9	39.1	38.2	37.4	36.6	35.7	34.9	34.0	33.2	32.4	31.5	30.7	29.8
11:50	15	19	53.9	53.5	52.6	51.8	50.9	50.1	49.3	48.4	47.6	46.7	45.9	45.1	44.2	43.4	42.5	41.7	40.9	40.0	39.2	38.3	37.5	36.7	35.8	35.0	34.1	33.3	32.5	31.6	30.8	29.9
11:10	19	25	54.3	53.9	53.0	52.2	51.3	50.5	49.7	48.8	48.0	47.1	46.3	45.5	44.6	43.8	42.9	42.1	41.3	40.4	39.6	38.7	37.9	37.1	36.2	35.4	34.5	33.7	32.9	32.0	31.2	30.3
10:40	23	30	54.8	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	35.0	34.2	33.3	32.5	31.7	30.8
10:09	28	36	55.5	55.0	54.2	53.4	52.5	51.7	50.8	50.0	49.2	48.3	47.5	46.6	45.8	45.0	44.1	43.3	42.4	41.6	40.8	39.9	39.1	38.2	37.4	36.6	35.7	34.9	34.0	33.2	32.4	31.5
9:46	32	42	56.1	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	33.0	32.1
9:22	37	48	56.8	56.4	55.6	54.7	53.9	53.1	52.2	51.4	50.5	49.7	48.9	48.0	47.2	46.3	45.5	44.7	43.8	43.0	42.1	41.3	40.5	39.6	38.8	37.9	37.1	36.3	35.4	34.6	33.7	32.9
9:04	41	54	57.5	57.1	56.2	55.4	54.5	53.7	52.9	52.0	51.2	50.3	49.5	48.7	47.8	47.0	46.1	45.3	44.5	43.6	42.8	41.9	41.1	40.3	39.4	38.6	37.7	36.9	36.1	35.2	34.4	33.5
8:42	46	60	58.4	57.9	57.1	56.3	55.4	54.6	53.7	52.9	52.1	51.2	50.4	49.5	48.7	47.9	47.0	46.2	45.3	44.5	43.7	42.8	42.0	41.1	40.3	39.5	38.6	37.8	36.9	36.1	35.3	34.4
8:22	51	67	59.2	58.8	58.0	57.1	56.3	55.4	54.6	53.8	52.9	52.1	51.2	50.4	49.6	48.7	47.9	47.0	46.2	45.4	44.5	43.7	42.8	42.0	41.2	40.3	39.5	38.6	37.8	37.0	36.1	35.3
8:04	56	73	60.1	59.6	58.8	58.0	57.1	56.3	55.4	54.6	53.8	52.9	52.1	51.2	50.4	49.6	48.7	47.9	47.0	46.2	45.4	44.5	43.7	42.8	42.0	41.2	40.3	39.5	38.6	37.8	37.0	36.1
7:46	61	80	61.0	60.6	59.7	58.9	58.0	57.2	56.4	55.5	54.7	53.8	53.0	52.2	51.3	50.5	49.6	48.8	48.0	47.1	46.3	45.4	44.6	43.8	42.9	42.1	41.2	40.4	39.6	38.7	37.9	37.0
7:25	67	87	62.1	61.7	60.8	60.0	59.2	58.3	57.5	56.6	55.8	55.0	54.1	53.3	52.4	51.6	50.8	49.9	49.1	48.2	47.4	46.6	45.7	44.9	44.0	43.2	42.4	41.5	40.7	39.8	39.0	38.2
7:10	72	94	63.0	62.5	61.7	60.9	60.0	59.2	58.3	57.5	56.7	55.8	55.0	54.1	53.3	52.5	51.6	50.8	49.9	49.1	48.3	47.4	46.6	45.7	44.9	44.1	43.2	42.4	41.5	40.7	39.9	39.0
6:52	78	101	64.1	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	41.0	40.1
6:37	83	108	65.0	64.6	63.8	62.9	62.1	61.2	60.4	59.6	58.7	57.9	57.0	56.2	55.4	54.5	53.7	52.8	52.0	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
6:22	89	116	66.0	65.6	64.8	63.9	63.1	62.2	61.4	60.6	59.7	58.9	58.0	57.2	56.4	55.5	54.7	53.8	53.0	52.2	51.3	50.5	49.6	48.8	48.0	47.1	46.3	45.4	44.6	43.8	42.9	42.1
6:10	94	123	66.8	66.4	65.6	64.7	63.9	63.1	62.2	61.4	60.5	59.7	58.9	58.0	57.2	56.3	55.5	54.7	53.8	53.0	52.1	51.3	50.5	49.6	48.8	47.9	47.1	46.3	45.4	44.6	43.7	42.9
5:53	101	131	68.1	67.6	66.8	66.0	65.1	64.3	63.4	62.6	61.8	60.9	60.1	59.2	58.4	57.6	56.7	55.9	55.0	54.2	53.4	52.5	51.7	50.8	50.0	49.2	48.3	47.5	46.6	45.8	45.0	44.1
5:44	106	138	68.7	68.3	67.5	66.6	65.8	64.9	64.1	63.3	62.4	61.6	60.7	59.9	59.1	58.2	57.4	56.5	55.7	54.9	54.0	53.2	52.3	51.5	50.7	49.8	49.0	48.1	47.3	46.5	45.6	44.8
5:31	113	147	69.7	69.3	68.5	67.6	66.8	65.9	65.1	64.3	63.4	62.6	61.7	60.9	60.1	59.2	58.4	57.5	56.7	55.9	55.0	54.2	53.3		51.7	50.8	50.0	49.1	48.3	47.5	46.6	45.8
5:23	118	154	70.3	69.9	69.1	68.2		66.6	65.7	64.9		63.2		61.5	60.7	59.8			57.3	56.5	55.6		54.0		52.3	51.4	50.6	49.8	48.9		47.2	
5:14	125	163	71.1	70.6	69.8	69.0		67.3	66.4			63.9			61.4	60.6		58.9		57.2	56.4		54.7		53.0	52.2		50.5		48.8	48.0	
5:11	131	171	71.9	71.5	70.7	69.8		68.2	67.3						62.3	61.4		59.8		58.1	57.2	56.4	55.6		53.9	53.0	52.2	51.4	50.5		48.8	
5:06	138	180	72.2	71.8	70.9	70.1		68.4	67.6		65.9	65.0			62.5	61.7		60.0		58.3		56.6	55.8		54.1	53.3	52.4	51.6	50.8		49.1	
4:53	144	188	72.8	72.4	71.6	70.7	69.9		68.2	67.4	66.5	65.7	64.9	64.0	63.2	62.3		60.7	59.8	59.0	58.1	57.3	56.5		54.8	53.9	53.1	52.3	51.4		49.7	48.9
4:44	151	197	73.6	73.2	72.4	71.5		69.8	69.0			66.5			64.0	63.1		61.4	60.6	59.8	58.9	58.1	57.2		55.6	54.7	53.9	53.0		51.4	50.5	
4:37	157	206	74.2	73.8	73.0	72.1	71.3		69.6		67.9	67.1	66.3	65.4	64.6	63.7	62.9		61.2	60.4	59.5	58.7	57.9		56.2	55.3	54.5	53.7	52.8		51.1	50.3
4:27	165	216	75.1	74.7	73.8	73.0		71.3	70.5			68.0			65.4	64.6				61.2		59.6	58.7	57.9	57.0	56.2		54.5		52.8	52.0	
