



MILE RUN - 16 YEAR-OLD MALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80				
4' 4"	2:02	2:12	2:21	2:31	2:40	2:51	3:01	3:12	3:22	3:33	3:44	3:55	4:07	4:18	4:31	4:43	4:56	5:09	5:22	5:37	5:51	6:06	6:22	6:39	6:56	7:14	7:33	7:54	8:17	8:42	9:10	9:43	10:25				
4' 5"	2:19	2:28	2:38	2:48	2:57	3:07	3:18	3:28	3:38	3:49	4:00	4:11	4:22	4:34	4:46	4:59	5:12	5:25	5:39	5:52	6:07	6:22	6:38	6:55	7:12	7:31	7:51	8:12	8:35	9:01	9:31	10:08	11:00				
4' 6"	2:36	2:45	2:54	3:04	3:13	3:23	3:33	3:43	3:54	4:05	4:16	4:27	4:38	4:50	5:02	5:15	5:27	5:40	5:54	6:08	6:22	6:38	6:54	7:10	7:28	7:47	8:07	8:30	8:54	9:22	9:55	10:37					
4' 7"	2:52	3:01	3:10	3:19	3:29	3:39	3:49	3:59	4:09	4:20	4:31	4:42	4:54	5:05	5:17	5:30	5:42	5:55	6:09	6:23	6:38	6:54	7:10	7:27	7:45	8:04	8:25	8:48	9:13	9:43	10:21	11:16					
4' 8"	3:07	3:16	3:25	3:35	3:45	3:54	4:04	4:14	4:25	4:35	4:46	4:57	5:09	5:20	5:32	5:45	5:57	6:10	6:24	6:39	6:53	7:09	7:25	7:43	8:01	8:21	8:43	9:07	9:34	10:07	10:52						
4' 9"	3:22	3:31	3:40	3:50	4:00	4:09	4:19	4:29	4:39	4:50	5:01	5:12	5:23	5:35	5:47	5:59	6:12	6:25	6:39	6:54	7:09	7:24	7:41	7:58	8:18	8:38	9:01	9:27	9:57	10:35	11:40						
4' 10"	3:37	3:46	3:55	4:04	4:14	4:24	4:34	4:43	4:54	5:04	5:15	5:26	5:37	5:49	6:01	6:13	6:27	6:40	6:54	7:08	7:24	7:39	7:57	8:15	8:34	8:56	9:20	9:48	10:21	11:10							
4' 11"	3:52	4:01	4:10	4:19	4:28	4:38	4:48	4:58	5:08	5:19	5:29	5:40	5:52	6:03	6:15	6:28	6:41	6:54	7:09	7:23	7:39	7:55	8:12	8:31	8:51	9:14	9:40	10:10	10:51								
5' 0"	4:06	4:15	4:24	4:33	4:42	4:52	5:02	5:12	5:22	5:33	5:43	5:54	6:06	6:18	6:30	6:42	6:55	7:09	7:23	7:38	7:54	8:10	8:28	8:48	9:09	9:33	10:01	10:37	11:34								
5' 1"	4:20	4:28	4:37	4:47	4:56	5:06	5:15	5:25	5:36	5:46	5:57	6:08	6:19	6:31	6:43	6:56	7:09	7:23	7:37	7:52	8:09	8:26	8:45	9:05	9:28	9:54	10:26	11:11									
5' 2"	4:33	4:42	4:51	5:00	5:10	5:19	5:29	5:39	5:49	6:00	6:10	6:22	6:33	6:45	6:57	7:10	7:24	7:37	7:52	8:07	8:24	8:42	9:01	9:23	9:48	10:16	10:55										
5' 3"	4:47	4:55	5:04	5:13	5:23	5:33	5:42	5:52	6:03	6:13	6:24	6:35	6:46	6:58	7:11	7:24	7:37	7:52	8:07	8:22	8:40	8:58	9:19	9:42	10:09	10:43	11:39										
5' 4"	5:00	5:09	5:18	5:27	5:36	5:45	5:55	6:05	6:16	6:26	6:37	6:48	7:00	7:12	7:25	7:38	7:52	8:06	8:22	8:38	8:56	9:15	9:37	10:02	10:33	11:18											
5' 5"	5:13	5:21	5:30	5:39	5:49	5:58	6:08	6:18	6:28	6:39	6:50	7:01	7:13	7:25	7:39	7:52	8:06	8:21	8:37	8:54	9:12	9:33	9:57	10:25	11:03												
5' 6"	5:25	5:34	5:43	5:52	6:01	6:11	6:21	6:31	6:42	6:52	7:03	7:15	7:27	7:39	7:52	8:06	8:20	8:36	8:52	9:10	9:30	9:52	10:18	10:52													
5' 7"	5:38	5:46	5:55	6:04	6:14	6:24	6:33	6:43	6:54	7:05	7:16	7:28	7:40	7:52	8:06	8:20	8:34	8:51	9:08	9:27	9:48	10:13	10:43	11:30													
5' 8"	5:50	5:59	6:08	6:17	6:27	6:36	6:46	6:56	7:07	7:18	7:29	7:41	7:53	8:06	8:19	8:34	8:49	9:06	9:24	9:45	10:08	10:36	11:16														
5' 9"	6:02	6:11	6:20	6:29	6:39	6:48	6:58	7:09	7:19	7:30	7:42	7:54	8:07	8:20	8:34	8:49	9:05	9:22	9:42	10:04	10:30	11:05															
5' 10"	6:14	6:23	6:32	6:41	6:51	7:01	7:11	7:21	7:32	7:43	7:55	8:07	8:20	8:34	8:48	9:04	9:21	9:39	10:00	10:25	10:57																
5' 11"	6:26	6:35	6:44	6:54	7:03	7:13	7:23	7:34	7:45	7:56	8:08	8:21	8:34	8:48	9:03	9:19	9:37	9:57	10:21	10:50	11:34																
6' 0"	6:38	6:47	6:56	7:05	7:15	7:25	7:36	7:46	7:57	8:09	8:21	8:34	8:48	9:03	9:18	9:36	9:55	10:17	10:44	11:23																	
6' 1"	6:49	6:58	7:07	7:17	7:27	7:37	7:48	7:58	8:10	8:22	8:34	8:48	9:02	9:18	9:34	9:52	10:14	10:39	11:14																		
6' 2"	7:01	7:10	7:19	7:29	7:39	7:49	8:00	8:11	8:23	8:35	8:48	9:02	9:17	9:33	9:51	10:11	10:36	11:07																			
6' 3"	7:13	7:22	7:31	7:41	7:51	8:01	8:12	8:24	8:36	8:49	9:02	9:16	9:32	9:49	10:09	10:32	11:01																				
6' 4"	7:24	7:33	7:43	7:53	8:03	8:14	8:25	8:37	8:49	9:03	9:16	9:31	9:48	10:07	10:29	10:57	11:40																				
6' 5"	7:36	7:45	7:55	8:05	8:15	8:26	8:38	8:50	9:03	9:16	9:31	9:48	10:06	10:27	10:53	11:31																					
6' 6"	7:47	7:57	8:07	8:17	8:28	8:39	8:51	9:03	9:17	9:31	9:47	10:05	10:25	10:50	11:24																						

13:00



MILE RUN - 15 YEAR-OLD MALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80				
4' 4"	2:04	2:14	2:24	2:33	2:43	2:54	3:04	3:14	3:25	3:36	3:47	3:58	4:10	4:22	4:34	4:46	4:59	5:13	5:26	5:40	5:55	6:10	6:26	6:43	7:01	7:19	7:39	8:00	8:23	8:49	9:18	9:53	10:39				
4' 5"	2:22	2:31	2:40	2:50	3:00	3:10	3:20	3:31	3:41	3:52	4:03	4:14	4:26	4:37	4:50	5:03	5:15	5:28	5:42	5:57	6:11	6:27	6:42	7:00	7:17	7:36	7:56	8:18	8:42	9:09	9:41	10:20	11:22				
4' 6"	2:38	2:48	2:57	3:06	3:16	3:26	3:36	3:46	3:57	4:08	4:19	4:30	4:42	4:54	5:06	5:18	5:31	5:44	5:58	6:12	6:27	6:42	6:58	7:16	7:34	7:53	8:14	8:36	9:01	9:31	10:06	10:54					
4' 7"	2:54	3:04	3:13	3:22	3:32	3:42	3:52	4:02	4:13	4:24	4:34	4:45	4:57	5:09	5:21	5:33	5:46	6:00	6:13	6:28	6:42	6:58	7:15	7:32	7:50	8:10	8:31	8:55	9:22	9:54	10:34						
4' 8"	3:10	3:19	3:28	3:38	3:48	3:57	4:07	4:18	4:28	4:39	4:49	5:01	5:12	5:24	5:36	5:48	6:01	6:15	6:28	6:43	6:58	7:14	7:30	7:48	8:07	8:27	8:50	9:15	9:44	10:19	11:12						
4' 9"	3:25	3:34	3:43	3:53	4:03	4:12	4:22	4:33	4:43	4:54	5:04	5:15	5:27	5:39	5:51	6:03	6:16	6:30	6:43	6:58	7:13	7:30	7:46	8:04	8:24	8:45	9:09	9:36	10:07	10:51							
4' 10"	3:40	3:49	3:58	4:08	4:17	4:27	4:37	4:47	4:57	5:08	5:19	5:30	5:42	5:53	6:05	6:18	6:31	6:45	6:58	7:13	7:28	7:45	8:03	8:21	8:41	9:03	9:28	9:58	10:35	11:36							
4' 11"	3:55	4:04	4:13	4:22	4:31	4:42	4:51	5:01	5:12	5:22	5:33	5:44	5:55	6:07	6:19	6:33	6:45	6:59	7:13	7:28	7:44	8:01	8:19	8:38	8:59	9:22	9:49	10:23	11:10								
5' 0"	4:09	4:18	4:27	4:36	4:46	4:55	5:05	5:15	5:25	5:36	5:47	5:58	6:10	6:22	6:34	6:46	7:00	7:13	7:28	7:43	8:00	8:16	8:35	8:55	9:17	9:43	10:13	10:53									
5' 1"	4:23	4:32	4:41	4:50	5:00	5:09	5:19	5:29	5:39	5:50	6:01	6:12	6:24	6:36	6:48	7:01	7:14	7:28	7:43	7:58	8:15	8:33	8:52	9:13	9:37	10:04	10:40	11:38									
5' 2"	4:37	4:46	4:55	5:04	5:13	5:23	5:33	5:43	5:53	6:04	6:15	6:26	6:37	6:49	7:02	7:15	7:28	7:43	7:58	8:14	8:31	8:49	9:09	9:31	9:58	10:30	11:15										
5' 3"	4:50	4:59	5:08	5:17	5:27	5:36	5:46	5:56	6:06	6:17	6:28	6:39	6:51	7:03	7:16	7:29	7:43	7:57	8:13	8:29	8:47	9:06	9:27	9:52	10:21	11:00											
5' 4"	5:03	5:12	5:21	5:30	5:40	5:49	5:59	6:09	6:20	6:30	6:42	6:53	7:05	7:17	7:30	7:43	7:57	8:12	8:28	8:45	9:03	9:24	9:47	10:14	10:48												
5' 5"	5:16	5:25	5:34	5:43	5:53	6:03	6:12	6:22	6:33	6:43	6:55	7:06	7:18	7:31	7:44	7:57	8:12	8:27	8:43	9:01	9:21	9:42	10:08	10:39	11:26												
5' 6"	5:29	5:38	5:47	5:56	6:06	6:15	6:25	6:36	6:46	6:57	7:08	7:19	7:32	7:45	7:58	8:12	8:27	8:42	9:00	9:18	9:39	10:03	10:31	11:12													
5' 7"	5:42	5:51	6:00	6:09	6:18	6:28	6:38	6:48	6:59	7:10	7:21	7:33	7:45	7:58	8:12	8:26	8:42	8:58	9:16	9:36	9:58	10:25	11:01														
5' 8"	5:54	6:03	6:12	6:21	6:31	6:40	6:51	7:01	7:12	7:23	7:34	7:46	7:59	8:12	8:26	8:41	8:57	9:14	9:33	9:55	10:20	10:52															
5' 9"	6:06	6:15	6:24	6:34	6:43	6:53	7:03	7:13	7:25	7:36	7:48	8:00	8:13	8:26	8:40	8:56	9:13	9:31	9:52	10:15	10:45	11:29															
5' 10"	6:18	6:27	6:36	6:46	6:55	7:06	7:16	7:27	7:37	7:49	8:01	8:13	8:27	8:40	8:55	9:12	9:29	9:49	10:12	10:39	11:17																
5' 11"	6:30	6:39	6:49	6:58	7:08	7:18	7:28	7:39	7:50	8:02	8:14	8:27	8:40	8:55	9:11	9:28	9:47	10:08	10:34	11:09																	
6' 0"	6:42	6:51	7:01	7:10	7:20	7:30	7:41	7:52	8:03	8:15	8:28	8:41	8:55	9:10	9:27	9:45	10:06	10:30	11:01																		
6' 1"	6:54	7:03	7:13	7:22	7:32	7:43	7:53	8:04	8:16	8:28	8:42	8:55	9:10	9:26	9:43	10:03	10:27	10:56	11:43																		
6' 2"	7:06	7:15	7:25	7:34	7:45	7:55	8:06	8:18	8:30	8:42	8:55	9:10	9:25	9:42	10:01	10:24	10:51	11:32																			
6' 3"	7:18	7:27	7:37	7:46	7:57	8:07	8:19	8:30	8:43	8:56	9:10	9:25	9:42	10:00	10:21	10:47	11:24																				
6' 4"	7:30	7:39	7:49	7:58	8:09	8:20	8:31	8:43	8:57	9:10	9:25	9:41	9:59	10:19	10:44	11:18																					
6' 5"	7:41	7:51	8:01	8:11	8:22	8:33	8:45	8:57	9:10	9:25	9:40	9:58	10:18	10:41	11:13																						
6' 6"	7:53	8:03	8:13	8:23	8:34	8:46	8:58	9:11	9:25	9:40	9:57	10:16	10:39	11:09																							

