

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"	2:03	2:12	2:22	2:31	2:41	2:51	3:02	3:12	3:23	3:33	3:44	3:56	4:07	4:19	4:31	4:44	4:57	5:10	5:23	5:37	5:52	6:07	6:23	6:39	6:57	7:15	7:35	7:55	8:18	8:43	9:11	9:45	10:27				
4' 5"	2:20	2:29	2:38	2:48	2:58	3:08	3:18	3:28	3:39	3:50	4:01	4:12	4:23	4:35	4:47	5:00	5:12	5:26	5:39	5:53	6:08	6:23	6:39	6:56	7:13	7:32	7:52	8:13	8:37	9:03	9:33	10:10	11:03				
4' 6"	2:36	2:45	2:55	3:04	3:14	3:24	3:34	3:44	3:55	4:05	4:16	4:28	4:39	4:51	5:03	5:15	5:28	5:41	5:55	6:09	6:23	6:39	6:55	7:12	7:29	7:48	8:09	8:31	8:56	9:23	9:57	10:40					
4' 7"	2:52	3:01	3:11	3:20	3:30	3:40	3:50	4:00	4:10	4:21	4:32	4:43	4:54	5:06	5:18	5:30	5:43	5:56	6:10	6:24	6:39	6:54	7:11	7:28	7:46	8:05	8:26	8:49	9:15	9:45	10:23	11:21					
4' 8"	3:08	3:17	3:26	3:36	3:45	3:55	4:05	4:15	4:25	4:36	4:47	4:58	5:09	5:21	5:33	5:45	5:58	6:11	6:25	6:39	6:54	7:10	7:26	7:44	8:02	8:22	8:44	9:08	9:36	10:10	10:55						
4' 9"	3:23	3:32	3:41	3:51	4:00	4:10	4:20	4:30	4:40	4:51	5:01	5:13	5:24	5:36	5:48	6:00	6:13	6:26	6:40	6:54	7:09	7:25	7:42	8:00	8:19	8:39	9:02	9:28	9:58	10:37							
4' 10"	3:38	3:47	3:56	4:05	4:15	4:24	4:34	4:44	4:55	5:05	5:16	5:27	5:38	5:50	6:02	6:15	6:27	6:41	6:55	7:09	7:25	7:41	7:58	8:16	8:36	8:57	9:21	9:49	10:24	11:14							
4' 11"	3:53	4:01	4:10	4:20	4:29	4:39	4:49	4:59	5:09	5:19	5:30	5:41	5:53	6:04	6:16	6:29	6:42	6:55	7:09	7:24	7:40	7:56	8:14	8:32	8:53	9:16	9:42	10:13	10:54								
5' 0"	4:07	4:16	4:25	4:34	4:43	4:53	5:02	5:13	5:23	5:33	5:44	5:55	6:07	6:18	6:30	6:43	6:56	7:10	7:24	7:39	7:55	8:12	8:30	8:49	9:11	9:35	10:03	10:40	11:40								
5' 1"	4:21	4:29	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"	4:34	4:43	4:52	5:01	5:10	5:20	5:30	5:40	5:50	6:00	6:11	6:22	6:34	6:46	6:58	7:11	7:24	7:38	7:53	8:09	8:25	8:43	9:03	9:25	9:49	10:19	10:58										
5' 3"	4:48	4:56	5:05	5:14	5:24	5:33	5:43	5:53	6:03	6:14	6:25	6:36	6:47	7:00	7:12	7:25	7:39	7:53	8:08	8:24	8:41	9:00	9:20	9:44	10:11	10:46											
5' 4"	5:01	5:09	5:18	5:27	5:37	5:46	5:56	6:06	6:16	6:27	6:38	6:49	7:01	7:13	7:26	7:39	7:53	8:07	8:23	8:39	8:57	9:17	9:39	10:04	10:36	11:22											
5' 5"	5:14	5:22	5:31	5:40	5:50	5:59	6:09	6:19	6:29	6:40	6:51	7:02	7:14	7:27	7:39	7:53	8:07	8:22	8:38	8:55	9:14	9:35	9:59	10:27	11:07												
5' 6"	5:26	5:35	5:44	5:53	6:02	6:12	6:22	6:32	6:42	6:53	7:04	7:16	7:28	7:40	7:53	8:07	8:21	8:37	8:53	9:11	9:31	9:54	10:21	10:55													
5' 7"	5:39	5:47	5:56	6:05	6:15	6:24	6:34	6:45	6:55	7:06	7:17	7:29	7:41	7:54	8:07	8:21	8:36	8:52	9:09	9:28	9:50	10:15	10:46	11:35													
5' 8"	5:51	6:00	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	8:35	8:51	9:08	9:26	9:46	10:10	10:39	11:20														
5' 9"	6:03	6:12	6:21	6:30	6:40	6:49	6:59	7:10	7:20	7:32	7:43	7:55	8:08	8:21	8:35	8:50	9:06	9:24	9:43	10:06	10:33	11:09															
5' 10"	6:15	6:24	6:33	6:42	6:52	7:02	7:12	7:22	7:33	7:44	7:56	8:08	8:21	8:35	8:50	9:05	9:22	9:41	10:02	10:27	11:00																
5' 11"	6:27	6:36	6:45	6:54	7:04	7:14	7:24	7:35	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"	6:39	6:48	6:57	7:06	7:16	7:26	7:36	7:47	7:58	8:10	8:22	8:35	8:49	9:04	9:20	9:37	9:57	10:19	10:47	11:28																	
6' 1"	6:50	6:59	7:09	7:18	7:28	7:38	7:49	8:00	8:11	8:23	8:36	8:49	9:04	9:19	9:36	9:55	10:16	10:42	11:18																		
6' 2"	7:02	7:11	7:20	7:30	7:40	7:50	8:01	8:12	8:24	8:36	8:49	9:03	9:18	9:35	9:53	10:13	10:38	11:11																			
6' 3"	7:14	7:23	7:32	7:42	7:52	8:03	8:14	8:25	8:37	8:50	9:04	9:18	9:34	9:51	10:11	10:35	11:05																				