4:20	171 179	224	75.7	75.3	74.5	73.6		72.0	71.1	70.3	69.4	68.6			66.1	65.2	64.4			61.9	61.0	60.2	59.4		57.7	56.8		55.2		53.5	52.6	
4:11 4:05	1/9	234 243	76.5	76.1	75.3 75.9	74.4	73.6	72.7	71.9		70.2 70.8	69.4 70.0	68.5 69.2	68.3	66.9 67.5	66.0 66.6	65.2	64.3 65.0		62.7 63.3	61.8	61.0 61.6	60.1 60.8		58.5 59.1	57.6 58.2	56.8 57.4	55.9 56.6	55.1	54.3 54.9	53.4 54.0	
4:05	185	243	77.6	77.2	76.3	75.0		73.8	73.0			70.0		68.8	67.9	67.1		65.4		63.7	62.9	61.6	61.2		59.1	58.2	57.9	56.6		55.3	54.0	
4:00	190	250	77.6	11.2	70.5	75.5	74.7	75.8	75.0	72.1	71.5	70.5	05.6	00.0	07.9	07.1	00.5	05.4	04.0	05.7	02.9	02.1	01.2	00.4	55.5	50.7	57.9	57.0	50.2	55.5	54.5	35.7

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 Males Age 12 HFZ: ≥ 40.3

		BMI	6.5	7	8	9	10	11	12 1	3 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	54.1	53.7	52.9	52.0	51.2 50	.4 49	.5 48.3	7 47.8	47.0	46.2	45.3	44.5	43.6	42.8	42.0	41.1	40.2	39.4	38.6	37.8	36.9	36.1	35.2	34.4	33.6	32.7	31.9	31.0	30.2
12:45	11	14	54.0	53.6	52.8	51.9	51.1 5	0.3 49	.4 48.	5 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
12:29	12	15	54.0	53.6	52.7	51.9	51.1 5	0.2 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
11:50	15	19	54.1	53.7	52.8	52.0	51.2 50	0.3 49	.5 48.	5 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
11:10	19	25	54.5	54.1	53.2	52.4	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
10:40	23	30	55.0	54.6	53.7	52.9	52.0 5	.2 50	.4 49.	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
10:09	28	36	55.7	55.2	54.4	53.6	52.7 5	.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
9:46	32	42	56.3	55.9	55.0	54.2	53.3 5	.5 51	.7 50.	B 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
9:22	37	48	57.0	56.6	55.8	54.9	54.1 5	.3 52	.4 51.0	5 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
9:04	41	54	57.7	57.3	56.4	55.6	54.8 5	.9 53	.1 52.3	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
8:42	46	60	58.6	58.1	57.3	56.5	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
8:22	51	67	59.4	59.0	58.2	57.3	56.5 5	.6 54	.8 54.	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
8:04	56	73	60.3	59.9	59.0	58.2	57.3 5	.5 59	.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
7:46	61	80	61.2	60.8	59.9	59.1	58.2 5	.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
7:25	67	87	62.3	61.9	61.1	60.2	59.4 5	.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
7:10	72	94	63.2	62.8	61.9	61.1	60.2 5	.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
6:52	78	101	64.3	63.9	63.0	62.2	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
6:37	83	108	65.2	64.8	64.0	63.1	62.3 6	.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
6:22	89	116	66.2	65.8	65.0	64.1	63.3 63	.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
6:10	94	123	67.1	66.6	65.8	65.0	64.1 6	.3 62	.4 61.	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
5:53	101	131	68.3	67.8	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
5:44	106	138	68.9	68.5	67.7	66.8	66.0 6	.1 64	.3 63.	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
5:31	113	147	69.9	69.5	68.7	67.8	67.0 6	6.2 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
5:23	118	154	70.5	70.1	69.3	68.4	67.6 6	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
5:14	125	163	71.3	70.8	70.0	69.2	68.3 6	.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
5:11	131	171	72.2	71.7	70.9	70.1	69.2 6	8.4 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
5:06	138	180	72.4	72.0	71.1	70.3	69.5 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
4:53	144	188	73.1	72.6	71.8	71.0	70.1 6	.3 68	.4 67.	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
4:44	151	197	73.8	73.4	72.6	71.7	70.9 70	0.0 69	.2 68.4	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
4:37	157	206	74.5	74.0	73.2	72.4	71.5 7	0.7 69	.8 69.	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
4:27	165	216	75.3	74.9	74.0	73.2	72.4 7	.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
4:20	171	224	76.0	75.5	74.7	73.9	73.0 7	.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
