

**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 Run	PACER (20M)	PACER (15M)																																			
13:00	10	13	53.7	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	29.8					
12:45	11	14	53.6	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	33.9	33.0	32.2	31.4	30.5	29.7					
12:29	12	15	53.6	53.2	52.3	51.5	50.6	49.8	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	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	53.7	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	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					
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	61.3	60.5	60.2	61.1	60.4	59.5	58.7	57.9	57.0	56.2	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	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					
4:20	171	224	75.5	75.1	74.3	73.4	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					
4:11	179	234	76.3	75.9	75.1	74.2	73.4	72.5	71.7	70.9	70.0	69.2	68.3	67.5	66.7	65.8	65.0	64.1	63.3	62.5	61.6	60.8	59.9	59.1	58.3	57.4	56.6	55.7	54.9	54.1	53.2	52.4					
4:05	185	243	76.9	76.5	75.7	74.8	74.0	73.1	72.3	71.5	70.6	69.8	68.9	68.1	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					
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 (VO<sub>2</sub>max) Look-Up Table FG v8.6 and v9**  
**Males Age 11**  
**HFZ: ≥ 40.3**

		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 Run	PACER (20M)	PACER (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	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	29.9		
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	46.0	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	52.5	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	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	46.4		
5:14	125	163	71.1	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	47.1		
5:11	131	171	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		
5:06	138	180	72.2	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	48.2		
4:53	144	188	72.8	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	48.9		
4:44	151	197	73.6	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	49.7		
4:37	157	206	74.2	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	50.3		
4:27	165	216	75.1	74.7	73.8	73.0	72.2	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		
4:20	171	224	75.7	75.3	74.5	73.6	72.8	72.0	71.1	70.3	69.4	68.6	67.8	66.9	66.1	65.2	64.4	63.6	62.7	61.9	61.0	60.2	59.4	58.5	57.7	56.8	56.0	55.2	54.3	53.5	52.6	51.8		
4:11	179	234	76.5	76.1	75.3	74.4	73.6	72.7	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	60.2	59.3	58.5	57.6	56.8	55.9	55.1	54.3	53.4	52.6		
4:05	185	243	77.1	76.7	75.9	75.0	74.2	73.4	72.5	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		
4:00	190	250	77.6	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	53.7		

Numbers to the left of the bold line are in the Healthy Fitness Zone<sup>®</sup>



**Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-Up Table FG v8.6 and v9**  
**Males Age 12**  
**HFZ: ≥ 40.3**

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	54.1	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	40.2	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	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		
12:29	12	15	54.0	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	30.1		
11:50	15	19	54.1	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	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	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		
10:09	28	36	55.7	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	31.7		
9:46	32	42	56.3	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	32.3		
9:22	37	48	57.0	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	33.1		
9:04	41	54	57.7	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	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	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		
8:04	56	73	60.3	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	36.3		
7:46	61	80	61.2	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	37.2		
7:25	67	87	62.3	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	38.4		
7:10	72	94	63.2	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	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	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		
6:22	89	116	66.2	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	42.3		
6:10	94	123	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		
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	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		
5:31	113	147	69.9	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	46.0		
5:23	118	154	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		
5:14	125	163	71.3	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	47.3		
5:11	131	171	72.2	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	48.2		
5:06	138	180	72.4	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	48.5		
4:53	144	188	73.1	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	49.1		
4:44	151	197	73.8	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	49.9		
4:37	157	206	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		
4:27	165	216	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		
4:20	171	224	76.0	75.5	74.7	73.9	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		
4:11	179	234	76.7	76.3	75.5	74.6	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		
4:05	185	243	77.3	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	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		
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<sup>®</sup>

Estimated Aerobic Capacity (VO<sub>2</sub>max) 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 Run	PACER (20M)	PACER (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	33.0	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	55.4	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	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	46.8				
5:14	125	163	71.5	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	47.5				
5:11	131	171	72.4	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	48.4				
5:06	138	180	72.6	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	48.7				
4:53	144	188	73.3	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	49.3				
4:44	151	197	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				
4:37	157	206	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				
4:27	165	216	75.5	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	51.6				
4:20	171	224	76.2	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	52.2				
4:11	179	234	76.9	76.5	75.7	74.8	74.0	73.2	72.3	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				
4:05	185	243	77.6	77.1	76.3	75.5	74.6	73.8	72.9	72.1	71.3	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				
4:00	190	250	78.0	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	54.1				

Numbers to the left of the bold line are in the Healthy Fitness Zone<sup>®</sup>



Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-Up Table FG v8.6 and v9  
Males Age 14  
HFZ: ≥ 42.5