13:00



MILE RUN - 14 YEAR-OLD MALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80
4' 4"	2:12	2:22	2:31	2:42	2:51	3:02	3:12	3:23	3:34	3:45	3:56	4:07	4:19	4:31	4:44	4:57	5:10	5:24	5:38	5:52	6:07	6:24	6:40	6:57	7:16	7:35	7:56	8:19	8:44	9:12	9:46	10:29	
4' 5"	2:30	2:39	2:49	2:58	3:09	3:19	3:29	3:39	3:50	4:01	4:13	4:24	4:36	4:48	5:00	5:13	5:27	5:40	5:54	6:09	6:24	6:40	6:57	7:15	7:33	7:53	8:15	8:38	9:05	9:36	10:13	11:09	
4' 6"	2:46	2:56	3:05	3:15	3:25	3:35	3:45	3:56	4:07	4:18	4:28	4:40	4:52	5:04	5:16	5:29	5:42	5:56	6:10	6:25	6:40	6:57	7:13	7:31	7:51	8:11	8:34	8:58	9:27	10:01	10:46		
4' 7"	3:03	3:12	3:22	3:31	3:41	3:51	4:01	4:12	4:22	4:33	4:45	4:56	5:07	5:20	5:32	5:45	5:58	6:12	6:26	6:41	6:57	7:13	7:30	7:49	8:08	8:30	8:53	9:19	9:51	10:30	11:36		
4' 8"	3:19	3:28	3:37	3:47	3:57	4:07	4:17	4:27	4:38	4:49	5:00	5:12	5:23	5:35	5:48	6:01	6:14	6:28	6:42	6:57	7:13	7:30	7:47	8:06	8:26	8:48	9:13	9:42	10:17	11:07			
4' 9"	3:34	3:43	3:53	4:03	4:12	4:22	4:32	4:42	4:53	5:04	5:15	5:27	5:39	5:51	6:03	6:16	6:29	6:43	6:58	7:13	7:29	7:46	8:04	8:24	8:45	9:08	9:35	10:07	10:49				
4' 10"	3:49	3:58	4:08	4:18	4:27	4:37	4:47	4:57	5:08	5:19	5:30	5:42	5:53	6:06	6:18	6:31	6:45	6:58	7:13	7:29	7:45	8:03	8:21	8:42	9:04	9:29	9:58	10:36	11:37				
4' 11"	4:04	4:13	4:22	4:32	4:42	4:52	5:02	5:12	5:22	5:34	5:45	5:56	6:08	6:20	6:33	6:46	7:00	7:14	7:29	7:45	8:01	8:19	8:39	9:00	9:24	9:51	10:25	11:13					
5' 0"	4:19	4:28	4:37	4:46	4:56	5:06	5:16	5:27	5:37	5:48	5:59	6:11	6:22	6:35	6:48	7:01	7:15	7:30	7:45	8:01	8:18	8:37	8:57	9:19	9:45	10:16	10:57						
5' 1"	4:33	4:42	4:51	5:01	5:10	5:20	5:30	5:41	5:51	6:02	6:13	6:25	6:37	6:49	7:03	7:16	7:30	7:45	8:00	8:17	8:35	8:54	9:16	9:40	10:09	10:45							
5' 2"	4:47	4:56	5:05	5:15	5:24	5:34	5:45	5:55	6:06	6:16	6:28	6:39	6:51	7:04	7:17	7:31	7:45	8:00	8:16	8:34	8:52	9:13	9:36	10:02	10:36	11:26							
5' 3"	5:01	5:10	5:19	5:28	5:38	5:48	5:58	6:09	6:19	6:30	6:42	6:54	7:06	7:18	7:32	7:46	8:00	8:16	8:33	8:51	9:10	9:32	9:57	10:28	11:10								
5' 4"	5:14	5:24	5:33	5:42	5:52	6:01	6:12	6:22	6:33	6:44	6:55	7:07	7:20	7:33	7:46	8:01	8:16	8:32	8:49	9:08	9:29	9:52	10:21	10:58									
5' 5"	5:28	5:37	5:46	5:55	6:05	6:15	6:25	6:36	6:46	6:58	7:10	7:22	7:34	7:48	8:01	8:16	8:31	8:48	9:06	9:27	9:49	10:16	10:49										
5' 6"	5:40	5:50	5:59	6:09	6:18	6:28	6:39	6:49	7:00	7:12	7:24	7:36	7:49	8:02	8:16	8:31	8:48	9:05	9:24	9:46	10:11	10:42	11:30										
5' 7"	5:54	6:03	6:12	6:22	6:31	6:42	6:52	7:03	7:14	7:25	7:37	7:50	8:03	8:17	8:31	8:47	9:04	9:22	9:43	10:07	10:36	11:18	13:00										
5' 8"	6:06	6:16	6:25	6:34	6:45	6:55	7:05	7:16	7:27	7:39	7:51	8:04	8:18	8:32	8:47	9:03	9:21	9:41	10:04	10:31	11:08												
5' 9"	6:19	6:28	6:38	6:48	6:57	7:07	7:18	7:30	7:41	7:53	8:06	8:18	8:33	8:47	9:03	9:21	9:40	10:01	10:27	11:01													
5' 10"	6:31	6:41	6:51	7:00	7:10	7:21	7:31	7:43	7:54	8:07	8:19	8:33	8:48	9:03	9:20	9:39	9:59	10:24	10:55														
5' 11"	6:44	6:54	7:03	7:13	7:23	7:34	7:45	7:56	8:08	8:21	8:34	8:48	9:03	9:19	9:37	9:57	10:21	10:50	11:36														
6' 0"	6:57	7:06	7:16	7:25	7:36	7:47	7:58	8:10	8:22	8:35	8:49	9:03	9:19	9:37	9:56	10:19	10:46	11:27															
6' 1"	7:09	7:18	7:28	7:39	7:49	8:00	8:12	8:24	8:36	8:49	9:04	9:19	9:36	9:55	10:17	10:43	11:20																
6' 2"	7:21	7:31	7:41	7:51	8:02	8:13	8:25	8:37	8:51	9:04	9:20	9:36	9:55	10:15	10:40	11:15																	
6' 3"	7:34	7:43	7:54	8:04	8:15	8:27	8:39	8:52	9:06	9:20	9:36	9:54	10:15	10:39	11:10																		
6' 4"	7:46	7:56	8:06	8:17	8:28	8:40	8:53	9:07	9:21	9:37	9:54	10:13	10:37	11:07																			
6' 5"	7:58	8:09	8:19	8:30	8:42	8:55	9:08	9:22	9:37	9:54	10:13	10:36	11:05																				
6' 6"	8:11	8:21	8:33	8:44	8:56	9:09	9:23	9:38	9:54	10:13	10:35	11:03																					