4:11	179	234	76.7	76.3	75.5	74.6	73.8 7	.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
4:05	185	243	77.3	76.9	76.1	75.2	74.4 7	.6 72	.7 71.9	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		54.2	53.4
4:00	190	250	77.8	77.4	76.5	75.7	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

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 Males Age 13 HFZ: ≥ 41.1

		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	PACER	PACER																														
Run	(20M)	(15M)																														
13:00	10	13	54.3	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	30.4
12:45	11	14	54.3	53.8	53.0	52.2	51.3	50.5	49.6	48.8	48.0	47.1	46.3	45.4	44.6	43.8	42.9	42.1	41.2	40.4	39.6	38.7	37.9	37.0	36.2	35.4	34.5	33.7	32.8	32.0	31.2	30.3
12:29	12	15	54.2	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	37.0	36.1	35.3	34.5	33.6	32.8	31.9	31.1	30.3
11:50	15	19	54.3	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	37.9	37.1	36.2	35.4	34.6	33.7	32.9	32.0	31.2	30.4
11:10	19	25	54.7	54.3	53.4	52.6	51.8	50.9	50.1	49.2	48.4	47.6	46.7	45.9	45.0	44.2	43.4	42.5	41.7	40.8	40.0	39.2	38.3	37.5	36.6	35.8	35.0	34.1	33.3	32.4	31.6	30.8
10:40	23	30	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
10:09	28	36	55.9	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	37.0	36.1	35.3	34.5	33.6	32.8	31.9
9:46	32	42	56.5	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	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6
9:22	37	48	57.3	56.8	56.0	55.2	54.3	53.5	52.6	51.8	51.0	50.1	49.3	48.4	47.6	46.8	45.9	45.1	44.2	43.4	42.6	41.7	40.9	40.0	39.2	38.4	37.5	36.7	35.8	35.0	34.2	33.3
9:04	41	54	57.9	57.5	56.6	55.8	55.0	54.1	53.3	52.4	51.6	50.8	49.9	49.1	48.2	47.4	46.6	45.7	44.9	44.0	43.2	42.4	41.5	40.7	39.8	39.0	38.2	37.3	36.5	35.6	34.8	34.0
8:42	46	60	58.8	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	43.2	42.4	41.6	40.7	39.9	39.0	38.2	37.4	36.5	35.7	34.8
8:22	51	67	59.6	59.2	58.4	57.5	56.7	55.9	55.0	54.2	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
8:04	56	73	60.5	60.1	59.2	58.4	57.5	56.7	55.9	55.0	54.2	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
7:46	61	80	61.4	61.0	60.1	59.3	58.5	57.6	56.8	55.9	55.1	54.3	53.4	52.6	51.7	50.9	50.1	49.2	48.4	47.5	46.7	45.9	45.0	44.2	43.3	42.5	41.7	40.8	40.0	39.1	38.3	37.5
7:25	67	87	62.5	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	48.7	47.8	47.0	46.1	45.3	44.5	43.6	42.8	41.9	41.1	40.3	39.4	38.6
7:10	72	94	63.4	63.0	62.1	61.3	60.4	59.6	58.8	57.9	57.1	56.2	55.4	54.6	53.7	52.9	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
6:52	78	101	64.5	64.1	63.2	62.4	61.5	60.7	59.9	59.0	58.2	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
6:37	83	108	65.4	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	44.9	44.0	43.2	42.3	41.5
6:22	89	116	66.4	66.0	65.2	64.3	63.5	62.7	61.8	61.0	60.1	59.3	58.5	57.6	56.8	55.9	55.1	54.3	53.4	52.6	51.7	50.9	50.1	49.2	48.4	47.5	46.7	45.9	45.0	44.2	43.3	42.5
6:10	94	123	67.3	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	50.0	49.2	48.4	47.5	46.7	45.8	45.0	44.2	43.3
5:53	101	131	68.5	68.1	67.2	66.4	65.5	64.7	63.9	63.0	62.2	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
5:44	106	138	69.1	68.7	67.9	67.0	66.2	65.4	64.5	63.7	62.8	62.0	61.2	60.3	59.5	58.6	57.8	57.0	56.1	55.3	54.4	53.6	52.8	51.9	51.1	50.2	49.4	48.6	47.7	46.9	46.0	45.2
5:31	113	147	70.1	69.7	68.9	68.0	67.2	66.4	65.5	64.7	63.8	63.0	62.2	61.3	60.5	59.6	58.8	58.0	57.1	56.3		54.6	53.8	52.9	52.1	51.2	50.4	49.6	48.7	47.9	47.0	46.2
5:23	118	154	70.8	70.3	69.5	68.7	67.8		66.1	65.3		63.6			61.1			58.6		56.9		55.2	54.4	53.5	52.7	51.9	51.0	50.2	49.3	48.5		46.8
5:14	125	163	71.5	71.1	70.2	69.4	68.5	67.7	66.9	66.0		64.3			61.8			59.3		57.6		55.9	55.1		53.4	52.6	51.7	50.9	50.1			47.5
5:11	131	171	72.4	71.9	71.1	70.3	69.4		67.7	66.9		65.2		63.5	62.7			60.2		58.5	57.7		56.0		54.3	53.5	52.6	51.8	50.9		49.3	48.4
5:06	138	180	72.6	72.2	71.3	70.5	69.7	68.8	68.0	67.1		65.5		63.8	62.9			60.4		58.7		57.1	56.2	55.4	54.5	53.7	52.9	52.0	51.2			