6' 4"	7:25	7:34	7:44	7:54	8:04	8:15	8:26	8:38	8:51	9:04	9:18	9:33	9:50	10:09	10:32	11:00																					
6' 5"	7:37	7:46	7:56	8:06	8:17	8:28	8:39	8:51	9:04	9:18	9:33	9:50	10:08	10:29	10:56	11:37																					
6' 6"	7:48	7:58	8:08	8:18	8:29	8:40	8:52	9:05	9:18	9:33	9:49	10:07	10:27	10:53	11:29																						

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"	2:05	2:15	2:24	2:34	2:44	2:54	3:04	3:15	3:25	3:36	3:47	3:59	4:10	4:22	4:35	4:47	5:00	5:13	5:27	5:41	5:56	6:11	6:27	6:44	7:01	7:20	7:40	8:01	8:25	8:50	9:20	9:55	10:42						
4' 5"	2:22	2:32	2:41	2:51	3:01	3:11	3:21	3:31	3:42	3:53	4:04	4:15	4:27	4:38	4:51	5:03	5:16	5:29	5:43	5:57	6:12	6:27	6:43	7:00	7:18	7:37	7:57	8:19	8:44	9:11	9:43	10:23	11:27						
4' 6"	2:39	2:48	2:58	3:07	3:17	3:27	3:37	3:47	3:58	4:09	4:20	4:31	4:42	4:54	5:06	5:19	5:32	5:45	5:59	6:13	6:28	6:43	7:00	7:17	7:35	7:54	8:15	8:38	9:03	9:32	10:08	10:57							
4' 7"	2:55	3:04	3:13	3:23	3:33	3:43	3:53	4:03	4:13	4:24	4:35	4:46	4:58	5:09	5:22	5:34	5:47	6:00	6:14	6:28	6:43	6:59	7:16	7:33	7:51	8:11	8:33	8:57	9:24	9:56	10:37								
4' 8"	3:11	3:20	3:29	3:39	3:48	3:58	4:08	4:18	4:29	4:39	4:50	5:01	5:13	5:25	5:37	5:49	6:02	6:15	6:29	6:44	6:59	7:15	7:31	7:49	8:08	8:29	8:51	9:16	9:46	10:22	11:15								
4' 9"	3:26	3:35	3:44	3:54	4:03	4:13	4:23	4:33	4:43	4:54	5:05	5:16	5:28	5:39	5:52	6:04	6:17	6:30	6:44	6:59	7:14	7:30	7:47	8:06	8:25	8:46	9:10	9:37	10:10	10:53									
4' 10"	3:41	3:50	3:59	4:08	4:18	4:28	4:38	4:48	4:58	5:09	5:20	5:31	5:42	5:54	6:06	6:19	6:32	6:45	6:59	7:14	7:30	7:46	8:04	8:22	8:42	9:05	9:30	10:00	10:38	11:43									
4' 11"	3:56	4:04	4:14	4:23	4:32	4:42	4:52	5:02	5:12	5:23	5:34	5:45	5:56	6:08	6:21	6:33	6:46	7:00	7:14	7:29	7:45	8:02	8:20	8:39	9:00	9:24	9:51	10:25	11:14										
5' 0"	4:10	4:19	4:28	4:37	4:47	4:56	5:06	5:16	5:26	5:37	5:48	5:59	6:11	6:23	6:35	6:48	7:01	7:15	7:29	7:44	8:01	8:18	8:36	8:56	9:19	9:44	10:15	10:56											
5' 1"	4:24	4:33	4:42	4:51	5:00	5:10	5:20	5:30	5:40	5:51	6:02	6:13	6:25	6:37	6:49	7:02	7:15	7:29	7:44	8:00	8:16	8:34	8:53	9:14	9:38	10:07	10:43												
5' 2"	4:37	4:46	4:55	5:05	5:14	5:24	5:33	5:44	5:54	6:05	6:15	6:27	6:38	6:50	7:03	7:16	7:30	7:44	7:59	8:15	8:32	8:51	9:11	9:33	10:00	10:32	11:19												
5' 3"	4:51	5:00	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	9:29	9:54	10:23	11:03													
5' 4"	5:04	5:13	5:22	5:31	5:41	5:50	6:00	6:10	6:21	6:31	6:42	6:54	7:06	7:18	7:31	7:44	7:59	8:13	8:29	8:46	9:05	9:25	9:49	10:16	10:51														
5' 5"	5:17	5:26	5:35	5:44	5:54	6:03	6:13	6:23	6:34	6:45	6:56	7:07	7:19	7:32	7:45	7:59	8:13	8:28	8:45	9:03	9:22	9:44	10:10	10:42	11:31														
5' 6"	5:30	5:39	5:48	5:57	6:06	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	10:05	10:34	11:15															
5' 7"	5:42	5:51	6:00	6:10	6:19	6:29	6:39	6:49	7:00	7:11	7:22	7:34	7:46	7:59	8:13	8:28	8:43	8:59	9:17	9:37	10:00	10:28	11:04																
5' 8"	5:55	6:04	6:13	6:22	6:32	6:41	6:52	7:02	7:13	7:24	7:35	7:47	8:00	8:13	8:27	8:42	8:58	9:16	9:35	9:57	10:22	10:55																	
5' 9"	6:07	6:16	6:25	6:34	6:44	6:54	7:04	7:15	7:26	7:37	7:49	8:01	8:14	8:28	8:42	8:57	9:14	9:33	9:53	10:18	10:48	11:34																	
5' 10"	6:19	6:28	6:37	6:47	6:56	7:06	7:17	7:27	7:38	7:50	8:02	8:15	8:28	8:42	8:57	9:13	9:31	9:51	10:14	10:42	11:22																		
5' 11"	6:31	6:40	6:50	6:59	7:09	7:19	7:29	7:40	7:51	8:03	8:15	8:28	8:42	8:57	9:12	9:29	9:49	10:10	10:37	11:12																			
6' 0"	6:43	6:52	7:02	7:11	7:21	7:31	7:42	7:53	8:04	8:16	8:29	8:42	8:56	9:12	9:28	9:47	10:08	10:32	11:05																				