MILE RUN - 13 YEAR-OLD MALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70
4' 2"	2:06	2:16	2:27	2:37	2:48	2:59	3:10	3:22	3:34	3:45	3:58	4:10	4:23	4:36	4:50	5:04	5:19	5:34	5:49	6:06	6:23	6:40	7:00	7:19	7:41	8:04	8:30	8:59	9:33	10:15	11:22		
4' 3"	2:24	2:34	2:45	2:55	3:06	3:17	3:28	3:40	3:51	4:03	4:15	4:28	4:41	4:54	5:07	5:22	5:36	5:51	6:07	6:24	6:41	6:59	7:18	7:39	8:01	8:25	8:52	9:23	10:01	10:53			
4' 4"	2:42	2:52	3:03	3:13	3:24	3:34	3:46	3:57	4:09	4:21	4:33	4:45	4:58	5:11	5:25	5:39	5:54	6:09	6:25	6:42	6:59	7:17	7:37	7:58	8:21	8:46	9:15	9:49	10:34				
4' 5"	3:00	3:10	3:20	3:30	3:41	3:52	4:03	4:14	4:25	4:37	4:49	5:02	5:15	5:28	5:42	5:56	6:11	6:26	6:42	6:59	7:17	7:36	7:56	8:18	8:42	9:09	9:40	10:19	11:20				
4' 6"	3:17	3:27	3:37	3:47	3:58	4:09	4:19	4:31	4:42	4:54	5:06	5:19	5:31	5:45	5:58	6:13	6:28	6:43	7:00	7:16	7:34	7:54	8:15	8:37	9:03	9:32	10:08	10:57					
4' 7"	3:33	3:43	3:53	4:04	4:14	4:25	4:36	4:47	4:58	5:10	5:22	5:35	5:48	6:01	6:15	6:30	6:45	7:00	7:17	7:34	7:53	8:13	8:34	8:58	9:26	9:58	10:40						
4' 8"	3:49	4:00	4:09	4:19	4:30	4:41	4:52	5:03	5:15	5:26	5:39	5:51	6:04	6:18	6:31	6:46	7:01	7:17	7:34	7:52	8:11	8:32	8:55	9:21	9:51	10:28	11:28						
4' 9"	4:06	4:15	4:25	4:36	4:46	4:57	5:07	5:19	5:30	5:42	5:54	6:07	6:20	6:34	6:48	7:03	7:18	7:34	7:51	8:10	8:30	8:52	9:16	9:44	10:18	11:07							
4' 10"	4:21	4:31	4:40	4:51	5:01	5:12	5:23	5:34	5:46	5:58	6:10	6:22	6:36	6:49	7:04	7:19	7:34	7:51	8:09	8:28	8:49	9:12	9:39	10:10	10:52								
4' 11"	4:36	4:46	4:56	5:06	5:16	5:27	5:38	5:49	6:01	6:13	6:25	6:38	6:52	7:06	7:20	7:35	7:51	8:09	8:27	8:47	9:09	9:34	10:04	10:42									
5' 0"	4:51	5:01	5:10	5:21	5:31	5:42	5:53	6:04	6:16	6:28	6:40	6:54	7:07	7:21	7:36	7:52	8:09	8:26	8:46	9:07	9:30	9:58	10:33	11:25									
5' 1"	5:06	5:15	5:25	5:36	5:46	5:57	6:08	6:19	6:31	6:43	6:56	7:09	7:23	7:37	7:52	8:09	8:26	8:45	9:04	9:27	9:54	10:25	11:10										
5' 2"	5:20	5:30	5:40	5:50	6:01	6:12	6:22	6:34	6:46	6:58	7:11	7:25	7:39	7:54	8:09	8:25	8:43	9:03	9:25	9:49	10:19	10:59											
5' 3"	5:34	5:44	5:54	6:04	6:15	6:26	6:37	6:49	7:01	7:13	7:27	7:40	7:54	8:10	8:26	8:43	9:02	9:23	9:46	10:15	10:51												
5' 4"	5:48	5:58	6:08	6:19	6:29	6:40	6:52	7:03	7:16	7:28	7:42	7:55	8:10	8:26	8:43	9:01	9:21	9:44	10:10	10:44	11:38												
5' 5"	6:02	6:12	6:22	6:33	6:43	6:55	7:06	7:18	7:30	7:43	7:57	8:12	8:27	8:43	9:01	9:20	9:42	10:07	10:38	11:25													
5' 6"	6:16	6:26	6:36	6:46	6:58	7:09	7:21	7:33	7:45	7:59	8:13	8:28	8:43	9:01	9:19	9:40	10:04	10:34	11:15														
5' 7"	6:30	6:40	6:50	7:01	7:12	7:23	7:35	7:48	8:00	8:14	8:28	8:44	9:01	9:19	9:39	10:03	10:30	11:08															
5' 8"	6:43	6:53	7:04	7:15	7:26	7:37	7:49	8:02	8:16	8:30	8:45	9:01	9:19	9:39	10:01	10:27	11:02																
5' 9"	6:57	7:07	7:18	7:28	7:40	7:52	8:04	8:18	8:31	8:46	9:02	9:19	9:38	10:00	10:25	10:58																	
5' 10"	7:10	7:21	7:31	7:42	7:54	8:06	8:19	8:33	8:47	9:03	9:19	9:38	9:58	10:23	10:54																		
5' 11"	7:24	7:34	7:45	7:57	8:09	8:21	8:34	8:49	9:04	9:20	9:38	9:58	10:22	10:51	11:38																		
6' 0"	7:37	7:48	7:59	8:11	8:23	8:36	8:50	9:05	9:21	9:39	9:58	10:21	10:49	11:32																			
6' 1"	7:51	8:01	8:13	8:25	8:38	8:52	9:06	9:22	9:39	9:58	10:21	10:48	11:27																				
6' 2"	8:04	8:16	8:28	8:40	8:54	9:07	9:23	9:40	9:58	10:20	10:46	11:24																					
6' 3"	8:18	8:30	8:42	8:55	9:09	9:24	9:41	9:59	10:21	10:46	11:22																						
6' 4"	8:33	8:45	8:57	9:11	9:26	9:42	10:00	10:21	10:46	11:21																							

13:00



MILE RUN - 12 YEAR-OLD MALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70		
4' 2"	2:11	2:21	2:32	2:43	2:54	3:04	3:16	3:28	3:39	3:52	4:04	4:17	4:30	4:43	4:57	5:12	5:26	5:42	5:58	6:14	6:31	6:50	7:09	7:30	7:52	8:17	8:44	9:15	9:52	10:42					
4' 3"	2:30	2:40	2:51	3:01	3:12	3:23	3:34	3:46	3:57	4:10	4:22	4:34	4:48	5:01	5:15	5:29	5:44	6:00	6:16	6:33	6:50	7:09	7:28	7:50	8:13	8:39	9:07	9:42	10:25	11:42					
4' 4"	2:48	2:58	3:08	3:19	3:30	3:40	3:52	4:03	4:15	4:27	4:39	4:52	5:05	5:19	5:33	5:47	6:02	6:18	6:34	6:51	7:09	7:28	7:48	8:10	8:34	9:01	9:33	10:12	11:09						
4' 5"	3:06	3:15	3:26	3:36	3:47	3:58	4:09	4:21	4:32	4:44	4:57	5:09	5:22	5:36	5:50	6:04	6:19	6:35	6:51	7:09	7:27	7:47	8:08	8:31	8:57	9:25	10:01	10:48							
4' 6"	3:22	3:33	3:43	3:53	4:04	4:15	4:26	4:37	4:49	5:01	5:13	5:26	5:39	5:53	6:07	6:21	6:37	6:52	7:09	7:27	7:46	8:06	8:28	8:52	9:19	9:52	10:34								
4' 7"	3:39	3:49	4:00	4:10	4:21	4:31	4:42	4:54	5:06	5:18	5:30	5:43	5:56	6:10	6:24	6:39	6:54	7:10	7:27	7:45	8:04	8:25	8:49	9:15	9:45	10:22	11:19								
4' 8"	3:55	4:06	4:16	4:26	4:37	4:48	4:58	5:10	5:22	5:34	5:46	5:59	6:12	6:26	6:40	6:55	7:11	7:28	7:45	8:04	8:24	8:46	9:10	9:39	10:13	11:00									
4' 9"	4:12	4:22	4:32	4:42	4:52	5:04	5:15	5:26	5:38	5:50	6:03	6:15	6:29	6:43	6:57	7:12	7:28	7:45	8:03	8:22	8:44	9:07	9:34	10:06	10:47										
4' 10"	4:27	4:37	4:48	4:58	5:09	5:19	5:30	5:42	5:54	6:06	6:18	6:31	6:45	6:59	7:14	7:30	7:46	8:03	8:22	8:42	9:04	9:30	9:59	10:37	11:41										
4' 11"	4:43	4:52	5:03	5:13	5:24	5:34	5:46	5:57	6:09	6:22	6:34	6:48	7:01	7:15	7:31	7:46	8:03	8:21	8:41	9:02	9:26	9:54	10:28	11:20											
5' 0"	4:58	5:08	5:18	5:28	5:39	5:50	6:01	6:13	6:25	6:37	6:50	7:03	7:17	7:32	7:48	8:04	8:21	8:40	9:00	9:24	9:50	10:22	11:06												
5' 1"	5:13	5:23	5:33	5:43	5:54	6:05	6:16	6:28	6:40	6:52	7:06	7:19	7:34	7:49	8:04	8:21	8:39	8:59	9:21	9:46	10:16	10:56													
5' 2"	5:27	5:37	5:48	5:58	6:09	6:20	6:31	6:43	6:55	7:08	7:21	7:35	7:50	8:05	8:22	8:39	8:58	9:19	9:43	10:12	10:48														
5' 3"	5:42	5:52	6:02	6:13	6:24	6:35	6:46	6:58	7:10	7:24	7:37	7:51	8:06	8:22	8:39	8:58	9:18	9:42	10:08	10:42	11:37														
5' 4"	5:56	6:06	6:16	6:27	6:38	6:49	7:01	7:13	7:26	7:39	7:53	8:08	8:23	8:40	8:58	9:18	9:40	10:05	10:37	11:24															
5' 5"	6:10	6:21	6:31	6:42	6:53	7:04	7:16	7:28	7:42	7:55	8:09	8:24	8:40	8:58	9:17	9:39	10:03	10:33	11:15																
5' 6"	6:25	6:35	6:45	6:56	7:07	7:19	7:31	7:44	7:57	8:11	8:25	8:42	8:58	9:17	9:37	10:01	10:30	11:09																	
5' 7"	6:39	6:49	7:00	7:10	7:22	7:34	7:46	7:59	8:13	8:27	8:42	8:59	9:17	9:37	10:00	10:27	11:03																		
5' 8"	6:52	7:03	7:13	7:25	7:36	7:49	8:01	8:15	8:29	8:44	9:00	9:18	9:37	9:59	10:25	10:59																			
5' 9"	7:06	7:17	7:28	7:39	7:51	8:04	8:17	8:31	8:45	9:01	9:18	9:37	9:58	10:24	10:56																				
5' 10"	7:20	7:31	7:42	7:54	8:06	8:19	8:33	8:47	9:02	9:19	9:37	9:58	10:22	10:54																					
5' 11"	7:34	7:45	7:57	8:09	8:21	8:34	8:49	9:04	9:20	9:38	9:58	10:22	10:52	11:39																					
6' 0"	7:48	8:00	8:11	8:24	8:37	8:51	9:06	9:21	9:39	9:59	10:22	10:51	11:34																						
6' 1"	8:03	8:14	8:26	8:39	8:52	9:07	9:23	9:40	10:00	10:22	10:50	11:31																							
6' 2"	8:17	8:29	8:42	8:55	9:09	9:25	9:42	10:00	10:22	10:49	11:29																								
6' 3"	8:31	8:44	8:57	9:11	9:27	9:43	10:01	10:23	10:50	11:28																									
6' 4"	8:46	9:00	9:13	9:28	9:45	10:03	10:24	10:51	11:28																										