4:53	144	188	73.3	72.8	72.0	71.2	70.3	69.5	68.6	67.8		66.1	65.3		63.6		61.9	61.1	60.2	59.4	58.6	57.7	56.9	56.0	55.2	54.4	53.5	52.7	51.8			49.3
4:44	151	197	74.0	73.6	72.8	71.9	71.1	70.3	69.4	68.6		66.9			64.4			61.9		60.2	59.3	58.5	57.7	56.8	56.0	55.1	54.3	53.5	52.6			
4:37	157 165	206	74.7	74.2	73.4	72.6	71.7	70.9	70.0	69.2 70.1		67.5 68.4		65.8	65.0 65.9					60.8	60.0	59.1	58.3	57.4	56.6	55.8	54.9	54.1	53.2 54.1	52.4 53.3		
4:27 4:20	165	216	75.5	75.1	74.3 74.9	73.4	72.6	72.4	70.9	70.1	69.2	69.0		67.3	66.5		_	63.3 64.0		61.7 62.3	61.5	60.0 60.6	59.1 59.8	58.3 58.9	57.5 58.1	56.6 57.3	55.8 56.4	54.9 55.6	54.1			51.6 52.2
4:20	171	224	76.2	76.5	74.9	74.1	74.0	73.2	72.3	71.5		69.8	69.0		67.3			64.8		63.1	62.2	61.4	60.6		58.1	57.5	57.2	55.6	55.5	55.9		
4:11 4:05	175	234	76.9	77.1	76.3	75.5	74.6	73.8	72.9	72.1	70.8	70.4	69.6		67.9	67.1	66.2	65.4		63.7	62.2	62.0	61.2	60.3	59.5	58.7	57.8	57.0	56.1	55.3		53.6
4:00	190	243	78.0	77.6	76.8	75.9	75.1	74.2	73.4	72.6					68.4			65.8		64.2	63.3	62.5	61.6		60.0	59.1	58.3	57.4	56.6			54.1

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 Males Age 14 HFZ: ≥ 42.5

		BMI	6.5	7	8	9	10	11	12 1	3 1	4 1	5 16	5 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		12	-	• •	- I	, 1/	10	- 15	20	- 21	~~~	23	24	- 23	20	21	20	25	50	51	32		34	
Run	(20M)	(15M)																													-
13:00	10	13	54.6	54.1	53.3	52.5	51.6 50	.8 4	9.9 49	.1 48.	3 47.	4 46.6	45.7	44.9	44.1	43.2	42.4	41.5	40.7	39.9	39.0	38.2	37.3	36.5	35.7	34.8	34.0	33.1	32.3	31.5	30.6
12:45	11	14	54.5	54.0	53.2	52.4	51.5 50	_	9.8 49	_	_	_	-	44.8	44.0	43.1	42.3	41.4	40.6	39.8		38.1	37.2	36.4	35.6	34.7	33.9	33.0			
12:29	12	15	54.4	54.0	53.2	52.3	51.5 50	0.6 4	9.8 49	.0 48.	1 47	3 46.4	45.6	44.8	43.9	43.1	42.2	41.4	40.6	39.7	38.9	38.0	37.2	36.4	35.5	34.7	33.8	33.0	32.2	31.3	30.5
11:50	15	19	54.5	54.1	53.3	52.4	51.6 50	.7 4	9.9 49	.1 48.	2 47	4 46.9	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
11:10	19	25	54.9	54.5	53.6	52.8	52.0 51	.1 5	0.3 49	.4 48.	6 47	8 46.9	9 46.1	45.2	44.4	43.6	42.7	41.9	41.0	40.2	39.4	38.5	37.7	36.8	36.0	35.2	34.3	33.5	32.6	31.8	31.0
10:40	23	30	55.4	55.0	54.1	53.3	52.5 5	.6 5	0.8 49	.9 49.	1 48	3 47.4	46.6	45.7	44.9	44.1	43.2	42.4	41.5	40.7	39.9	39.0	38.2	37.3	36.5	35.7	34.8	34.0	33.1	32.3	31.5
10:09	28	36	56.1	55.7	54.8	54.0	53.1 52	.3 5	1.5 50	.6 49.	8 48	.9 48.1	l 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	33.0	32.1
9:46	32	42	56.7	56.3	55.4	54.6	53.8 53	.9 5	2.1 51	.2 50.	4 49	6 48.7	47.9	47.0	46.2	45.4	44.5	43.7	42.8	42.0	41.2	40.3	39.5	38.6	37.8	37.0	36.1	35.3	34.4	33.6	32.8
9:22	37	48	57.5	57.0	56.2	55.4	54.5 53	.7 5	2.8 52	.0 51.	2 50	3 49.9	6 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
9:04	41	54	58.1	57.7	56.9	56.0	55.2 54	.3 5	3.5 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	35.0	34.2
8:42	46	60	59.0	58.6	57.7	56.9	56.0 59	.2 5	4.4 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	35.9	35.0
8:22	51	67	59.8	59.4	58.6	57.7	56.9 56	.1 5	5.2 54	.4 53.	5 52	7 51.9	51.0	50.2	49.3	48.5	47.7	46.8	46.0	45.1	44.3	43.5	42.6	41.8	40.9	40.1	39.3	38.4	37.6	36.7	35.9
8:04	56	73	60.7	60.3	59.4	58.6	57.8 56	.9 5	5.1 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	41.0	40.1	39.3	38.4	37.6	36.8
7:46	61	80	61.6	61.2	60.3	59.5	58.7 57	.8 5	7.0 56	.1 55.	3 54	5 53.6	52.8	51.9	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
7:25	67	87	62.7	62.3	61.5	60.6	59.8 59	.0 5	8.1 57	.3 56.	4 55.	.6 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
7:10	72	94	63.6	63.2	62.3	61.5	60.7 59	.8 5	9.0 58	.1 57.	3 56	5 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
6:52	78	101	64.7	64.3	63.4	62.6	61.8 60	.9 6	0.1 59	.2 58.	4 57	6 56.7	55.9	55.0	54.2	53.4	52.5	51.7	50.8	50.0	49.2	48.3	47.5	46.6	45.8	45.0	44.1	43.3	42.4	41.6	40.8
6:37	83	108	65.6	65.2	64.4	63.5	62.7 6:	.9 6	1.0 60	.2 59.	3 58	5 57.7	56.8	56.0	55.1	54.3	53.5	52.6	51.8	50.9	50.1	49.3	48.4	47.6	46.7	45.9	45.1	44.2	43.4	42.5	41.7
6:22	89	116	66.6	66.2	65.4	64.5	63.7 62	.9 6	2.0 61	.2 60.	3 59	5 58.7	57.8	57.0	56.1	55.3	54.5	53.6	52.8	51.9	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5	42.7