6' 1"	6:55	7:04	7:14	7:23	7:33	7:44	7:54	8:06	8:17	8:30	8:43	8:57	9:11	9:28	9:45	10:05	10:29	10:59																					
6' 2"	7:07	7:16	7:26	7:35	7:46	7:56	8:07	8:19	8:31	8:43	8:57	9:11	9:27	9:44	10:03	10:26	10:54	11:38																					
6' 3"	7:19	7:28	7:38	7:48	7:58	8:09	8:20	8:32	8:44	8:57	9:11	9:27	9:43	10:02	10:24	10:50	11:29																						
6' 4"	7:30	7:40	7:50	8:00	8:10	8:21	8:33	8:45	8:58	9:12	9:27	9:43	10:01	10:22	10:47	11:22																							
6' 5"	7:42	7:52	8:02	8:12	8:23	8:34	8:46	8:59	9:12	9:27	9:42	10:00	10:20	10:44	11:17																								
6' 6"	7:54	8:04	8:14	8:25	8:36	8:47	9:00	9:13	9:27	9:42	9:59	10:19	10:42	11:12																									

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"	2:13	2:22	2:32	2:42	2:52	3:02	3:13	3:23	3:34	3:45	3:57	4:08	4:20	4:32	4:45	4:58	5:11	5:24	5:39	5:53	6:08	6:24	6:41	6:58	7:17	7:36	7:57	8:20	8:45	9:14	9:48	10:32	
4' 5"	2:30	2:40	2:49	2:59	3:09	3:19	3:30	3:40	3:51	4:02	4:13	4:25	4:37	4:49	5:01	5:14	5:27	5:41	5:55	6:10	6:25	6:41	6:58	7:15	7:34	7:54	8:16	8:40	9:06	9:37	10:16	11:13	
4' 6"	2:47	2:56	3:06	3:16	3:26	3:36	3:46	3:56	4:07	4:18	4:29	4:41	4:53	5:05	5:17	5:30	5:43	5:57	6:11	6:26	6:41	6:58	7:14	7:32	7:52	8:12	8:35	9:00	9:28	10:03	10:49		
4' 7"	3:03	3:13	3:22	3:32	3:42	3:52	4:02	4:12	4:23	4:34	4:45	4:57	5:08	5:21	5:33	5:46	5:59	6:13	6:27	6:42	6:58	7:14	7:31	7:50	8:09	8:31	8:54	9:21	9:52	10:33	11:42		
4' 8"	3:19	3:29	3:38	3:48	3:57	4:07	4:18	4:28	4:39	4:50	5:01	5:12	5:24	5:36	5:49	6:01	6:15	6:29	6:43	6:58	7:14	7:31	7:48	8:07	8:27	8:50	9:15	9:44	10:19	11:11			
4' 9"	3:35	3:44	3:53	4:03	4:13	4:23	4:33	4:43	4:54	5:05	5:16	5:27	5:39	5:51	6:04	6:17	6:30	6:44	6:59	7:14	7:30	7:47	8:05	8:25	8:46	9:10	9:37	10:09	10:52				
4' 10"	3:50	3:59	4:09	4:18	4:28	4:38	4:48	4:58	5:09	5:20	5:31	5:42	5:54	6:06	6:19	6:32	6:46	7:00	7:14	7:30	7:46	8:04	8:22	8:43	9:05	9:30	10:00	10:38					
4' 11"	4:05	4:14	4:23	4:33	4:43	4:52	5:03	5:13	5:23	5:34	5:46	5:57	6:09	6:21	6:34	6:47	7:01	7:15	7:30	7:46	8:03	8:21	8:40	9:01	9:25	9:53	10:27	11:17					
5' 0"	4:19	4:29	4:38	4:47	4:57	5:07	5:17	5:27	5:38	5:49	6:00	6:12	6:24	6:36	6:49	7:02	7:16	7:30	7:46	8:02	8:19	8:38	8:58	9:21	9:47	10:18	11:00						
5' 1"	4:34	4:43	4:52	5:02	5:11	5:21	5:31	5:42	5:52	6:03	6:14	6:26	6:38	6:51	7:03	7:17	7:31	7:46	8:02	8:18	8:36	8:56	9:17	9:42	10:11	10:48							
5' 2"	4:48	4:57	5:06	5:15	5:25	5:35	5:45	5:56	6:06	6:17	6:29	6:40	6:52	7:05	7:18	7:32	7:46	8:01	8:18	8:35	8:54	9:14	9:37	10:04	10:38	11:31							
5' 3"	5:02	5:11	5:20	5:29	5:39	5:49	5:59	6:09	6:20	6:31	6:43	6:54	7:07	7:20	7:33	7:47	8:02	8:17	8:34	8:52	9:12	9:34	9:59	10:30	11:14								
5' 4"	5:15	5:24	5:33	5:43	5:52	6:02	6:13	6:23	6:34	6:45	6:57	7:09	7:21	7:34	7:48	8:02	8:17	8:33	8:51	9:10	9:31	9:55	10:23	11:02									
5' 5"	5:28	5:37	5:47	5:56	6:06	6:16	6:26	6:37	6:48	6:59	7:11	7:23	7:35	7:49	8:02	8:17	8:33	8:50	9:08	9:28	9:51	10:18	10:53										
5' 6"	5:42	5:51	6:00	6:09	6:19	6:29	6:40	6:50	7:01	7:13	7:24	7:37	7:50	8:03	8:18	8:33	8:49	9:07	9:26	9:48	10:13	10:45	11:35										
5' 7"	5:54	6:04	6:13	6:22	6:32	6:42	6:53	7:04	7:15	7:26	7:38	7:51	8:04	8:18	8:33	8:49	9:06	9:24	9:45	10:09	10:39	11:22											
5' 8"	6:07	6:16	6:26	6:35	6:45	6:56	7:06	7:17	7:28	7:40	7:52	8:05	8:19	8:33	8:48	9:05	9:23	9:43	10:06	10:34	11:12												
5' 9"	6:20	6:29	6:39	6:48	6:58	7:09	7:19	7:30	7:42	7:54	8:06	8:20	8:34	8:49	9:05	9:22	9:41	10:03	10:30	11:04													
5' 10"	6:33	6:42	6:51	7:01	7:11	7:22	7:33	7:44	7:56	8:08	8:21	8:34	8:49	9:04	9:21	9:40	10:01	10:26	10:58														