13:00



MILE RUN - 11 YEAR-OLD MALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70	65	60			
4' 0"	1:52	2:03	2:15	2:26	2:37	2:49	3:01	3:13	3:26	3:39	3:52	4:05	4:19	4:33	4:48	5:03	5:19	5:36	5:52	6:10	6:29	6:49	7:10	7:33	7:57	8:24	8:55	9:31	10:17	11:38						
4' 1"	2:12	2:23	2:34	2:45	2:57	3:08	3:20	3:32	3:45	3:57	4:10	4:24	4:37	4:52	5:07	5:22	5:38	5:54	6:12	6:30	6:48	7:09	7:30	7:54	8:19	8:48	9:21	10:01	11:00							
4' 2"	2:31	2:42	2:52	3:04	3:15	3:27	3:39	3:51	4:03	4:16	4:28	4:42	4:56	5:10	5:25	5:40	5:56	6:13	6:30	6:48	7:07	7:28	7:51	8:15	8:41	9:12	9:48	10:37								
4' 3"	2:49	3:00	3:11	3:22	3:33	3:45	3:56	4:09	4:21	4:33	4:46	5:00	5:13	5:28	5:43	5:58	6:14	6:31	6:48	7:07	7:27	7:48	8:11	8:36	9:04	9:38	10:20	11:30								
4' 4"	3:07	3:18	3:28	3:39	3:51	4:02	4:14	4:26	4:38	4:51	5:04	5:17	5:31	5:45	6:00	6:16	6:32	6:49	7:07	7:26	7:46	8:08	8:32	8:58	9:30	10:07	11:01									
4' 5"	3:25	3:35	3:46	3:57	4:08	4:19	4:31	4:43	4:55	5:08	5:21	5:34	5:48	6:03	6:18	6:33	6:50	7:07	7:25	7:45	8:06	8:28	8:54	9:22	9:57	10:42										
4' 6"	3:42	3:52	4:03	4:13	4:25	4:36	4:48	5:00	5:12	5:25	5:38	5:51	6:05	6:20	6:35	6:51	7:07	7:25	7:43	8:04	8:25	8:49	9:16	9:48	10:28	11:36										
4' 7"	3:58	4:09	4:19	4:30	4:41	4:52	5:04	5:16	5:28	5:41	5:54	6:08	6:22	6:37	6:52	7:08	7:25	7:43	8:03	8:23	8:46	9:12	9:41	10:18	11:10											
4' 8"	4:15	4:25	4:36	4:46	4:57	5:09	5:21	5:33	5:45	5:58	6:11	6:25	6:39	6:54	7:09	7:25	7:43	8:01	8:21	8:43	9:07	9:35	10:09	10:54												
4' 9"	4:30	4:41	4:51	5:02	5:13	5:25	5:36	5:48	6:01	6:14	6:27	6:41	6:55	7:10	7:27	7:43	8:01	8:20	8:41	9:04	9:30	10:01	10:41													
4' 10"	4:46	4:57	5:07	5:18	5:29	5:40	5:52	6:04	6:17	6:30	6:43	6:57	7:12	7:27	7:43	8:01	8:19	8:39	9:01	9:26	9:55	10:31	11:28													
4' 11"	5:01	5:12	5:22	5:33	5:45	5:56	6:07	6:20	6:33	6:46	7:00	7:13	7:28	7:44	8:01	8:19	8:38	8:59	9:23	9:50	10:24	11:11														
5' 0"	5:16	5:27	5:37	5:48	6:00	6:11	6:23	6:36	6:48	7:01	7:15	7:30	7:45	8:01	8:19	8:37	8:58	9:20	9:46	10:17	10:59															
5' 1"	5:31	5:42	5:52	6:03	6:15	6:27	6:39	6:51	7:04	7:18	7:31	7:46	8:02	8:19	8:37	8:57	9:18	9:43	10:12	10:50																
5' 2"	5:46	5:57	6:07	6:18	6:30	6:42	6:54	7:06	7:19	7:33	7:48	8:03	8:19	8:37	8:55	9:16	9:40	10:07	10:42	11:40																
5' 3"	6:01	6:11	6:22	6:33	6:45	6:57	7:09	7:22	7:35	7:49	8:04	8:20	8:37	8:55	9:15	9:38	10:04	10:36	11:25																	
5' 4"	6:15	6:25	6:37	6:48	7:00	7:12	7:24	7:37	7:51	8:06	8:21	8:37	8:55	9:15	9:36	10:01	10:31	11:15																		
5' 5"	6:30	6:40	6:51	7:03	7:14	7:27	7:39	7:53	8:07	8:22	8:38	8:55	9:14	9:35	9:59	10:28	11:07																			
5' 6"	6:43	6:54	7:06	7:17	7:29	7:42	7:55	8:09	8:23	8:39	8:55	9:14	9:34	9:57	10:24	11:01																				
5' 7"	6:58	7:09	7:20	7:32	7:44	7:57	8:10	8:25	8:40	8:56	9:14	9:33	9:56	10:22	10:56																					
5' 8"	7:12	7:23	7:34	7:46	7:59	8:12	8:26	8:41	8:57	9:14	9:33	9:55	10:20	10:52																						
5' 9"	7:26	7:37	7:49	8:01	8:15	8:28	8:43	8:58	9:15	9:33	9:54	10:19	10:49	11:37																						
5' 10"	7:40	7:52	8:04	8:16	8:30	8:44	9:00	9:16	9:34	9:54	10:18	10:47	11:31																							
5' 11"	7:54	8:06	8:19	8:32	8:46	9:01	9:17	9:34	9:54	10:17	10:45	11:27																								
6' 0"	8:09	8:21	8:34	8:48	9:03	9:18	9:36	9:55	10:17	10:44	11:23																									
6' 1"	8:24	8:36	8:50	9:04	9:19	9:37	9:55	10:17	10:43	11:21																										
6' 2"	8:39	8:52	9:06	9:21	9:38	9:57	10:18	10:43	11:19																											

13:00



MILE RUN - 10 YEAR-OLD MALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70	65	60			
4' 0"	1:51	2:01	2:13	2:24	2:36	2:47	2:59	3:11	3:24	3:36	3:49	4:03	4:17	4:31	4:46	5:01	5:16	5:33	5:50	6:07	6:26	6:46	7:07	7:29	7:53	8:20	8:49	9:25	10:09	11:17						
4' 1"	2:10	2:21	2:32	2:43	2:54	3:06	3:18	3:30	3:42	3:55	4:08	4:21	4:35	4:49	5:04	5:19	5:35	5:51	6:09	6:26	6:45	7:05	7:27	7:49	8:15	8:42	9:15	9:53	10:47							
4' 2"	2:29	2:40	2:51	3:01	3:13	3:24	3:36	3:48	4:01	4:13	4:26	4:40	4:54	5:07	5:22	5:37	5:53	6:10	6:27	6:45	7:04	7:24	7:46	8:10	8:36	9:06	9:41	10:27								
4' 3"	2:48	2:58	3:09	3:20	3:31	3:42	3:54	4:06	4:18	4:31	4:44	4:57	5:11	5:25	5:40	5:55	6:11	6:28	6:45	7:03	7:23	7:44	8:06	8:31	8:59	9:31	10:11	11:11								
4' 4"	3:05	3:16	3:27	3:37	3:48	4:00	4:12	4:24	4:36	4:48	5:01	5:15	5:28	5:43	5:57	6:13	6:29	6:46	7:03	7:22	7:42	8:03	8:27	8:53	9:23	9:59	10:48									
4' 5"	3:22	3:33	3:43	3:55	4:06	4:17	4:28	4:40	4:53	5:06	5:18	5:31	5:45	6:00	6:15	6:30	6:46	7:03	7:21	7:40	8:01	8:24	8:48	9:16	9:49	10:31										
4' 6"	3:40	3:50	4:00	4:12	4:22	4:34	4:45	4:57	5:09	5:22	5:35	5:48	6:03	6:17	6:32	6:48	7:04	7:21	7:40	8:00	8:21	8:44	9:10	9:41	10:19	11:16										
4' 7"	3:56	4:06	4:17	4:28	4:39	4:50	5:01	5:13	5:26	5:39	5:52	6:05	6:19	6:34	6:49	7:04	7:21	7:39	7:58	8:19	8:41	9:06	9:34	10:09	10:56											
4' 8"	4:12	4:22	4:33	4:44	4:55	5:06	5:18	5:30	5:42	5:55	6:08	6:21	6:36	6:50	7:06	7:22	7:39	7:57	8:17	8:38	9:02	9:28	10:00	10:42												
4' 9"	4:28	4:39	4:49	5:00	5:10	5:22	5:34	5:46	5:58	6:11	6:24	6:37	6:52	7:07	7:22	7:39	7:57	8:16	8:36	8:58	9:24	9:54	10:31	11:30												
4' 10"	4:43	4:54	5:04	5:15	5:26	5:37	5:49	6:01	6:14	6:27	6:40	6:54	7:09	7:24	7:40	7:57	8:15	8:34	8:56	9:20	9:48	10:22	11:10													
4' 11"	4:59	5:09	5:20	5:31	5:42	5:53	6:05	6:17	6:30	6:42	6:56	7:10	7:25	7:40	7:57	8:15	8:33	8:54	9:17	9:43	10:15	10:57														
5' 0"	5:14	5:24	5:35	5:46	5:57	6:08	6:20	6:32	6:45	6:58	7:12	7:26	7:41	7:57	8:14	8:33	8:52	9:14	9:39	10:09	10:46															
5' 1"	5:29	5:39	5:49	6:01	6:12	6:23	6:35	6:48	7:00	7:14	7:28	7:42	7:58	8:15	8:32	8:51	9:12	9:36	10:03	10:38	11:34															
5' 2"	5:43	5:54	6:04	6:15	6:27	6:38	6:50	7:03	7:16	7:30	7:43	7:59	8:15	8:32	8:50	9:10	9:33	10:00	10:31	11:19																
5' 3"	5:58	6:08	6:19	6:30	6:41	6:53	7:05	7:18	7:31	7:45	8:00	8:15	8:32	8:50	9:09	9:31	9:56	10:26	11:08																	
5' 4"	6:12	6:22	6:33	6:45	6:56	7:08	7:21	7:33	7:47	8:01	8:16	8:33	8:49	9:09	9:30	9:53	10:22	11:00																		
5' 5"	6:26	6:37	6:48	6:59	7:10	7:23	7:36	7:49	8:03	8:18	8:33	8:50	9:08	9:28	9:51	10:18	10:53																			
5' 6"	6:40	6:51	7:02	7:13	7:25	7:37	7:51	8:04	8:19	8:34	8:50	9:08	9:27	9:49	10:15	10:48	11:42																			
5' 7"	6:54	7:05	7:16	7:28	7:40	7:52	8:06	8:20	8:35	8:51	9:08	9:27	9:48	10:13	10:44	11:31																				
5' 8"	7:08	7:19	7:31	7:42	7:55	8:08	8:22	8:36	8:52	9:09	9:27	9:48	10:11	10:40	11:23																					
5' 9"	7:22	7:33	7:45	7:57	8:10	8:24	8:37	8:52	9:09	9:27	9:47	10:10	10:38	11:17																						
5' 10"	7:36	7:48	8:00	8:12	8:25	8:39	8:54	9:10	9:27	9:47	10:09	10:36	11:12																							
5' 11"	7:51	8:02	8:14	8:27	8:41	8:55	9:11	9:28	9:47	10:09	10:34	11:09																								
6' 0"	8:04	8:16	8:29	8:43	8:57	9:12	9:29	9:48	10:09	10:33	11:06																									
6' 1"	8:19	8:31	8:45	8:58	9:13	9:30	9:48	10:09	10:33	11:04																										
6' 2"	8:34	8:47	9:00	9:15	9:31	9:49	10:09	10:33	11:03																											