6:10	94	123	67.5	67.1	66.2	65.4	64.5 63	.7 6	2.9 62	.0 61.	2 60	3 59.9	58.7	57.8	57.0	56.1	55.3	54.5	53.6	52.8	51.9	51.1	50.3	49.4	48.6	47.7	46.9	46.1	45.2	44.4	43.5
5:53	101	131	68.7	68.3	67.4	66.6	65.7 64	.9 6	4.1 63	.2 62.	4 61	5 60.7	59.9	59.0	58.2	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
5:44	106	138	69.3	68.9	68.1	67.2	66.4 65	. <mark>6</mark> 6	4.7 63	.9 63.	0 62	2 61.4	60.5	59.7	58.8	58.0	57.2	56.3	55.5	54.6	53.8	53.0	52.1	51.3	50.4	49.6	48.8	47.9	47.1	46.2	45.4
5:31	113	147	70.4	69.9	69.1	68.3	67.4 66	6.6	5.7 64	.9 64.	1 63.	2 62.4	61.5	60.7	59.9	59.0	58.2	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
5:23	118	154	71.0	70.5	69.7	68.9	68.0 67	.2 6	6.3 65	.5 64.	7 63	8 63.0	62.1	61.3	60.5	59.6	58.8	57.9	57.1	56.3		54.6	53.7	52.9	52.1	51.2	50.4	49.5	48.7	47.9	47.0
5:14	125	163	71.7	71.3	70.4	69.6	68.7 67	.9 6	7.1 66	.2 65.	4 64	5 63.7	62.9	62.0	61.2	60.3	59.5		57.8		56.1	55.3			52.8	51.9	51.1	50.3	49.4	48.6	47.7
5:11	131	171	72.6	72.2	71.3	70.5	69.6 68	.8 6	8.0 67	.1 66.	3 65	4 64.6	63.8	62.9	62.1	61.2		59.6	58.7		57.0	56.2		54.5	53.7	52.8	52.0	51.2	50.3	49.5	48.6
5:06	138	180	72.8	72.4	71.6	70.7	69.9 69		8.2 67		5 65.		8 64.0		62.3		60.6		59.0		57.3	56.4			53.9	53.1	52.2	51.4	50.6		
4:53	144	188	73.5	73.1	72.2	71.4	70.5 69		8.9 68		-	-	_	63.8	63.0	62.1			59.6	58.8		57.1	56.3	55.4	54.6	53.7	52.9	52.1	51.2	50.4	
4:44	151	197	74.2	73.8	73.0	72.1	71.3 70	.5 6	9.6 68	.8 67.	9 67.	1 66.3	8 65.4	64.6	63.7	62.9	62.1	61.2	60.4	59.5	58.7	57.9	57.0		55.3	54.5	53.7	52.8	52.0	51.1	50.3
4:37	157	206	74.9	74.5	73.6	72.8			0.3 69	.4 68.	6 67	_	66.1	65.2	64.4	63.5		61.9	61.0	60.2		58.5	57.7	56.8	56.0	55.1	54.3	53.5			
4:27	165	216	75.7	75.3	74.5	73.6	72.8 71		1.1 70		-	_	66.9	66.1			63.5		61.9		60.2	59.3			56.8	56.0	55.1	54.3			
4:20	171	224	76.4	76.0	75.1	74.3			1.8 70		-		67.6	66.7	65.9	65.0		63.4	62.5	61.7		60.0		58.3	57.5	56.6	55.8	55.0		53.3	
4:11	179	234	77.2	76.7	75.9	75.1	74.2 73		2.5 71	_	_	.0 69.2	-	67.5			65.0		63.3		61.6	60.8			58.3	57.4	56.6	55.7			
4:05	185	243	77.8	77.3	76.5	75.7	74.8 74	.0 7		.3 71.	-	-		68.1	67.3	66.4			63.9	63.1	62.2	61.4	60.5	59.7	58.9	58.0	57.2	56.3		54.7	53.8
4:00	190	250	78.2	77.8	77.0	76.1	75.3 74	.4 7	3.6 72	.8 71.	9 71	1 70.2	2 69.4	68.6	67.7	66.9	66.0	65.2	64.4	63.5	62.7	61.8	61.0	60.2	59.3	58.5	57.6	56.8	56.0	55.1	54.3

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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 Males Age 15 HFZ: ≥ 43.6

		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	54.8	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	35.0	34.2	33.3	32.5	31.7	30.8
12:45	11	14	54.7	54.3	53.4	52.6	51.7	50.9	50.1	49.2	48.4	47.5	46.7	45.9	45.0	44.2	43.3	42.5	41.7	40.8	40.0	39.1	38.3	37.5	36.6	35.8	34.9	34.1	33.3	32.4	31.6	30.7
12:29	12	15	54.6	54.2	53.4	52.5	51.7	50.8	50.0	49.2	48.3	47.5	46.6	45.8	45.0	44.1	43.3	42.4	41.6	40.8	39.9	39.1	38.2	37.4	36.6	35.7	34.9	34.0	33.2	32.4	31.5	30.7
11:50	15	19	54.7	54.3	53.5	52.6	51.8	50.9	50.1	49.3	48.4	47.6	46.7	45.9	45.1	44.2	43.4	42.5	41.7	40.9	40.0	39.2	38.3	37.5	36.7	35.8	35.0	34.1	33.3	32.5	31.6	30.8
11:10	19	25	55.1	54.7	53.9	53.0	52.2	51.3	50.5	49.7	48.8	48.0	47.1	46.3	45.5	44.6	43.8	42.9	42.1	41.3	40.4	39.6	38.7	37.9	37.1	36.2	35.4	34.5	33.7	32.9	32.0	31.2
10:40	23	30	55.6	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	35.0	34.2	33.3	32.5	31.7
10:09	28	36	56.3	55.9	55.0	54.2	53.4	52.5	51.7	50.8	50.0	49.2	48.3	47.5	46.6	45.8	45.0	44.1	43.3	42.4	41.6	40.8	39.9	39.1	38.2	37.4	36.6	35.7	34.9	34.0	33.2	32.4
9:46	32	42	56.9	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	33.0
9:22	37	48	57.7	57.3	56.4	55.6	54.7	53.9	53.1	52.2	51.4	50.5	49.7	48.9	48.0	47.2	46.3	45.5	44.7	43.8	43.0	42.1	41.3	40.5	39.6	38.8	37.9	37.1	36.3	35.4	34.6	33.7
9:04	41	54	58.3	57.9	57.1	56.2	55.4	54.5	53.7	52.9	52.0	51.2	50.3	49.5	48.7	47.8	47.0	46.1	45.3	44.5	43.6	42.8	41.9	41.1	40.3	39.4	38.6	37.7	36.9	36.1	35.2	34.4
8:42	46	60	59.2	58.8	57.9	57.1	56.3	55.4	54.6	53.7	52.9	52.1	51.2	50.4	49.5	48.7	47.9	47.0	46.2	45.3	44.5	43.7	42.8	42.0	41.1	40.3	39.5	38.6	37.8	36.9	36.1	35.3