		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	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					
12:45	11	14	54.5	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	33.9	33.0	32.2	31.4	30.5					
12:29	12	15	54.4	54.0	53.2	52.3	51.5	50.6	49.8	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	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					
11:10	19	25	54.9	54.5	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					
10:40	23	30	55.4	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	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	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					
9:46	32	42	56.7	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	34.4	33.6	32.8					
9:22	37	48	57.5	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	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	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					
8:42	46	60	59.0	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	35.9	35.0					
8:22	51	67	59.8	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	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	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					
7:46	61	80	61.6	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	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	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					
7:10	72	94	63.6	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	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	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					
6:37	83	108	65.6	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	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	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					
6:10	94	123	67.5	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	46.1	45.2	44.4	43.5					
5:53	101	131	68.7	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	44.7					
5:44	106	138	69.3	68.9	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					
5:31	113	147	70.4	69.9	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					
5:23	118	154	71.0	70.5	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					
5:14	125	163	71.7	71.3	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					
5:11	131	171	72.6	72.2	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					
5:06	138	180	72.8	72.4	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					
4:53	144	188	73.5	73.1	72.2	71.4	70.5	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					
4:44	151	197	74.2	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	50.3					
4:37	157	206	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					
4:27	165	216	75.7	75.3	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					
4:20	171	224	76.4	76.0	75.1	74.3	73.4	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					
4:11	179	234	77.2	76.7	75.9	75.1	74.2	73.4	72.5	71.7	70.9	70.0	69.2	68.3	67.5	66.6	65.8	65.0	64.1	63.3	62.5	61.6	60.8	59.9	59.1	58.3	57.4	56.6	55.7	54.9	54.1	53.2					
4:05	185	243	77.8	77.3	76.5	75.7	74.8	74.0	73.1	72.3	71.5	70.6	69.8	68.9	68.1	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					
4:00	190	250	78.2	77.8	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					

Numbers to the left of the bold line are in the Healthy Fitness Zone<sup>®</sup>

**Estimated Aerobic Capacity (VO2max) Look-Up Table FG v8.6 and v9**  
**Males Age 15**  
**HFZ: ≥ 43.6**

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	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	<b>54.3</b>	53.4	52.6	51.7	<b>50.9</b>	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	<b>54.3</b>	53.5	52.6	51.8	<b>50.9</b>	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	<b>55.2</b>	54.3	<b>53.5</b>	52.7	<b>51.8</b>	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	<b>56.5</b>	55.7	54.8	54.0	<b>53.1</b>	52.3	51.5	50.6	49.8	48.9	48.1	47.3	46.4	45.6	44.7	43.9	<b>43.1</b>	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	<b>57.9</b>	57.1	56.2	55.4	<b>54.5</b>	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	41.2	40.3	39.5	38.6	37.8	36.9	36.1	35.3		
8:22	51	67	60.1	<b>59.6</b>	58.8	58.0	57.1	<b>56.3</b>	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	<b>61.4</b>	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	<b>63.4</b>	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	<b>65.4</b>	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	<b>67.3</b>	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	<b>70.8</b>	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	72.2	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		
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	66.1	65.2	64.4	63.6	62.7	61.9	61.0	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	74.4	73.6	72.7	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		
4:05	185	243	78.0	<b>77.6</b>	76.7	75.9	75.0	74.2	73.4	72.5	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		
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		

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



Estimated Aerobic Capacity (VO<sub>2</sub>max) Look-Up Table FG v8.6 and v9  
Males Age 16  
HFZ: ≥ 44.3

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	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	<b>43.6</b>	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	<b>54.5</b>	53.6	52.8	51.9	<b>51.1</b>	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	<b>54.5</b>	53.7	52.8	52.0	<b>51.2</b>	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	<b>55.4</b>	54.6	53.7	52.9	<b>52.0</b>	51.2	50.4	49.5	48.7	47.8	47.0	46.2	45.3	<b>44.5</b>	<b>43.6</b>	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	<b>56.7</b>	55.9	55.0	54.2	<b>53.3</b>	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	<b>58.1</b>	57.3	56.4	55.6	<b>54.8</b>	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	<b>44.7</b>	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	<b>44.7</b>	43.9	43.1	42.2	41.4	40.5	39.7	38.9	38.0	37.2			
7:46	61	80	62.0	<b>61.6</b>	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	<b>44.8</b>	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	<b>43.4</b>	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	<b>43.4</b>	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	<b>43.7</b>	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	<b>43.8</b>	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	<b>44.8</b>	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	<b>44.8</b>	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	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			
4:20	171	224	76.8	76.4	75.5	74.7	73.9	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			
4:11	179	234	77.6	77.2	76.3	75.5	74.6	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			
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	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			
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			

Numbers to the left of the bold line are in the Healthy Fitness Zone<sup>®</sup>

**Estimated Aerobic Capacity (VO<sub>2</sub>max) 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 Run	PACER (20M)	PACER (15M)																															
13:00	10	13	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	
12:45	11	14	55.1	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	36.2	35.4	34.5	33.7	32.8	32.0	31.2	
12:29	12	15	55.0	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	31.1	
11:50	15	19	55.1	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	37.9	37.1	36.2	35.4	34.6	33.7	32.9	32.0	31.2	
11:10	19	25	55.5	55.1	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	
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	38.8	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	51.3	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	71.5	70.7	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	
4:05	185	243	78.4	78.0	77.1	76.3	75.5	74.6	73.8	72.9	72.1	71.3	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	
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	

Numbers to the left of the bold line are in the Healthy Fitness Zone<sup>®</sup>