13:00



MILE RUN - 16 YEAR-OLD FEMALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	
4' 4"	2:18	2:28	2:37	2:48	2:58	3:08	3:19	3:30	3:40	3:51	4:03	4:15	4:27	4:39	4:52	5:05	5:18	5:32	5:46	6:01	6:17	6:33	6:50	7:08	7:27	7:48	8:10	8:34	9:01	9:32	10:10	11:07		
4' 5"	2:36	2:45	2:55	3:04	3:15	3:25	3:36	3:46	3:57	4:09	4:20	4:31	4:43	4:56	5:09	5:21	5:35	5:49	6:03	6:18	6:34	6:51	7:07	7:26	7:45	8:06	8:29	8:55	9:24	9:58	10:45			
4' 6"	2:52	3:02	3:12	3:21	3:31	3:42	3:52	4:03	4:13	4:25	4:36	4:48	5:00	5:12	5:25	5:38	5:51	6:06	6:20	6:35	6:51	7:07	7:25	7:44	8:04	8:25	8:49	9:16	9:48	10:28	11:36			
4' 7"	3:09	3:18	3:28	3:38	3:48	3:58	4:08	4:19	4:30	4:41	4:52	5:04	5:16	5:28	5:41	5:54	6:07	6:22	6:36	6:52	7:07	7:25	7:43	8:02	8:22	8:45	9:10	9:40	10:16	11:08				
4' 8"	3:25	3:34	3:44	3:54	4:04	4:14	4:24	4:34	4:45	4:57	5:08	5:19	5:31	5:44	5:57	6:10	6:24	6:38	6:52	7:08	7:24	7:42	8:00	8:20	8:42	9:06	9:33	10:06	10:49					
4' 9"	3:41	3:50	4:00	4:09	4:19	4:30	4:40	4:50	5:01	5:12	5:24	5:35	5:47	6:00	6:12	6:25	6:39	6:54	7:09	7:25	7:41	7:59	8:18	8:39	9:01	9:27	9:57	10:36	11:43					
4' 10"	3:56	4:06	4:15	4:25	4:34	4:45	4:55	5:06	5:16	5:27	5:39	5:51	6:03	6:15	6:28	6:41	6:55	7:10	7:25	7:41	7:58	8:16	8:36	8:58	9:22	9:51	10:25	11:16						
4' 11"	4:12	4:21	4:30	4:40	4:49	5:00	5:10	5:21	5:31	5:42	5:54	6:06	6:18	6:30	6:43	6:57	7:11	7:25	7:41	7:58	8:15	8:34	8:55	9:18	9:45	10:16	11:00							
5' 0"	4:26	4:36	4:45	4:54	5:04	5:14	5:24	5:35	5:46	5:57	6:09	6:20	6:33	6:45	6:58	7:12	7:27	7:42	7:58	8:15	8:33	8:53	9:15	9:40	10:09	10:48								
5' 1"	4:40	4:50	4:59	5:09	5:19	5:28	5:39	5:49	6:00	6:12	6:23	6:35	6:48	7:00	7:13	7:28	7:42	7:58	8:14	8:32	8:51	9:12	9:36	10:03	10:38	11:33								
5' 2"	4:55	5:04	5:13	5:23	5:33	5:43	5:53	6:04	6:15	6:26	6:38	6:50	7:02	7:15	7:29	7:43	7:58	8:14	8:31	8:49	9:10	9:32	9:58	10:30	11:16									
5' 3"	5:09	5:18	5:27	5:37	5:47	5:57	6:07	6:18	6:29	6:40	6:52	7:04	7:17	7:30	7:44	7:59	8:14	8:31	8:48	9:08	9:30	9:54	10:24	11:04										
5' 4"	5:22	5:32	5:41	5:51	6:01	6:11	6:21	6:32	6:43	6:55	7:07	7:19	7:32	7:45	8:00	8:15	8:31	8:48	9:06	9:27	9:51	10:18	10:55											
5' 5"	5:36	5:45	5:55	6:04	6:15	6:25	6:35	6:46	6:57	7:09	7:21	7:34	7:47	8:01	8:15	8:31	8:47	9:06	9:25	9:48	10:14	10:48												
5' 6"	5:49	5:59	6:08	6:18	6:28	6:39	6:49	7:00	7:12	7:23	7:36	7:48	8:02	8:16	8:31	8:47	9:04	9:24	9:45	10:10	10:42	11:28												
5' 7"	6:03	6:12	6:22	6:31	6:42	6:52	7:03	7:14	7:25	7:37	7:50	8:03	8:17	8:31	8:47	9:04	9:23	9:43	10:07	10:36	11:18													
5' 8"	6:16	6:25	6:35	6:45	6:55	7:06	7:16	7:28	7:39	7:52	8:04	8:18	8:33	8:48	9:04	9:22	9:42	10:05	10:33	11:10														
5' 9"	6:29	6:39	6:48	6:58	7:09	7:19	7:30	7:42	7:54	8:06	8:19	8:33	8:48	9:04	9:22	9:41	10:03	10:29	11:04															
5' 10"	6:42	6:51	7:01	7:11	7:22	7:33	7:44	7:55	8:08	8:21	8:34	8:49	9:04	9:21	9:40	10:01	10:27	10:58																
5' 11"	6:55	7:04	7:14	7:24	7:35	7:46	7:58	8:10	8:22	8:36	8:50	9:05	9:22	9:40	10:00	10:24	10:55																	
6' 0"	7:07	7:17	7:27	7:38	7:49	8:00	8:12	8:24	8:37	8:51	9:06	9:22	9:40	10:00	10:22	10:52	11:36																	
6' 1"	7:20	7:30	7:40	7:51	8:02	8:14	8:26	8:39	8:52	9:07	9:22	9:40	9:59	10:21	10:49	11:30																		
6' 2"	7:33	7:43	7:54	8:04	8:16	8:28	8:40	8:54	9:08	9:24	9:40	9:59	10:21	10:47	11:25																			
6' 3"	7:46	7:56	8:07	8:18	8:30	8:42	8:55	9:09	9:24	9:41	9:59	10:20	10:46	11:22																				
6' 4"	7:59	8:09	8:21	8:32	8:44	8:57	9:10	9:25	9:42	10:00	10:20	10:45	11:19																					
6' 5"	8:12	8:23	8:34	8:46	8:59	9:12	9:27	9:42	10:00	10:20	10:45	11:17																						
6' 6"	8:25	8:36	8:48	9:01	9:14	9:28	9:43	10:01	10:21	10:44	11:16																							

13:00



MILE RUN - 15 YEAR-OLD FEMALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	
4' 4"	2:16	2:26	2:36	2:46	2:56	3:06	3:16	3:27	3:38	3:49	4:01	4:13	4:25	4:37	4:49	5:03	5:16	5:30	5:44	5:58	6:14	6:30	6:47	7:05	7:24	7:44	8:06	8:29	8:55	9:26	10:03	10:54		
4' 5"	2:34	2:43	2:53	3:03	3:13	3:23	3:34	3:44	3:55	4:06	4:18	4:29	4:41	4:54	5:06	5:19	5:33	5:46	6:00	6:15	6:31	6:47	7:04	7:22	7:42	8:02	8:25	8:49	9:18	9:51	10:34			
4' 6"	2:51	3:00	3:10	3:19	3:30	3:40	3:50	4:01	4:12	4:22	4:34	4:45	4:57	5:10	5:22	5:35	5:49	6:03	6:17	6:32	6:48	7:04	7:21	7:40	8:00	8:21	8:45	9:11	9:42	10:19	11:17			
4' 7"	3:07	3:16	3:26	3:36	3:46	3:56	4:06	4:16	4:27	4:39	4:50	5:01	5:13	5:25	5:38	5:51	6:04	6:19	6:33	6:48	7:04	7:21	7:39	7:58	8:18	8:40	9:05	9:33	10:07	10:55				
4' 8"	3:23	3:33	3:42	3:52	4:01	4:12	4:22	4:33	4:43	4:54	5:06	5:17	5:29	5:41	5:54	6:07	6:21	6:34	6:49	7:05	7:21	7:38	7:56	8:16	8:37	9:00	9:27	9:58	10:39					
4' 9"	3:39	3:48	3:58	4:07	4:17	4:27	4:37	4:48	4:58	5:10	5:21	5:33	5:45	5:57	6:09	6:22	6:36	6:51	7:06	7:21	7:37	7:55	8:13	8:34	8:56	9:21	9:50	10:27	11:21					
4' 10"	3:54	4:03	4:13	4:22	4:32	4:42	4:52	5:03	5:13	5:25	5:36	5:48	6:00	6:12	6:25	6:38	6:52	7:06	7:21	7:37	7:54	8:12	8:31	8:53	9:16	9:43	10:16	11:02						
4' 11"	4:09	4:18	4:28	4:37	4:47	4:57	5:07	5:18	5:28	5:40	5:51	6:03	6:15	6:27	6:40	6:54	7:07	7:22	7:37	7:54	8:11	8:30	8:50	9:12	9:38	10:08	10:48							
5' 0"	4:24	4:33	4:42	4:52	5:02	5:12	5:22	5:33	5:43	5:54	6:06	6:18	6:30	6:42	6:55	7:09	7:23	7:38	7:54	8:10	8:28	8:48	9:09	9:33	10:01	10:37	11:34							
5' 1"	4:38	4:48	4:57	5:06	5:16	5:26	5:36	5:47	5:58	6:09	6:20	6:32	6:44	6:57	7:10	7:24	7:39	7:54	8:10	8:27	8:46	9:06	9:29	9:56	10:28	11:15								
5' 2"	4:52	5:01	5:11	5:21	5:30	5:40	5:51	6:01	6:12	6:23	6:34	6:46	6:59	7:12	7:25	7:39	7:54	8:10	8:27	8:45	9:04	9:26	9:51	10:21	11:01									
5' 3"	5:06	5:15	5:25	5:34	5:44	5:54	6:04	6:15	6:26	6:37	6:49	7:01	7:13	7:27	7:40	7:55	8:10	8:26	8:43	9:03	9:23	9:47	10:15	10:51										
5' 4"	5:20	5:29	5:39	5:48	5:58	6:08	6:18	6:29	6:40	6:51	7:03	7:15	7:28	7:42	7:55	8:10	8:26	8:43	9:01	9:21	9:43	10:10	10:43	11:37										
5' 5"	5:34	5:43	5:52	6:01	6:12	6:22	6:32	6:43	6:54	7:06	7:18	7:30	7:43	7:57	8:11	8:26	8:42	9:00	9:19	9:41	10:06	10:37	11:22											
5' 6"	5:47	5:56	6:06	6:15	6:25	6:35	6:46	6:57	7:08	7:19	7:32	7:45	7:58	8:12	8:27	8:42	8:59	9:18	9:39	10:03	10:31	11:11												
5' 7"	6:00	6:09	6:19	6:28	6:39	6:49	7:00	7:10	7:22	7:34	7:46	7:59	8:13	8:27	8:42	8:59	9:17	9:37	10:00	10:27	11:03													
5' 8"	6:13	6:22	6:32	6:42	6:52	7:02	7:13	7:24	7:36	7:48	8:00	8:14	8:28	8:43	8:59	9:16	9:36	9:57	10:23	10:56														
5' 9"	6:26	6:35	6:45	6:55	7:05	7:16	7:27	7:38	7:49	8:02	8:15	8:29	8:43	8:59	9:16	9:34	9:55	10:20	10:51	11:42														
5' 10"	6:39	6:48	6:58	7:08	7:18	7:29	7:40	7:52	8:04	8:16	8:30	8:44	8:59	9:16	9:34	9:54	10:18	10:47	11:31															
5' 11"	6:51	7:01	7:11	7:21	7:31	7:42	7:54	8:06	8:18	8:31	8:45	9:00	9:16	9:33	9:53	10:16	10:43	11:23																
6' 0"	7:04	7:14	7:24	7:34	7:45	7:56	8:07	8:19	8:33	8:46	9:01	9:16	9:33	9:52	10:14	10:40	11:17																	
6' 1"	7:17	7:27	7:37	7:47	7:58	8:10	8:21	8:34	8:47	9:01	9:17	9:33	9:52	10:13	10:38	11:12																		
6' 2"	7:30	7:39	7:50	8:00	8:12	8:24	8:36	8:49	9:03	9:18	9:34	9:52	10:12	10:37	11:09																			
6' 3"	7:42	7:52	8:03	8:14	8:25	8:37	8:50	9:04	9:18	9:34	9:52	10:12	10:35	11:06																				
6' 4"	7:55	8:06	8:16	8:27	8:39	8:52	9:05	9:19	9:35	9:52	10:12	10:34	11:04																					
6' 5"	8:08	8:18	8:30	8:41	8:54	9:07	9:21	9:36	9:53	10:12	10:34	11:02																						
6' 6"	8:21	8:32	8:43	8:55	9:09	9:22	9:37	9:54	10:12	10:34	11:01																							