8:22	51	67	60.1	59.6	58.8	58.0	57.1	56.3	55.4	54.6	53.8	52.9	52.1	51.2	50.4	49.6	48.7	47.9	47.0	46.2	45.4	44.5	43.7	42.8	42.0	41.2	40.3	39.5	38.6	37.8	37.0	36.1
8:04	56	73	60.9	60.5	59.6	58.8	58.0	57.1	56.3	55.4	54.6	53.8	52.9	52.1	51.2	50.4	49.6	48.7	47.9	47.0	46.2	45.4	44.5	43.7	42.8	42.0	41.2	40.3	39.5	38.6	37.8	37.0
7:46	61	80	61.8	61.4	60.6	59.7	58.9	58.0	57.2	56.4	55.5	54.7	53.8	53.0	52.2	51.3	50.5	49.6	48.8	48.0	47.1	46.3	45.4	44.6	43.8	42.9	42.1	41.2	40.4	39.6	38.7	37.9
7:25	67	87	62.9	62.5	61.7	60.8	60.0	59.2	58.3	57.5	56.6	55.8	55.0	54.1	53.3	52.4	51.6	50.8	49.9	49.1	48.2	47.4	46.6	45.7	44.9	44.0	43.2	42.4	41.5	40.7	39.8	39.0
7:10	72	94	63.8	63.4	62.5	61.7	60.9	60.0	59.2	58.3	57.5	56.7	55.8	55.0	54.1	53.3	52.5	51.6	50.8	49.9	49.1	48.3	47.4	46.6	45.7	44.9	44.1	43.2	42.4	41.5	40.7	39.9
6:52	78	101	64.9	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	41.0
6:37	83	108	65.9	65.4	64.6	63.8	62.9	62.1	61.2	60.4	59.6	58.7	57.9	57.0	56.2	55.4	54.5	53.7	52.8	52.0	51.2	50.3	49.5	48.6	47.8	47.0	46.1	45.3	44.4	43.6	42.8	41.9
6:22	89	116	66.9	66.4	65.6	64.8	63.9	63.1	62.2	61.4	60.6	59.7	58.9	58.0	57.2	56.4	55.5	54.7	53.8	53.0	52.2	51.3	50.5	49.6	48.8	48.0	47.1	46.3	45.4	44.6	43.8	42.9
6:10	94	123	67.7	67.3	66.4	65.6	64.7	63.9	63.1	62.2	61.4	60.5	59.7	58.9	58.0	57.2	56.3	55.5	54.7	53.8	53.0	52.1	51.3	50.5	49.6	48.8	47.9	47.1	46.3	45.4	44.6	43.7
5:53	101	131	68.9	68.5	67.6	66.8	66.0	65.1	64.3	63.4	62.6	61.8	60.9	60.1	59.2	58.4	57.6	56.7	55.9	55.0	54.2	53.4	52.5	51.7	50.8	50.0	49.2	48.3	47.5	46.6	45.8	45.0
5:44	106	138	69.6	69.1	68.3	67.5	66.6	65.8	64.9	64.1	63.3	62.4	61.6	60.7	59.9	59.1	58.2	57.4	56.5	55.7	54.9	54.0	53.2	52.3	51.5	50.7	49.8	49.0	48.1	47.3	46.5	45.6
5:31	113	147	70.6	70.1	69.3	68.5	67.6	66.8	65.9	65.1	64.3	63.4	62.6	61.7	60.9	60.1	59.2	58.4	57.5	56.7	55.9	55.0	54.2	53.3	52.5	51.7	50.8	50.0	49.1	48.3	47.5	46.6
5:23	118	154	71.2	70.8	69.9	69.1	68.2	67.4	66.6	65.7	64.9	64.0	63.2	62.4	61.5	60.7	59.8	59.0	58.2	57.3	56.5	55.6	54.8	54.0	53.1	52.3	51.4	50.6	49.8	48.9	48.1	47.2
5:14	125	163	71.9	71.5	70.6	69.8	69.0	68.1	67.3	66.4	65.6	64.8	63.9	63.1	62.2	61.4	60.6	59.7	58.9	58.0	57.2	56.4	55.5	54.7	53.8	53.0	52.2	51.3	50.5	49.6	48.8	48.0
5:11	131	171	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
5:06	138	180	73.0	72.6	71.8	70.9	70.1	69.2	68.4	67.6	66.7	65.9	65.0	64.2	63.4	62.5	61.7	60.8	60.0	59.2	58.3	57.5	56.6	55.8	55.0	54.1	53.3	52.4	51.6	50.8	49.9	49.1
4:53	144	188	73.7	73.3	72.4	71.6	70.7	69.9	69.1	68.2	67.4	66.5	65.7	64.9	64.0	63.2	62.3	61.5	60.7	59.8	59.0	58.1	57.3	56.5	55.6	54.8	53.9	53.1	52.3	51.4	50.6	49.7
4:44	151	197	74.5	74.0	73.2	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
4:37	157	206	75.1	74.7	73.8	73.0	72.1	71.3	70.5	69.6	68.8	67.9	67.1	66.3	65.4	64.6	63.7	62.9	62.1	61.2	60.4	59.5	58.7	57.9	57.0	56.2	55.3	54.5	53.7	52.8	52.0	51.1
4:27	165	216	75.9	75.5	74.7	73.8	73.0			70.5	69.6		68.0		66.3			63.8		62.1	61.2		59.6		57.9	57.0		55.4		53.7		52.0
4:20	171	224	76.6	76.2	75.3	74.5	73.6	72.8	72.0	71.1	70.3	69.4	68.6	67.8	66.9			64.4	63.6	62.7	61.9		60.2	59.4	58.5	57.7	56.8	56.0	55.2	54.3	53.5	52.6
4:11	179	234	77.4	76.9	76.1	75.3		73.6		71.9	71.1	70.2			67.7	66.9		65.2		63.5			61.0		59.3	58.5	57.6	56.8	55.9		54.3	53.4
4:05	185	243	78.0	77.6	76.7	75.9	75.0	74.2	73.4	72.5	71.7	70.8	70.0		68.3	67.5		65.8		64.1	63.3	62.4	61.6		59.9	59.1	58.2	57.4	56.6		54.9	
4:00	190	250	78.4	78.0	77.2	76.3	75.5	74.7	73.8	73.0	72.1	71.3	70.5	69.6	68.8	67.9	67.1	66.3	65.4	64.6	63.7	62.9	62.1	61.2	60.4	59.5	58.7	57.9	57.0	56.2	55.3	54.5

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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 Males Age 16 HFZ: ≥ 44.3

		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	55.0	54.6	53.7	52.9	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
12:45	11	14	54.9	54.5	53.6	52.8	51.9	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
12:29	12	15	54.8	54.4	53.6	52.7	51.9	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