5' 11"	6:45	6:54	7:04	7:14	7:24	7:35	7:46	7:57	8:09	8:22	8:35	8:49	9:05	9:21	9:39	9:59	10:23	10:53	11:42														
6' 0"	6:58	7:07	7:17	7:27	7:37	7:48	7:59	8:11	8:23	8:36	8:50	9:05	9:21	9:38	9:58	10:21	10:49	11:32															
6' 1"	7:10	7:19	7:29	7:40	7:50	8:01	8:13	8:25	8:38	8:51	9:05	9:21	9:38	9:57	10:19	10:46	11:24																
6' 2"	7:22	7:32	7:42	7:52	8:03	8:15	8:26	8:39	8:52	9:06	9:21	9:38	9:56	10:18	10:43	11:19																	
6' 3"	7:35	7:45	7:55	8:05	8:16	8:28	8:40	8:53	9:07	9:22	9:38	9:56	10:17	10:41	11:15																		
6' 4"	7:47	7:57	8:08	8:18	8:30	8:42	8:55	9:08	9:23	9:38	9:56	10:16	10:40	11:11																			
6' 5"	8:00	8:10	8:21	8:32	8:44	8:56	9:09	9:23	9:39	9:56	10:15	10:38	11:08																				
6' 6"	8:12	8:23	8:34	8:45	8:58	9:11	9:25	9:40	9:56	10:15	10:38	11:06																					

13:00

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"	2:07	2:17	2:27	2:38	2:49	3:00	3:11	3:22	3:34	3:46	3:58	4:11	4:24	4:37	4:51	5:05	5:20	5:35	5:50	6:07	6:24	6:42	7:01	7:21	7:42	8:06	8:31	9:00	9:34	10:17	11:27					
4' 3"	2:25	2:35	2:46	2:56	3:07	3:18	3:29	3:40	3:52	4:04	4:16	4:29	4:42	4:55	5:08	5:23	5:37	5:52	6:08	6:25	6:42	7:00	7:19	7:40	8:02	8:26	8:53	9:25	10:03	10:56						
4' 4"	2:43	2:53	3:03	3:14	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	6:26	6:42	7:00	7:18	7:38	7:59	8:22	8:48	9:17	9:51	10:36							
4' 5"	3:00	3:10	3:21	3:31	3:42	3:52	4:03	4:15	4:26	4:38	4:50	5:03	5:16	5:29	5:43	5:57	6:12	6:27	6:43	7:00	7:18	7:37	7:57	8:19	8:43	9:10	9:42	10:22	11:24							
4' 6"	3:17	3:27	3:37	3:48	3:58	4:09	4:20	4:31	4:43	4:55	5:07	5:19	5:32	5:46	5:59	6:14	6:29	6:44	7:00	7:18	7:36	7:55	8:16	8:39	9:05	9:34	10:10	11:00								
4' 7"	3:34	3:44	3:54	4:04	4:15	4:25	4:36	4:48	4:59	5:11	5:23	5:36	5:49	6:02	6:16	6:30	6:45	7:01	7:18	7:35	7:54	8:14	8:36	9:00	9:27	10:00	10:43									
4' 8"	3:50	4:00	4:10	4:20	4:31	4:41	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	11:33									
4' 9"	4:06	4:16	4:26	4:36	4:46	4:57	5:08	5:19	5:31	5:43	5:55	6:08	6:21	6:34	6:49	7:03	7:19	7:35	7:53	8:11	8:31	8:53	9:18	9:46	10:21	11:11										
4' 10"	4:22	4:31	4:41	4:51	5:02	5:13	5:24	5:35	5:46	5:58	6:11	6:23	6:37	6:50	7:05	7:20	7:36	7:52	8:10	8:29	8:50	9:14	9:40	10:12	10:56											
4' 11"	4:37	4:46	4:56	5:07	5:17	5:28	5:39	5:50	6:02	6:14	6:26	6:39	6:52	7:06	7:21	7:36	7:53	8:10	8:28	8:48	9:11	9:36	10:06	10:44												
5' 0"	4:52	5:01	5:11	5:22	5:32	5:43	5:54	6:05	6:17	6:29	6:42	6:55	7:08	7:22	7:37	7:53	8:10	8:28	8:47	9:08	9:32	10:00	10:35	11:30												
5' 1"	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	7:38	7:54	8:10	8:27	8:46	9:06	9:29	9:55	10:28	11:14													
5' 2"	5:21	5:31	5:41	5:51	6:01	6:12	6:23	6:35	6:47	6:59	7:12	7:26	7:40	7:54	8:10	8:27	8:45	9:05	9:26	9:51	10:22	11:02														
5' 3"	5:35	5:45	5:55	6:05	6:16	6:27	6:38	6:50	7:02	7:14	7:27	7:41	7:56	8:11	8:27	8:45	9:03	9:24	9:48	10:17	10:54															
5' 4"	5:49	5:59	6:09	6:19	6:30	6:41	6:53	7:04	7:17	7:29	7:43	7:57	8:12	8:27	8:44	9:03	9:23	9:46	10:13	10:47																
5' 5"	6:03	6:13	6:23	6:34	6:44	6:55	7:07	7:19	7:32	7:45	7:58	8:13	8:28	8:44	9:02	9:22	9:44	10:09	10:41	11:29																
5' 6"	6:17	6:27	6:37	6:48	6:58	7:10	7:22	7:34	7:46	8:00	8:14	8:29	8:45	9:02	9:21	9:42	10:07	10:36	11:19																	
5' 7"	6:30	6:40	6:51	7:02	7:13	7:24	7:36	7:49	8:02	8:15	8:30	8:45	9:02	9:21	9:41	10:04	10:33	11:12																		
5' 8"	6:44	6:54	7:05	7:16	7:27	7:38	7:51	8:03	8:17	8:31	8:46	9:03	9:20	9:40	10:03	10:30	11:06																			