13:00



MILE RUN - 14 YEAR-OLD FEMALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	240	235	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80
4' 4"	2:13	2:23	2:33	2:43	2:53	3:03	3:13	3:24	3:35	3:46	3:58	4:09	4:21	4:33	4:46	4:59	5:12	5:26	5:40	5:55	6:10	6:25	6:42	7:00	7:18	7:38	7:59	8:22	8:48	9:17	9:52	10:37	
4' 5"	2:31	2:40	2:50	3:00	3:10	3:20	3:31	3:41	3:52	4:03	4:14	4:26	4:37	4:50	5:03	5:15	5:28	5:42	5:57	6:11	6:27	6:42	7:00	7:17	7:36	7:56	8:18	8:42	9:09	9:41	10:20	11:22	
4' 6"	2:48	2:57	3:07	3:16	3:27	3:37	3:47	3:57	4:08	4:19	4:30	4:42	4:54	5:06	5:18	5:31	5:45	5:58	6:13	6:27	6:43	6:59	7:16	7:34	7:54	8:15	8:37	9:03	9:32	10:07	10:56		
4' 7"	3:04	3:13	3:23	3:33	3:43	3:52	4:03	4:13	4:24	4:35	4:46	4:58	5:10	5:22	5:34	5:47	6:00	6:15	6:28	6:43	7:00	7:16	7:33	7:52	8:12	8:33	8:57	9:24	9:57	10:38			
4' 8"	3:20	3:30	3:39	3:49	3:58	4:09	4:19	4:29	4:40	4:51	5:02	5:13	5:25	5:37	5:50	6:03	6:16	6:30	6:45	7:00	7:16	7:33	7:50	8:09	8:30	8:52	9:18	9:48	10:24	11:20			
4' 9"	3:36	3:45	3:54	4:04	4:14	4:24	4:34	4:45	4:55	5:06	5:17	5:28	5:40	5:52	6:05	6:18	6:32	6:46	7:00	7:16	7:32	7:49	8:07	8:27	8:49	9:13	9:40	10:13	10:59				
4' 10"	3:51	4:00	4:10	4:19	4:29	4:39	4:49	5:00	5:10	5:21	5:32	5:43	5:55	6:08	6:21	6:33	6:47	7:01	7:16	7:32	7:48	8:06	8:25	8:45	9:08	9:34	10:04	10:44					
4' 11"	4:06	4:15	4:24	4:34	4:43	4:54	5:04	5:14	5:25	5:36	5:47	5:58	6:10	6:22	6:36	6:49	7:03	7:17	7:32	7:48	8:05	8:23	8:43	9:04	9:28	9:57	10:32	11:27					
5' 0"	4:21	4:30	4:39	4:48	4:58	5:08	5:18	5:28	5:39	5:50	6:01	6:13	6:25	6:37	6:50	7:04	7:18	7:33	7:48	8:04	8:22	8:40	9:01	9:24	9:51	10:22	11:08						
5' 1"	4:35	4:44	4:53	5:03	5:12	5:22	5:33	5:43	5:54	6:04	6:16	6:28	6:40	6:52	7:05	7:19	7:33	7:48	8:04	8:21	8:39	8:58	9:20	9:45	10:15	10:54							
5' 2"	4:49	4:58	5:07	5:17	5:27	5:36	5:46	5:57	6:07	6:19	6:30	6:42	6:54	7:07	7:20	7:34	7:48	8:04	8:20	8:37	8:56	9:17	9:41	10:09	10:44								
5' 3"	5:03	5:12	5:21	5:31	5:40	5:50	6:00	6:11	6:22	6:33	6:44	6:56	7:09	7:21	7:35	7:49	8:04	8:19	8:36	8:55	9:15	9:37	10:03	10:35	11:23								
5' 4"	5:16	5:25	5:34	5:44	5:54	6:04	6:14	6:25	6:36	6:46	6:58	7:10	7:23	7:36	7:49	8:04	8:19	8:36	8:53	9:12	9:34	9:58	10:28	11:10									
5' 5"	5:30	5:39	5:48	5:58	6:07	6:18	6:28	6:38	6:49	7:01	7:12	7:24	7:37	7:51	8:04	8:19	8:35	8:52	9:11	9:31	9:55	10:22	11:00										
5' 6"	5:43	5:52	6:01	6:11	6:21	6:31	6:41	6:52	7:03	7:15	7:26	7:39	7:52	8:06	8:20	8:35	8:52	9:09	9:29	9:51	10:18	10:51											
5' 7"	5:56	6:05	6:15	6:24	6:34	6:44	6:54	7:06	7:16	7:28	7:40	7:53	8:06	8:21	8:35	8:51	9:09	9:27	9:49	10:13	10:45	11:33	13:00										
5' 8"	6:09	6:18	6:27	6:37	6:47	6:57	7:08	7:19	7:30	7:42	7:54	8:07	8:21	8:36	8:51	9:08	9:26	9:46	10:10	10:39	11:21												
5' 9"	6:21	6:31	6:40	6:50	7:00	7:10	7:21	7:32	7:44	7:56	8:09	8:22	8:36	8:51	9:07	9:25	9:45	10:07	10:35	11:12													
5' 10"	6:34	6:43	6:53	7:03	7:13	7:24	7:34	7:46	7:58	8:10	8:23	8:37	8:52	9:07	9:25	9:43	10:06	10:31	11:06														
5' 11"	6:46	6:56	7:06	7:16	7:26	7:37	7:48	8:00	8:12	8:24	8:38	8:52	9:07	9:24	9:43	10:04	10:28	11:00															
6' 0"	6:59	7:09	7:18	7:28	7:39	7:50	8:01	8:13	8:25	8:39	8:53	9:08	9:24	9:42	10:02	10:26	10:56																
6' 1"	7:12	7:21	7:31	7:42	7:52	8:03	8:15	8:27	8:40	8:54	9:08	9:24	9:42	10:01	10:24	10:52	11:36																
6' 2"	7:24	7:34	7:44	7:54	8:06	8:17	8:29	8:42	8:55	9:09	9:24	9:42	10:00	10:22	10:49	11:29																	
6' 3"	7:37	7:46	7:57	8:07	8:19	8:30	8:43	8:56	9:10	9:25	9:42	10:00	10:21	10:47	11:24																		
6' 4"	7:49	7:59	8:10	8:21	8:32	8:45	8:57	9:11	9:26	9:42	10:00	10:21	10:45	11:20																			
6' 5"	8:01	8:12	8:23	8:34	8:46	8:58	9:12	9:27	9:42	10:00	10:20	10:44	11:17																				
6' 6"	8:15	8:25	8:36	8:48	9:00	9:13	9:28	9:43	10:00	10:20	10:43	11:15																					



MILE RUN - 13 YEAR-OLD FEMALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70				
4' 2"	1:55	2:05	2:15	2:25	2:36	2:47	2:58	3:09	3:21	3:32	3:44	3:56	4:09	4:22	4:35	4:48	5:03	5:17	5:32	5:48	6:04	6:21	6:39	6:57	7:17	7:38	8:01	8:27	8:55	9:28	10:09	11:10					
4' 3"	2:13	2:22	2:33	2:43	2:54	3:04	3:15	3:27	3:37	3:49	4:01	4:13	4:26	4:39	4:52	5:06	5:19	5:34	5:49	6:04	6:21	6:38	6:56	7:15	7:35	7:57	8:21	8:47	9:18	9:54	10:42						
4' 4"	2:30	2:40	2:50	3:00	3:11	3:21	3:32	3:43	3:55	4:06	4:18	4:30	4:42	4:55	5:09	5:22	5:36	5:51	6:06	6:21	6:37	6:55	7:13	7:33	7:53	8:16	8:40	9:09	9:41	10:23	11:31						
4' 5"	2:48	2:57	3:07	3:17	3:28	3:38	3:49	4:00	4:11	4:22	4:34	4:46	4:59	5:12	5:25	5:38	5:52	6:07	6:22	6:38	6:54	7:12	7:30	7:50	8:12	8:35	9:01	9:31	10:08	11:00							
4' 6"	3:04	3:13	3:24	3:34	3:44	3:54	4:05	4:16	4:27	4:39	4:50	5:03	5:15	5:27	5:40	5:54	6:09	6:23	6:38	6:54	7:11	7:29	7:48	8:08	8:30	8:55	9:22	9:55	10:39								
4' 7"	3:20	3:30	3:40	3:49	4:00	4:10	4:21	4:31	4:43	4:54	5:06	5:18	5:30	5:43	5:57	6:10	6:24	6:39	6:54	7:10	7:28	7:46	8:06	8:27	8:49	9:15	9:46	10:24	11:22								
4' 8"	3:36	3:45	3:55	4:05	4:15	4:25	4:36	4:47	4:58	5:10	5:21	5:33	5:46	5:58	6:12	6:25	6:40	6:55	7:10	7:27	7:45	8:03	8:23	8:45	9:09	9:37	10:12	10:58									
4' 9"	3:51	4:01	4:10	4:21	4:31	4:41	4:51	5:02	5:13	5:25	5:36	5:49	6:01	6:14	6:27	6:41	6:55	7:10	7:27	7:43	8:01	8:21	8:41	9:04	9:30	10:01	10:42										
4' 10"	4:06	4:16	4:25	4:36	4:45	4:56	5:06	5:17	5:28	5:40	5:51	6:03	6:16	6:29	6:42	6:57	7:11	7:27	7:43	8:00	8:18	8:38	9:00	9:25	9:53	10:29	11:23										
4' 11"	4:21	4:31	4:40	4:50	5:00	5:10	5:21	5:32	5:43	5:54	6:06	6:18	6:31	6:44	6:57	7:12	7:27	7:42	7:59	8:16	8:36	8:57	9:19	9:46	10:18	11:03											
5' 0"	4:36	4:45	4:55	5:04	5:15	5:25	5:35	5:46	5:57	6:09	6:21	6:33	6:46	6:59	7:12	7:27	7:42	7:58	8:15	8:33	8:53	9:15	9:40	10:10	10:49												
5' 1"	4:49	4:59	5:09	5:19	5:28	5:39	5:49	6:00	6:12	6:23	6:35	6:48	7:00	7:13	7:27	7:42	7:58	8:14	8:31	8:51	9:12	9:36	10:03	10:37	11:33												
5' 2"	5:04	5:13	5:22	5:33	5:42	5:53	6:03	6:15	6:25	6:37	6:49	7:02	7:15	7:28	7:42	7:57	8:13	8:30	8:49	9:09	9:31	9:57	10:28	11:13													
5' 3"	5:17	5:27	5:36	5:46	5:56	6:07	6:17	6:28	6:40	6:51	7:03	7:16	7:29	7:43	7:58	8:13	8:30	8:47	9:06	9:28	9:52	10:21	11:00														
5' 4"	5:31	5:40	5:50	6:00	6:10	6:20	6:31	6:42	6:54	7:05	7:18	7:30	7:44	7:58	8:13	8:28	8:46	9:04	9:25	9:48	10:15	10:50															
5' 5"	5:44	5:54	6:03	6:13	6:23	6:34	6:45	6:55	7:07	7:19	7:31	7:45	7:58	8:13	8:28	8:45	9:03	9:22	9:44	10:10	10:42	11:31															
5' 6"	5:57	6:07	6:16	6:26	6:36	6:47	6:58	7:09	7:21	7:33	7:46	7:59	8:13	8:28	8:44	9:01	9:20	9:41	10:06	10:35	11:17																
5' 7"	6:10	6:19	6:29	6:39	6:49	7:00	7:12	7:23	7:35	7:47	8:00	8:14	8:28	8:44	9:00	9:19	9:39	10:02	10:30	11:07																	
5' 8"	6:23	6:33	6:42	6:52	7:03	7:13	7:25	7:36	7:49	8:01	8:15	8:28	8:43	9:00	9:18	9:37	9:58	10:25	10:59																		
5' 9"	6:36	6:45	6:55	7:06	7:16	7:27	7:38	7:50	8:03	8:15	8:29	8:44	9:00	9:16	9:35	9:56	10:21	10:52																			
5' 10"	6:48	6:58	7:08	7:18	7:29	7:40	7:52	8:04	8:16	8:30	8:44	8:59	9:16	9:34	9:54	10:18	10:47	11:31																			
5' 11"	7:01	7:10	7:21	7:31	7:42	7:54	8:05	8:18	8:31	8:45	9:00	9:15	9:33	9:52	10:15	10:42	11:22																				
6' 0"	7:13	7:23	7:33	7:44	7:55	8:07	8:19	8:32	8:45	9:00	9:15	9:32	9:51	10:13	10:39	11:15																					
6' 1"	7:26	7:36	7:46	7:57	8:09	8:21	8:33	8:46	9:00	9:15	9:32	9:50	10:11	10:36	11:09																						
6' 2"	7:38	7:49	7:59	8:10	8:22	8:34	8:47	9:01	9:16	9:32	9:49	10:10	10:34	11:04																							
6' 3"	7:51	8:01	8:12	8:24	8:36	8:48	9:02	9:16	9:32	9:49	10:09	10:31	11:01																								
6' 4"	8:03	8:14	8:25	8:37	8:49	9:03	9:17	9:32	9:49	10:08	10:30	10:58	11:42																								