11:50	15	19	54.9	54.5	53.7	52.8	52.0	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
11:10	19	25	55.3	54.9	54.1	53.2	52.4	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
10:40	23	30	55.8	55.4	54.6	53.7	52.9	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
10:09	28	36	56.5	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	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4	32.6
9:46	32	42	57.1	56.7	55.9	55.0	54.2	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
9:22	37	48	57.9	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	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
9:04	41	54	58.5	58.1	57.3	56.4	55.6	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
8:42	46	60	59.4	59.0	58.1	57.3	56.5	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
8:22	51	67	60.3	59.8	59.0	58.2	57.3	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
8:04	56	73	61.1	60.7	59.9	59.0	58.2	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
7:46	61	80	62.0	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	38.9	38.1
7:25	67	87	63.2	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	45.1	44.3	43.4	42.6	41.7	40.9	40.1	39.2
7:10	72	94	64.0	63.6	62.8	61.9	61.1	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
6:52	78	101	65.1	64.7	63.9	63.0	62.2	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
6:37	83	108	66.1	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	47.2	46.3	45.5	44.6	43.8	43.0	42.1
6:22	89	116	67.1	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	44.0	43.1
6:10	94	123	67.9	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	44.0
5:53	101	131	69.1	68.7	67.8	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
5:44	106	138	69.8	69.3	68.5	67.7	66.8	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
5:31	113	147	70.8	70.4	69.5	68.7	67.8	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
5:23	118	154	71.4	71.0	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
5:14	125	163	72.1	71.7	70.8	70.0	69.2	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
5:11	131	171	73.0	72.6	71.7	70.9	70.1	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
5:06	138	180	73.2	72.8	72.0	71.1	70.3	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
4:53	144	188	73.9	73.5	72.6	71.8	71.0	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
4:44	151	197	74.7	74.2	73.4	72.6	71.7	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
4:37	157	206	75.3	74.9	74.0	73.2	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
4:27	165	216	76.1	75.7	74.9	74.0		72.4		70.7					66.5			64.0		62.3		60.6	59.8	58.9	58.1	57.2	56.4		54.7			
4:20	171	224	76.8	76.4	75.5	74.7		73.0	72.2	71.3	70.5	69.7	68.8		67.1	66.3	65.5			62.9	62.1		60.4	59.6	58.7	57.9	57.1	56.2	55.4			52.9
4:11	179	234	77.6	77.2	76.3	75.5		73.8				70.4		68.8	67.9			65.4		63.7	62.9		61.2	60.4	59.5	58.7	57.8	57.0	56.2			
4:05	185	243	78.2	77.8	76.9	76.1	75.2	74.4	73.6	72.7	71.9	71.0	70.2	69.4	68.5	67.7	66.8			64.3	63.5		61.8	61.0	60.1	59.3	58.4	57.6	56.8	55.9	55.1	54.2
4:00	190	250	78.6	78.2	77.4	76.5	75.7	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

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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 Males Age 17 HFZ: ≥ 44.2

						-																										
		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
Mile	PACER	PACER																														-
Run	(20M)	(15M)																														
13:00	10	13	55.2	54.8	53.9	53.1			50.6				47.2							41.3				38.0			35.4			32.9		
12:45	11	14	55.1	54.7	53.8	53.0	52.2	51.3	50.5	49.6				46.3	45.4	44.6	43.8		42.1	41.2	40.4		38.7	37.9	37.0	36.2	35.4	34.5	33.7		32.0	
12:29	12	15	55.0	54.6	53.8	52.9	52.1	51.3	50.4	49.6		47.9			45.4	44.5		42.9	42.0	41.2			38.7	37.8	37.0	36.1	35.3	34.5		32.8	31.9	
11:50	15	19	55.1	54.7	53.9	53.0	52.2	51.4	50.5		48.8			46.3	45.5	44.6	43.8		42.1	41.3	40.4		38.8		37.1	36.2	35.4	34.6	33.7		32.0	
11:10	19	25	55.5	55.1	54.3	53.4		51.8							45.9	45.0			42.5	41.7	40.8		39.2		37.5	36.6	35.8	35.0	34.1		32.4	