5' 9"	6:58	7:08	7:18	7:30	7:41	7:53	8:05	8:19	8:33	8:47	9:03	9:21	9:40	10:01	10:27	11:01																				
5' 10"	7:11	7:21	7:32	7:44	7:55	8:08	8:20	8:34	8:49	9:04	9:21	9:40	10:01	10:25	10:57																					
5' 11"	7:25	7:35	7:46	7:58	8:10	8:22	8:36	8:50	9:05	9:22	9:40	10:00	10:24	10:54																						
6' 0"	7:38	7:49	8:00	8:12	8:24	8:38	8:51	9:06	9:22	9:40	10:00	10:23	10:52	11:38																						
6' 1"	7:52	8:03	8:14	8:27	8:39	8:53	9:08	9:23	9:41	10:00	10:23	10:51	11:33																							
6' 2"	8:06	8:17	8:29	8:42	8:55	9:09	9:25	9:42	10:01	10:23	10:50	11:29																								
6' 3"	8:19	8:31	8:44	8:57	9:11	9:26	9:43	10:01	10:23	10:49	11:27																									
6' 4"	8:34	8:46	8:59	9:13	9:28	9:44	10:02	10:23	10:49	11:25																										

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"	2:12	2:22	2:33	2:43	2:54	3:05	3:17	3:28	3:40	3:52	4:05	4:17	4:31	4:44	4:58	5:12	5:27	5:42	5:58	6:15	6:33	6:51	7:10	7:31	7:54	8:18	8:45	9:16	9:54	10:45						
4' 3"	2:30	2:41	2:51	3:02	3:12	3:23	3:35	3:46	3:58	4:10	4:23	4:35	4:48	5:02	5:16	5:30	5:45	6:00	6:17	6:33	6:51	7:10	7:30	7:51	8:14	8:40	9:09	9:43	10:27							
4' 4"	2:48	2:59	3:09	3:19	3:30	3:41	3:52	4:04	4:16	4:28	4:40	4:53	5:06	5:19	5:33	5:48	6:03	6:18	6:35	6:52	7:10	7:29	7:49	8:11	8:36	9:03	9:34	10:14	11:12							
4' 5"	3:06	3:16	3:26	3:37	3:48	3:59	4:10	4:21	4:33	4:45	4:57	5:10	5:23	5:37	5:51	6:05	6:20	6:36	6:52	7:10	7:28	7:48	8:09	8:32	8:58	9:27	10:03	10:51								
4' 6"	3:23	3:33	3:43	3:54	4:05	4:15	4:27	4:38	4:50	5:02	5:14	5:27	5:40	5:54	6:08	6:22	6:38	6:54	7:10	7:28	7:47	8:07	8:29	8:54	9:21	9:54	10:36									
4' 7"	3:40	3:50	4:00	4:11	4:21	4:32	4:43	4:55	5:06	5:18	5:31	5:44	5:57	6:10	6:25	6:39	6:55	7:11	7:28	7:46	8:06	8:27	8:50	9:16	9:46	10:24	11:23									
4' 8"	3:56	4:06	4:16	4:27	4:37	4:48	4:59	5:11	5:23	5:35	5:47	6:00	6:13	6:27	6:41	6:56	7:12	7:29	7:46	8:05	8:25	8:47	9:12	9:40	10:15	11:04										
4' 9"	4:12	4:22	4:32	4:43	4:53	5:04	5:15	5:27	5:39	5:51	6:03	6:16	6:30	6:44	6:58	7:13	7:29	7:46	8:04	8:24	8:45	9:09	9:35	10:07	10:50											
4' 10"	4:28	4:38	4:48	4:58	5:09	5:20	5:31	5:43	5:54	6:07	6:19	6:32	6:46	7:00	7:15	7:30	7:47	8:04	8:23	8:43	9:06	9:31	10:01	10:39												
4' 11"	4:43	4:53	5:04	5:14	5:25	5:35	5:47	5:58	6:10	6:22	6:35	6:48	7:02	7:16	7:32	7:48	8:04	8:23	8:42	9:04	9:28	9:56	10:31	11:25												
5' 0"	4:59	5:09	5:19	5:29	5:40	5:51	6:02	6:14	6:26	6:38	6:51	7:04	7:18	7:33	7:48	8:05	8:22	8:41	9:02	9:25	9:52	10:24	11:10													
5' 1"	5:14	5:23	5:34	5:44	5:55	6:06	6:17	6:29	6:41	6:54	7:07	7:20	7:35	7:50	8:06	8:23	8:41	9:01	9:23	9:48	10:19	11:00														
5' 2"	5:28	5:38	5:48	5:59	6:10	6:21	6:32	6:44	6:56	7:09	7:22	7:36	7:51	8:06	8:23	8:41	9:00	9:21	9:45	10:14	10:51															
5' 3"	5:43	5:53	6:03	6:14	6:24	6:36	6:47	6:59	7:12	7:25	7:38	7:53	8:08	8:24	8:41	8:59	9:20	9:43	10:10	10:45	11:43															
5' 4"	5:57	6:07	6:18	6:28	6:39	6:50	7:02	7:14	7:27	7:40	7:54	8:09	8:25	8:41	8:59	9:19	9:41	10:07	10:40	11:29																
5' 5"	6:11	6:21	6:32	6:43	6:54	7:05	7:17	7:30	7:43	7:56	8:10	8:26	8:42	8:59	9:19	9:40	10:05	10:35	11:19																	
5' 6"	6:25	6:36	6:46	6:57	7:08	7:20	7:32	7:45	7:58	8:12	8:27	8:43	9:00	9:18	9:39	10:03	10:32	11:12																		
5' 7"	6:39	6:50	7:00	7:11	7:23	7:35	7:47	8:00	8:14	8:28	8:44	9:00	9:19	9:39	10:02	10:29	11:07																			
5' 8"	6:53	7:04	7:15	7:26	7:38	7:50	8:02	8:16	8:30	8:45	9:01	9:19	9:39	10:01	10:27	11:02																				
5' 9"	7:07	7:18	7:29	7:40	7:52	8:05	8:18	8:32	8:47	9:02	9:20	9:39	10:00	10:26	10:59																					