13:00



MILE RUN - 12 YEAR-OLD FEMALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	230	225	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70
4' 2"	1:51	2:01	2:12	2:22	2:33	2:43	2:54	3:05	3:16	3:28	3:40	3:52	4:04	4:17	4:30	4:44	4:58	5:12	5:27	5:42	5:58	6:15	6:32	6:51	7:10	7:31	7:53	8:18	8:45	9:16	9:54	10:45	
4' 3"	2:09	2:19	2:29	2:39	2:50	3:01	3:12	3:22	3:34	3:45	3:57	4:09	4:21	4:34	4:47	5:00	5:15	5:28	5:43	5:59	6:15	6:32	6:49	7:08	7:28	7:49	8:12	8:37	9:06	9:40	10:23	11:36	
4' 4"	2:27	2:37	2:46	2:57	3:07	3:18	3:28	3:39	3:51	4:02	4:13	4:25	4:38	4:51	5:03	5:17	5:31	5:45	6:00	6:15	6:31	6:48	7:06	7:25	7:45	8:07	8:31	8:58	9:28	10:06	10:59		
4' 5"	2:43	2:54	3:03	3:13	3:24	3:34	3:45	3:55	4:07	4:18	4:30	4:42	4:54	5:07	5:19	5:33	5:47	6:01	6:16	6:32	6:48	7:05	7:23	7:43	8:03	8:26	8:51	9:19	9:53	10:37			
4' 6"	3:00	3:10	3:19	3:30	3:40	3:50	4:01	4:12	4:22	4:34	4:46	4:58	5:10	5:22	5:36	5:49	6:03	6:17	6:32	6:48	7:04	7:22	7:40	8:00	8:21	8:45	9:11	9:42	10:20	11:18			
4' 7"	3:16	3:26	3:36	3:45	3:55	4:06	4:16	4:27	4:38	4:49	5:01	5:13	5:25	5:38	5:51	6:04	6:18	6:33	6:48	7:04	7:21	7:38	7:57	8:18	8:40	9:04	9:33	10:07	10:53				
4' 8"	3:32	3:42	3:51	4:01	4:11	4:21	4:32	4:43	4:54	5:05	5:16	5:28	5:40	5:53	6:06	6:20	6:34	6:48	7:04	7:20	7:37	7:55	8:15	8:36	8:58	9:25	9:56	10:36					
4' 9"	3:47	3:57	4:06	4:16	4:26	4:36	4:47	4:57	5:09	5:20	5:31	5:43	5:55	6:08	6:21	6:35	6:49	7:04	7:19	7:36	7:53	8:12	8:32	8:54	9:18	9:47	10:22	11:13					
4' 10"	4:02	4:12	4:21	4:31	4:41	4:51	5:01	5:12	5:23	5:34	5:46	5:58	6:10	6:23	6:36	6:50	7:04	7:19	7:35	7:52	8:10	8:29	8:50	9:13	9:39	10:11	10:54						
4' 11"	4:17	4:26	4:36	4:45	4:55	5:06	5:16	5:27	5:37	5:49	6:00	6:12	6:25	6:37	6:51	7:05	7:19	7:34	7:51	8:08	8:26	8:46	9:08	9:33	10:02	10:40							
5' 0"	4:31	4:40	4:50	5:00	5:10	5:19	5:30	5:41	5:52	6:03	6:15	6:27	6:39	6:52	7:06	7:20	7:34	7:50	8:07	8:24	8:43	9:04	9:28	9:55	10:28	11:17							
5' 1"	4:45	4:54	5:04	5:13	5:24	5:34	5:44	5:55	6:06	6:17	6:29	6:41	6:54	7:07	7:21	7:34	7:49	8:06	8:22	8:41	9:01	9:23	9:48	10:19	11:00								
5' 2"	4:59	5:08	5:18	5:27	5:37	5:48	5:58	6:09	6:19	6:31	6:43	6:55	7:08	7:21	7:35	7:49	8:05	8:21	8:39	8:58	9:19	9:43	10:11	10:48									
5' 3"	5:12	5:22	5:31	5:41	5:51	6:01	6:12	6:22	6:33	6:45	6:57	7:09	7:22	7:36	7:49	8:04	8:21	8:37	8:55	9:16	9:39	10:04	10:37	11:27									
5' 4"	5:25	5:35	5:45	5:54	6:04	6:15	6:25	6:36	6:47	6:58	7:10	7:23	7:36	7:50	8:04	8:20	8:36	8:54	9:13	9:34	9:59	10:29	11:11										
5' 5"	5:39	5:48	5:58	6:07	6:18	6:28	6:38	6:49	7:01	7:12	7:24	7:37	7:51	8:04	8:19	8:35	8:52	9:11	9:31	9:55	10:22	10:59	13:00										
5' 6"	5:52	6:01	6:10	6:20	6:30	6:41	6:51	7:03	7:14	7:26	7:38	7:51	8:05	8:19	8:34	8:51	9:09	9:28	9:51	10:17	10:50												
5' 7"	6:04	6:14	6:24	6:33	6:43	6:54	7:04	7:16	7:27	7:40	7:52	8:06	8:19	8:34	8:50	9:07	9:26	9:48	10:12	10:42	11:28												
5' 8"	6:17	6:27	6:36	6:46	6:56	7:07	7:18	7:29	7:41	7:53	8:06	8:20	8:34	8:49	9:06	9:24	9:45	10:08	10:36	11:16													
5' 9"	6:30	6:39	6:49	6:58	7:09	7:20	7:31	7:42	7:54	8:07	8:20	8:34	8:49	9:05	9:23	9:42	10:04	10:31	11:06														
5' 10"	6:42	6:51	7:01	7:12	7:22	7:33	7:44	7:55	8:08	8:21	8:34	8:49	9:04	9:22	9:40	10:01	10:27	10:59															
5' 11"	6:54	7:04	7:14	7:24	7:34	7:46	7:57	8:09	8:22	8:35	8:49	9:04	9:21	9:39	9:59	10:23	10:53	11:41															
6' 0"	7:06	7:16	7:26	7:37	7:48	7:58	8:10	8:23	8:36	8:49	9:04	9:20	9:37	9:57	10:20	10:48	11:30																
6' 1"	7:19	7:28	7:39	7:49	8:00	8:12	8:24	8:37	8:50	9:04	9:20	9:37	9:55	10:18	10:44	11:21																	
6' 2"	7:31	7:41	7:51	8:02	8:13	8:25	8:37	8:51	9:04	9:20	9:36	9:54	10:15	10:40	11:15																		
6' 3"	7:43	7:53	8:04	8:15	8:27	8:39	8:51	9:05	9:20	9:36	9:54	10:14	10:38	11:09																			
6' 4"	7:55	8:06	8:16	8:28	8:40	8:52	9:06	9:20	9:36	9:53	10:12	10:36	11:06																				