10:40	23	30	56.0	55.6	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		38.0	37.1	36.3	35.4	34.6	33.8	32.9	32.1
10:09	28	36	56.7	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	37.0	36.1	35.3	34.5	33.6	32.8
9:46	32	42	57.3	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	41.0	40.1	39.3	38.4	37.6	36.8	35.9	35.1	34.2	33.4
9:22	37	48	58.1	57.7	56.8	56.0	55.2	54.3	53.5	52.6	51.8	51.0	50.1	49.3	48.4	47.6	46.8	45.9	45.1	44.2	43.4	42.6	41.7	40.9	40.0	39.2	38.4	37.5	36.7	35.8	35.0	34.2
9:04	41	54	58.7	58.3	57.5	56.6	55.8	55.0	54.1	53.3	52.4	51.6	50.8	49.9	49.1	48.2	47.4	46.6	45.7	44.9	44.0	43.2	42.4	41.5	40.7	39.8	39.0	38.2	37.3	36.5	35.6	34.8
8:42	46	60	59.6	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	43.2	42.4	41.6	40.7	39.9	39.0	38.2	37.4	36.5	35.7
8:22	51	67	60.5	60.1	59.2	58.4	57.5	56.7	55.9	55.0	54.2	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
8:04	56	73	61.3	60.9	60.1	59.2	58.4	57.5	56.7	55.9	55.0	54.2	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
7:46	61	80	62.2	61.8	61.0	60.1	59.3	58.5	57.6	56.8	55.9	55.1	54.3	53.4	52.6	51.7	50.9	50.1	49.2	48.4	47.5	46.7	45.9	45.0	44.2	43.3	42.5	41.7	40.8	40.0	39.1	38.3
7:25	67	87	63.4	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	48.7	47.8	47.0	46.1	45.3	44.5	43.6	42.8	41.9	41.1	40.3	39.4
7:10	72	94	64.2	63.8	63.0	62.1	61.3	60.4	59.6	58.8	57.9	57.1	56.2	55.4	54.6	53.7	52.9	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
6:52	78	101	65.3	64.9	64.1	63.2	62.4	61.5	60.7	59.9	59.0	58.2	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
6:37	83	108	66.3	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	44.9	44.0	43.2	42.3
6:22	89	116	67.3	66.9	66.0	65.2	64.3	63.5	62.7	61.8	61.0	60.1	59.3	58.5	57.6	56.8	55.9	55.1	54.3	53.4	52.6	51.7	50.9	50.1	49.2	48.4	47.5	46.7	45.9	45.0	44.2	43.3
6:10	94	123	68.1	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	50.0	49.2	48.4	47.5	46.7	45.8	45.0	44.2
5:53	101	131	69.3	68.9	68.1	67.2	66.4	65.5	64.7	63.9	63.0	62.2	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
5:44	106	138	70.0	69.6	68.7	67.9	67.0	66.2	65.4	64.5	63.7	62.8	62.0	61.2	60.3	59.5	58.6	57.8	57.0	56.1	55.3	54.4	53.6	52.8	51.9	51.1	50.2	49.4	48.6	47.7	46.9	46.0
5:31	113	147	71.0	70.6	69.7	68.9	68.0	67.2	66.4	65.5	64.7	63.8	63.0	62.2	61.3	60.5	59.6	58.8	58.0	57.1	56.3	55.4	54.6	53.8	52.9	52.1	51.2	50.4	49.6	48.7	47.9	47.0
5:23	118	154	71.6	71.2	70.3	69.5	68.7	67.8	67.0	66.1	65.3	64.5	63.6	62.8	61.9	61.1	60.3	59.4	58.6	57.7	56.9	56.1	55.2	54.4	53.5	52.7	51.9	51.0	50.2	49.3	48.5	47.7
5:14	125	163	72.3	71.9	71.1	70.2	69.4	68.5	67.7	66.9	66.0	65.2	64.3	63.5	62.7	61.8	61.0	60.1	59.3	58.5	57.6	56.8	55.9	55.1	54.3	53.4	52.6	51.7	50.9	50.1	49.2	48.4
5:11	131	171	73.2	72.8	71.9	71.1	70.3	69.4	68.6	67.7	66.9	66.1	65.2	64.4	63.5	62.7	61.9	61.0	60.2	59.3	58.5	57.7	56.8	56.0	55.1	54.3	53.5	52.6	51.8	50.9	50.1	49.3
5:06	138	180	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
4:53	144	188	74.1	73.7	72.8	72.0	71.2	70.3	69.5	68.6	67.8	67.0	66.1	65.3	64.4	63.6	62.8	61.9	61.1	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
4:44	151	197	74.9	74.5	73.6	72.8	71.9	71.1	70.3	69.4	68.6	67.7	66.9	66.1	65.2	64.4	63.5	62.7	61.9	61.0	60.2	59.3	58.5	57.7	56.8	56.0	55.1	54.3	53.5	52.6	51.8	50.9
4:37	157	206	75.5	75.1	74.2	73.4	72.6	71.7	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
4:27	165	216	76.4	75.9	75.1	74.3	73.4	72.6	71.7	70.9	70.1	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
4:20	171	224	77.0	76.6	75.7	74.9	74.1	73.2	72.4	71.5	70.7	69.9	69.0	68.2	67.3	66.5	65.7	64.8	64.0	63.1	62.3	61.5	60.6	59.8	58.9	58.1	57.3	56.4	55.6	54.7	53.9	53.1
4:11	179	234	77.8	77.4	76.5	75.7	74.8	74.0	73.2	72.3		70.6		69.0	68.1	67.3		65.6		63.9	63.1		61.4		59.7	58.9	58.0	57.2	56.4			53.8
4:05	185	243	78.4	78.0	77.1	76.3	75.5	74.6	73.8	72.9	72.1	71.3		69.6	68.7	67.9	67.1		65.4	64.5	63.7	62.9	62.0	61.2	60.3	59.5	58.7	57.8	57.0		55.3	
4:00	190	250	78.9	78.4	77.6	76.8	75.9	75.1	74.2	73.4	72.6	71.7	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

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