5' 10"	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"	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"	7:49	8:01	8:12	8:25	8:38	8:52	9:07	9:23	9:41	10:01	10:24	10:53	11:40																							
6' 1"	8:04	8:15	8:27	8:40	8:54	9:09	9:25	9:42	10:02	10:24	10:53	11:37																								
6' 2"	8:18	8:30	8:43	8:56	9:11	9:26	9:43	10:02	10:25	10:53	11:35																									
6' 3"	8:33	8:45	8:59	9:13	9:28	9:45	10:04	10:26	10:53	11:33																										
6' 4"	8:48	9:01	9:15	9:30	9:47	10:05	10:27	10:53	11:33																											

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"	1:53	2:04	2:15	2:26	2:38	2:50	3:02	3:14	3:26	3:39	3:52	4:06	4:20	4:34	4:49	5:04	5:20	5:36	5:53	6:11	6:30	6:50	7:11	7:34	7:58	8:26	8:56	9:33	10:19				
4' 1"	2:13	2:23	2:34	2:46	2:57	3:09	3:21	3:33	3:45	3:58	4:11	4:25	4:38	4:53	5:07	5:23	5:39	5:55	6:12	6:30	6:49	7:10	7:31	7:55	8:20	8:49	9:22	10:03	11:03				
4' 2"	2:32	2:42	2:53	3:04	3:16	3:27	3:39	3:51	4:04	4:16	4:29	4:43	4:57	5:11	5:26	5:41	5:57	6:13	6:31	6:49	7:09	7:29	7:51	8:16	8:43	9:13	9:50	10:39					
4' 3"	2:50	3:01	3:11	3:22	3:34	3:45	3:57	4:09	4:21	4:34	4:47	5:01	5:14	5:29	5:44	5:59	6:15	6:32	6:49	7:08	7:28	7:49	8:12	8:37	9:06	9:40	10:22	11:35					
4' 4"	3:08	3:18	3:29	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	7:47	8:09	8:33	9:00	9:31	10:09	11:04						
4' 5"	3:25	3:36	3:46	3:57	4:09	4:20	4:32	4:44	4:56	5:09	5:22	5:35	5:49	6:04	6:19	6:34	6:51	7:08	7:26	7:46	8:07	8:30	8:55	9:24	9:59	10:45							
4' 6"	3:42	3:53	4:03	4:14	4:25	4:37	4:48	5:00	5:13	5:26	5:39	5:52	6:06	6:21	6:36	6:52	7:08	7:26	7:45	8:05	8:27	8:51	9:18	9:50	10:31	11:42							
4' 7"	3:59	4:09	4:20	4:31	4:42	4:53	5:05	5:17	5:29	5:42	5:55	6:09	6:23	6:38	6:53	7:09	7:26	7:44	8:04	8:24	8:47	9:13	9:43	10:20	11:14								
4' 8"	4:15	4:26	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	7:44	8:03	8:23	8:45	9:09	9:37	10:11	10:57									
4' 9"	4:31	4:42	4:52	5:03	5:14	5:25	5:37	5:49	6:02	6:15	6:28	6:42	6:56	7:11	7:27	7:44	8:02	8:21	8:42	9:06	9:32	10:03	10:44										
4' 10"	4:47	4:57	5:08	5:19	5:30	5:41	5:53	6:05	6:18	6:31	6:44	6:58	7:13	7:28	7:45	8:02	8:21	8:41	9:03	9:28	9:57	10:34	11:34										
4' 11"	5:02	5:13	5:23	5:34	5:45	5:57	6:09	6:21	6:33	6:47	7:00	7:15	7:30	7:45	8:02	8:20	8:39	9:01	9:24	9:52	10:26	11:15											
5' 0"	5:17	5:28	5:38	5:49	6:00	6:12	6:24	6:36	6:49	7:02	7:16	7:31	7:46	8:03	8:20	8:39	8:59	9:22	9:48	10:19	11:02												
5' 1"	5:32	5:43	5:53	6:04	6:16	6:27	6:39	6:52	7:05	7:18	7:33	7:47	8:03	8:20	8:38	8:58	9:20	9:44	10:14	10:53													
5' 2"	5:47	5:57	6:08	6:19	6:31	6:42	6:55	7:07	7:20	7:34	7:49	8:04	8:21	8:38	8:57	9:18	9:42	10:10	10:45														
5' 3"	6:02	6:12	6:23	6:34	6:46	6:57	7:10	7:23	7:36	7:50	8:05	8:21	8:38	8:57	9:17	9:39	10:06	10:39	11:30														
5' 4"	6:16	6:27	6:37	6:49	7:00	7:12	7:25	7:38	7:52	8:07	8:22	8:39	8:56	9:16	9:38	10:03	10:34	11:19															
5' 5"	6:30	6:41	6:52	7:03	7:15	7:28	7:40	7:54	8:08	8:23	8:39	8:57	9:15	9:37	10:01	10:30	11:11																
5' 6"	6:44	6:55	7:06	7:18	7:30	7:43	7:56	8:10	8:24	8:40	8:57	9:15	9:36	9:59	10:27	11:04																	
5' 7"	6:59	7:10	7:21	7:33	7:45	7:58	8:12	8:26	8:41	8:58	9:15	9:35	9:58	10:24	10:59																		
5' 8"	7:13	7:24	7:36	7:48	8:00	8:14	8:28	8:42	8:58	9:16	9:35	9:57	10:22	10:55																			
5' 9"	7:27	7:38	7:50	8:03	8:16	8:29	8:44	9:00	9:17	9:35	9:56	10:21	10:52																				
5' 10"	7:41	7:53	8:05	8:18	8:31	8:46	9:01	9:17	9:36	9:56	10:20	10:50	11:37																				