MILE RUN - 11 YEAR-OLD FEMALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70	65	60
4' 0"	1:33	1:44	1:55	2:06	2:17	2:28	2:40	2:51	3:03	3:16	3:28	3:41	3:54	4:08	4:22	4:36	4:51	5:06	5:22	5:39	5:56	6:14	6:33	6:53	7:15	7:37	8:03	8:30	9:01	9:39	10:28		
4' 1"	1:52	2:03	2:13	2:24	2:35	2:46	2:58	3:09	3:21	3:34	3:46	3:59	4:12	4:25	4:39	4:54	5:09	5:24	5:40	5:56	6:13	6:31	6:51	7:11	7:33	7:57	8:22	8:51	9:25	10:07	11:10		
4' 2"	2:10	2:21	2:31	2:42	2:53	3:04	3:15	3:27	3:39	3:51	4:03	4:16	4:29	4:43	4:57	5:11	5:25	5:41	5:57	6:13	6:31	6:49	7:09	7:29	7:51	8:16	8:42	9:13	9:50	10:39			
4' 3"	2:28	2:39	2:49	3:00	3:10	3:21	3:33	3:44	3:56	4:08	4:20	4:33	4:46	4:59	5:13	5:27	5:42	5:58	6:13	6:30	6:48	7:06	7:26	7:47	8:10	8:35	9:03	9:37	10:18	11:25			
4' 4"	2:46	2:56	3:06	3:16	3:27	3:38	3:49	4:01	4:12	4:24	4:37	4:49	5:02	5:16	5:30	5:44	5:58	6:14	6:30	6:47	7:04	7:24	7:43	8:05	8:29	8:55	9:25	10:02	10:53				
4' 5"	3:03	3:12	3:22	3:33	3:43	3:55	4:06	4:17	4:28	4:40	4:53	5:06	5:18	5:31	5:46	6:00	6:15	6:30	6:46	7:03	7:21	7:40	8:01	8:24	8:48	9:16	9:49	10:32					
4' 6"	3:19	3:28	3:39	3:49	4:00	4:10	4:22	4:33	4:45	4:57	5:09	5:21	5:34	5:48	6:01	6:16	6:31	6:46	7:03	7:20	7:38	7:58	8:19	8:42	9:09	9:39	10:16	11:10					
4' 7"	3:34	3:45	3:55	4:05	4:15	4:26	4:37	4:48	5:00	5:12	5:24	5:37	5:49	6:03	6:17	6:31	6:46	7:02	7:19	7:36	7:55	8:15	8:37	9:02	9:30	10:03	10:48						
4' 8"	3:50	4:00	4:10	4:20	4:31	4:42	4:52	5:04	5:15	5:27	5:39	5:52	6:05	6:18	6:32	6:47	7:02	7:18	7:35	7:53	8:12	8:33	8:56	9:22	9:52	10:31	11:34						
4' 9"	4:05	4:15	4:25	4:35	4:46	4:56	5:07	5:18	5:30	5:42	5:54	6:07	6:20	6:33	6:48	7:02	7:18	7:34	7:51	8:10	8:30	8:51	9:16	9:43	10:18	11:06							
4' 10"	4:20	4:30	4:40	4:50	5:00	5:11	5:22	5:33	5:45	5:57	6:09	6:22	6:34	6:48	7:03	7:18	7:33	7:50	8:07	8:27	8:47	9:10	9:36	10:07	10:48								
4' 11"	4:34	4:44	4:54	5:04	5:15	5:25	5:36	5:48	5:59	6:11	6:24	6:36	6:49	7:03	7:18	7:33	7:49	8:06	8:24	8:44	9:06	9:30	9:58	10:34	11:32								
5' 0"	4:49	4:58	5:08	5:18	5:29	5:39	5:51	6:02	6:13	6:25	6:38	6:51	7:04	7:18	7:33	7:48	8:04	8:22	8:41	9:01	9:25	9:51	10:24	11:09									
5' 1"	5:03	5:12	5:22	5:33	5:43	5:54	6:04	6:16	6:27	6:39	6:52	7:05	7:19	7:33	7:48	8:04	8:21	8:39	8:58	9:20	9:45	10:15	10:54										
5' 2"	5:16	5:26	5:36	5:46	5:57	6:07	6:18	6:30	6:42	6:54	7:06	7:19	7:33	7:48	8:03	8:19	8:37	8:55	9:16	9:40	10:07	10:42	11:40										
5' 3"	5:30	5:39	5:49	6:00	6:10	6:21	6:32	6:43	6:55	7:07	7:21	7:34	7:48	8:03	8:18	8:35	8:53	9:13	9:35	10:01	10:33	11:18											
5' 4"	5:43	5:53	6:03	6:13	6:24	6:34	6:45	6:57	7:09	7:21	7:34	7:48	8:03	8:18	8:34	8:51	9:10	9:31	9:55	10:25	11:04												
5' 5"	5:56	6:06	6:16	6:26	6:37	6:48	6:59	7:10	7:22	7:36	7:49	8:03	8:17	8:33	8:49	9:08	9:28	9:51	10:18	10:53													
5' 6"	6:09	6:19	6:29	6:39	6:50	7:01	7:12	7:24	7:36	7:49	8:03	8:17	8:32	8:49	9:06	9:25	9:47	10:13	10:45	11:34													
5' 7"	6:22	6:31	6:42	6:52	7:03	7:14	7:25	7:37	7:50	8:03	8:17	8:32	8:48	9:04	9:23	9:44	10:08	10:37	11:19														
5' 8"	6:34	6:45	6:55	7:05	7:16	7:27	7:39	7:51	8:04	8:18	8:32	8:47	9:03	9:21	9:41	10:04	10:31	11:08															
5' 9"	6:47	6:57	7:07	7:18	7:29	7:40	7:52	8:05	8:18	8:32	8:47	9:03	9:20	9:39	10:01	10:26	11:00																
5' 10"	7:00	7:10	7:20	7:31	7:42	7:54	8:06	8:19	8:32	8:46	9:02	9:19	9:37	9:58	10:22	10:53	11:43																
5' 11"	7:12	7:22	7:33	7:44	7:55	8:07	8:19	8:33	8:47	9:01	9:18	9:36	9:55	10:19	10:47	11:30																	
6' 0"	7:24	7:35	7:45	7:57	8:08	8:21	8:33	8:47	9:01	9:17	9:34	9:54	10:16	10:43	11:20																		
6' 1"	7:37	7:48	7:58	8:10	8:22	8:34	8:48	9:01	9:17	9:34	9:52	10:13	10:39	11:13																			
6' 2"	7:49	8:00	8:11	8:23	8:35	8:48	9:02	9:17	9:33	9:51	10:11	10:36	11:07																				

13:00



MILE RUN - 10 YEAR-OLD FEMALE

MAXIMUM MILE RUN TIME REQUIRED TO MEET HEALTHY FITNESS ZONE

• WEIGHT •

• HEIGHT •

	220	215	210	205	200	195	190	185	180	175	170	165	160	155	150	145	140	135	130	125	120	115	110	105	100	95	90	85	80	75	70	65	60
4' 0"	1:33	1:44	1:55	2:06	2:17	2:28	2:40	2:51	3:03	3:16	3:28	3:41	3:54	4:08	4:22	4:36	4:51	5:06	5:22	5:39	5:56	6:14	6:33	6:53	7:15	7:37	8:03	8:30	9:01	9:39	10:28		
4' 1"	1:52	2:03	2:13	2:24	2:35	2:46	2:58	3:09	3:21	3:34	3:46	3:59	4:12	4:25	4:39	4:54	5:09	5:24	5:40	5:56	6:13	6:31	6:51	7:11	7:33	7:57	8:22	8:51	9:25	10:07	11:10		
4' 2"	2:10	2:21	2:31	2:42	2:53	3:04	3:15	3:27	3:39	3:51	4:03	4:16	4:29	4:43	4:57	5:11	5:25	5:41	5:57	6:13	6:31	6:49	7:09	7:29	7:51	8:16	8:42	9:13	9:50	10:39			
4' 3"	2:28	2:39	2:49	3:00	3:10	3:21	3:33	3:44	3:56	4:08	4:20	4:33	4:46	4:59	5:13	5:27	5:42	5:58	6:13	6:30	6:48	7:06	7:26	7:47	8:10	8:35	9:03	9:37	10:18	11:25			
4' 4"	2:46	2:56	3:06	3:16	3:27	3:38	3:49	4:01	4:12	4:24	4:37	4:49	5:02	5:16	5:30	5:44	5:58	6:14	6:30	6:47	7:04	7:24	7:43	8:05	8:29	8:55	9:25	10:02	10:53				
4' 5"	3:03	3:12	3:22	3:33	3:43	3:55	4:06	4:17	4:28	4:40	4:53	5:06	5:18	5:31	5:46	6:00	6:15	6:30	6:46	7:03	7:21	7:40	8:01	8:24	8:48	9:16	9:49	10:32					
4' 6"	3:19	3:28	3:39	3:49	4:00	4:10	4:22	4:33	4:45	4:57	5:09	5:21	5:34	5:48	6:01	6:16	6:31	6:46	7:03	7:20	7:38	7:58	8:19	8:42	9:09	9:39	10:16	11:10					
4' 7"	3:34	3:45	3:55	4:05	4:15	4:26	4:37	4:48	5:00	5:12	5:24	5:37	5:49	6:03	6:17	6:31	6:46	7:02	7:19	7:36	7:55	8:15	8:37	9:02	9:30	10:03	10:48						
4' 8"	3:50	4:00	4:10	4:20	4:31	4:42	4:52	5:04	5:15	5:27	5:39	5:52	6:05	6:18	6:32	6:47	7:02	7:18	7:35	7:53	8:12	8:33	8:56	9:22	9:52	10:31	11:34						
4' 9"	4:05	4:15	4:25	4:35	4:46	4:56	5:07	5:18	5:30	5:42	5:54	6:07	6:20	6:33	6:48	7:02	7:18	7:34	7:51	8:10	8:30	8:51	9:16	9:43	10:18	11:06							
4' 10"	4:20	4:30	4:40	4:50	5:00	5:11	5:22	5:33	5:45	5:57	6:09	6:22	6:34	6:48	7:03	7:18	7:33	7:50	8:07	8:27	8:47	9:10	9:36	10:07	10:48								
4' 11"	4:34	4:44	4:54	5:04	5:15	5:25	5:36	5:48	5:59	6:11	6:24	6:36	6:49	7:03	7:18	7:33	7:49	8:06	8:24	8:44	9:06	9:30	9:58	10:34	11:32								
5' 0"	4:49	4:58	5:08	5:18	5:29	5:39	5:51	6:02	6:13	6:25	6:38	6:51	7:04	7:18	7:33	7:48	8:04	8:22	8:41	9:01	9:25	9:51	10:24	11:09									
5' 1"	5:03	5:12	5:22	5:33	5:43	5:54	6:04	6:16	6:27	6:39	6:52	7:05	7:19	7:33	7:48	8:04	8:21	8:39	8:58	9:20	9:45	10:15	10:54										
5' 2"	5:16	5:26	5:36	5:46	5:57	6:07	6:18	6:30	6:42	6:54	7:06	7:19	7:33	7:48	8:03	8:19	8:37	8:55	9:16	9:40	10:07	10:42	11:40										
5' 3"	5:30	5:39	5:49	6:00	6:10	6:21	6:32	6:43	6:55	7:07	7:21	7:34	7:48	8:03	8:18	8:35	8:53	9:13	9:35	10:01	10:33	11:18											
5' 4"	5:43	5:53	6:03	6:13	6:24	6:34	6:45	6:57	7:09	7:21	7:34	7:48	8:03	8:18	8:34	8:51	9:10	9:31	9:55	10:25	11:04												
5' 5"	5:56	6:06	6:16	6:26	6:37	6:48	6:59	7:10	7:22	7:36	7:49	8:03	8:17	8:33	8:49	9:08	9:28	9:51	10:18	10:53													
5' 6"	6:09	6:19	6:29	6:39	6:50	7:01	7:12	7:24	7:36	7:49	8:03	8:17	8:32	8:49	9:06	9:25	9:47	10:13	10:45	11:34													
5' 7"	6:22	6:31	6:42	6:52	7:03	7:14	7:25	7:37	7:50	8:03	8:17	8:32	8:48	9:04	9:23	9:44	10:08	10:37	11:19														
5' 8"	6:34	6:45	6:55	7:05	7:16	7:27	7:39	7:51	8:04	8:18	8:32	8:47	9:03	9:21	9:41	10:04	10:31	11:08															
5' 9"	6:47	6:57	7:07	7:18	7:29	7:40	7:52	8:05	8:18	8:32	8:47	9:03	9:20	9:39	10:01	10:26	11:00																
5' 10"	7:00	7:10	7:20	7:31	7:42	7:54	8:06	8:19	8:32	8:46	9:02	9:19	9:37	9:58	10:22	10:53	11:43																
5' 11"	7:12	7:22	7:33	7:44	7:55	8:07	8:19	8:33	8:47	9:01	9:18	9:36	9:55	10:19	10:47	11:30																	
6' 0"	7:24	7:35	7:45	7:57	8:08	8:21	8:33	8:47	9:01	9:17	9:34	9:54	10:16	10:43	11:20																		
6' 1"	7:37	7:48	7:58	8:10	8:22	8:34	8:48	9:01	9:17	9:34	9:52	10:13	10:39	11:13																			
6' 2"	7:49	8:00	8:11	8:23	8:35	8:48	9:02	9:17	9:33	9:51	10:11	10:36	11:07																				

13:00