5' 11"	7:56	8:08	8:20	8:33	8:47	9:02	9:18	9:36	9:56	10:19	10:48	11:32																					
6' 0"	8:10	8:22	8:35	8:49	9:04	9:20	9:37	9:57	10:19	10:47	11:28																						
6' 1"	8:25	8:38	8:51	9:06	9:21	9:38	9:57	10:19	10:46	11:25																							
6' 2"	8:40	8:53	9:08	9:23	9:40	9:58	10:20	10:46	11:23																								

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	2:02	2:13	2:25	2:36	2:48	3:00	3:12	3:24	3:37	3:50	4:04	4:18	4:32	4:46	5:02	5:17	5:34	5:51	6:08	6:27	6:47	7:08	7:30	7:54	8:21	8:51	9:26	10:11	11:22				
4' 1"	2:11	2:22	2:33	2:44	2:55	3:07	3:19	3:31	3:43	3:56	4:09	4:22	4:36	4:50	5:05	5:20	5:36	5:52	6:09	6:27	6:46	7:06	7:27	7:50	8:16	8:44	9:16	9:55	10:50					
4' 2"	2:30	2:40	2:51	3:02	3:14	3:25	3:37	3:49	4:01	4:14	4:27	4:40	4:54	5:08	5:23	5:38	5:54	6:10	6:28	6:46	7:05	7:25	7:47	8:11	8:38	9:07	9:43	10:29						
4' 3"	2:48	2:59	3:09	3:20	3:32	3:43	3:55	4:07	4:19	4:32	4:45	4:58	5:12	5:26	5:41	5:56	6:12	6:29	6:46	7:04	7:24	7:45	8:08	8:32	9:00	9:33	10:13	11:15						
4' 4"	3:06	3:16	3:27	3:38	3:49	4:01	4:12	4:24	4:36	4:49	5:02	5:15	5:29	5:43	5:58	6:14	6:30	6:47	7:04	7:23	7:43	8:05	8:28	8:55	9:25	10:01	10:51							
4' 5"	3:23	3:34	3:44	3:55	4:06	4:18	4:29	4:41	4:54	5:06	5:19	5:32	5:46	6:01	6:16	6:31	6:47	7:04	7:22	7:42	8:02	8:25	8:50	9:18	9:51	10:34								
4' 6"	3:40	3:51	4:01	4:12	4:23	4:34	4:46	4:58	5:10	5:23	5:36	5:49	6:03	6:18	6:33	6:48	7:05	7:22	7:41	8:01	8:22	8:46	9:12	9:43	10:21	11:20								
4' 7"	3:57	4:07	4:18	4:28	4:40	4:51	5:02	5:14	5:27	5:39	5:52	6:06	6:20	6:34	6:50	7:06	7:22	7:40	7:59	8:20	8:42	9:07	9:36	10:11	10:59									
4' 8"	4:13	4:23	4:34	4:45	4:56	5:07	5:19	5:31	5:43	5:56	6:09	6:22	6:36	6:51	7:07	7:23	7:40	7:58	8:18	8:40	9:03	9:30	10:02	10:44										
4' 9"	4:29	4:39	4:50	5:00	5:11	5:23	5:34	5:46	5:59	6:12	6:25	6:39	6:53	7:08	7:24	7:40	7:58	8:17	8:37	9:00	9:25	9:55	10:33	11:35										
4' 10"	4:44	4:55	5:05	5:16	5:27	5:38	5:50	6:02	6:15	6:28	6:41	6:55	7:09	7:25	7:41	7:58	8:16	8:36	8:57	9:22	9:50	10:24	11:14											
4' 11"	5:00	5:10	5:21	5:31	5:42	5:54	6:06	6:18	6:30	6:43	6:57	7:11	7:26	7:41	7:58	8:16	8:35	8:55	9:18	9:45	10:17	11:00												
5' 0"	5:15	5:25	5:36	5:46	5:58	6:09	6:21	6:33	6:46	6:59	7:13	7:27	7:42	7:58	8:15	8:34	8:54	9:16	9:41	10:11	10:49													
5' 1"	5:30	5:40	5:50	6:01	6:13	6:24	6:36	6:48	7:01	7:15	7:29	7:43	7:59	8:16	8:33	8:52	9:14	9:37	10:05	10:41	11:40													
5' 2"	5:44	5:55	6:05	6:16	6:27	6:39	6:51	7:04	7:17	7:30	7:45	8:00	8:16	8:33	8:52	9:12	9:35	10:01	10:34	11:23														
5' 3"	5:59	6:09	6:20	6:31	6:42	6:54	7:06	7:19	7:32	7:46	8:01	8:17	8:33	8:51	9:11	9:33	9:58	10:29	11:12															
5' 4"	6:13	6:23	6:34	6:45	6:57	7:09	7:21	7:34	7:48	8:02	8:17	8:34	8:51	9:10	9:31	9:55	10:24	11:03																
5' 5"	6:27	6:38	6:49	7:00	7:12	7:24	7:36	7:50	8:04	8:19	8:34	8:51	9:10	9:30	9:53	10:20	10:56																	
5' 6"	6:41	6:52	7:03	7:14	7:26	7:39	7:52	8:05	8:20	8:35	8:52	9:09	9:29	9:51	10:18	10:51																		
5' 7"	6:55	7:06	7:17	7:29	7:41	7:54	8:07	8:21	8:36	8:52	9:10	9:29	9:50	10:15	10:47	11:36																		
5' 8"	7:09	7:20	7:32	7:44	7:56	8:09	8:23	8:37	8:53	9:10	9:29	9:49	10:13	10:43	11:28																			
5' 9"	7:23	7:34	7:46	7:58	8:11	8:25	8:39	8:54	9:11	9:29	9:49	10:12	10:41	11:21																				
5' 10"	7:37	7:49	8:01	8:13	8:26	8:40	8:55	9:11	9:29	9:49	10:11	10:39	11:16																					
5' 11"	7:51	8:03	8:15	8:28	8:42	8:57	9:13	9:30	9:49	10:11	10:37	11:13																						
6' 0"	8:06	8:18	8:31	8:44	8:58	9:14	9:31	9:49	10:11	10:36	11:10																							
6' 1"	8:20	8:33	8:46	9:00	9:15	9:32	9:50	10:11	10:35	11:08																								
6' 2"	8:35	8:48	9:02	9:17	9:33	9:51	10:11	10:35	11:07																									

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"	2:19	2:28	2:38	2:48	2:58	3:09	3:19	3:30	3:41	3:52	4:04	4:15	4:27	4:40	4:52	5:06	5:19	5:33	5:47	6:02	6:18	6:34	6:51	7:09	7:28	7:49	8:11	8:35	9:02	9:34	10:13	11:10	
4' 5"	2:36	2:46	2:55	3:05	3:15	3:26	3:36	3:47	3:58	4:09	4:20	4:32	4:44	4:56	5:09	5:22	5:36	5:50	6:04	6:19	6:35	6:51	7:09	7:27	7:47	8:08	8:30	8:56	9:25	10:00	10:47		
4' 6"	2:53	3:03	3:12	3:22	3:32	3:42	3:53	4:03	4:14	4:25	4:37	4:49	5:01	5:13	5:26	5:39	5:52	6:06	6:21	6:36	6:52	7:08	7:26	7:45	8:05	8:27	8:51	9:18	9:50	10:31	11:43		
4' 7"	3:10	3:19	3:29	3:38	3:48	3:59	4:09	4:20	4:30	4:42	4:53	5:05	5:17	5:29	5:42	5:55	6:08	6:22	6:37	6:53	7:09	7:26	7:44	8:03	8:24	8:47	9:12	9:42	10:18	11:12			
4' 8"	3:26	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	6:11	6:24	6:39	6:54	7:09	7:25	7:43	8:01	8:21	8:43	9:07	9:35	10:08	10:53				
4' 9"	3:42	3:51	4:00	4:10	4:20	4:30	4:40	4:51	5:02	5:13	5:24	5:36	5:48	6:00	6:13	6:26	6:40	6:55	7:10	7:26	7:42	8:00	8:19	8:40	9:03	9:29	9:59	10:39					
4' 10"	3:57	4:06	4:16	4:25	4:35	4:45	4:56	5:06	5:17	5:28	5:39	5:51	6:03	6:16	6:29	6:42	6:56	7:11	7:26	7:42	7:59	8:18	8:38	8:59	9:24	9:52	10:28	11:21					
4' 11"	4:12	4:21	4:31	4:40	4:50	5:00	5:11	5:21	5:32	5:43	5:54	6:06	6:18	6:31	6:44	6:58	7:12	7:27	7:42	7:59	8:17	8:36	8:56	9:20	9:46	10:19	11:03						
5' 0"	4:27	4:36	4:45	4:55	5:05	5:15	5:25	5:36	5:47	5:58	6:09	6:21	6:33	6:46	6:59	7:13	7:28	7:43	7:59	8:16	8:34	8:54	9:16	9:41	10:11	10:51							
5' 1"	4:41	4:51	5:00	5:10	5:19	5:29	5:40	5:50	6:01	6:12	6:24	6:36	6:48	7:01	7:15	7:29	7:43	7:59	8:15	8:33	8:52	9:13	9:37	10:05	10:41	11:39							
5' 2"	4:56	5:05	5:14	5:24	5:34	5:44	5:54	6:05	6:16	6:27	6:39	6:51	7:03	7:16	7:30	7:44	7:59	8:15	8:32	8:51	9:11	9:34	10:00	10:33	11:20								
5' 3"	5:10	5:19	5:28	5:38	5:48	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"	5:23	5:33	5:42	5:52	6:02	6:12	6:22	6:33	6:44	6:56	7:08	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"	5:37	5:46	5:56	6:05	6:15	6:26	6:36	6:47	6:58	7:10	7:22	7:35	7:48	8:02	8:16	8:32	8:49	9:07	9:27	9:49	10:16	10:50											
5' 6"	5:50	6:00	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	10:12	10:44	11:33											
5' 7"	6:04	6:13	6:23	6:32	6:42	6:53	7:04	7:15	7:26	7:38	7:51	8:04	8:18	8:33	8:49	9:06	9:24	9:45	10:09	10:39	11:22												
5' 8"	6:17	6:26	6:36	6:46	6:56	7:06	7:17	7:29	7:41	7:53	8:06	8:19	8:34	8:49	9:06	9:24	9:44	10:07	10:35	11:14													
5' 9"	6:30	6:39	6:49	6:59	7:09	7:20	7:31	7:43	7:55	8:07	8:21	8:35	8:50	9:06	9:23	9:43	10:05	10:32	11:07														
5' 10"	6:43	6:52	7:02	7:12	7:23	7:34	7:45	7:57	8:09	8:22	8:36	8:50	9:06	9:23	9:42	10:03	10:29	11:02															
5' 11"	6:56	7:05	7:15	7:26	7:36	7:47	7:59	8:11	8:24	8:37	8:51	9:07	9:23	9:42	10:02	10:27	10:58																
6' 0"	7:08	7:18	7:28	7:39	7:50	8:01	8:13	8:25	8:38	8:52	9:07	9:24	9:41	10:02	10:25	10:55	11:43																
6' 1"	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	11:35																	
6' 2"	7:34	7:44	7:55	8:06	8:17	8:29	8:42	8:55	9:09	9:25	9:42	10:01	10:23	10:50	11:30																		
6' 3"	7:47	7:57	8:08	8:19	8:31	8:44	8:57	9:11	9:26	9:43	10:01	10:22	10:49	11:26																			
6' 4"	8:00	8:11	8:22	8:33	8:45	8:58	9:12	9:27	9:43	10:01	10:22	10:48	11:23																				
6' 5"	8:13	8:24	8:36	8:47	9:00	9:14	9:28	9:44	10:02	10:22	10:47	11:21																					
6' 6"	8:27	8:38	8:50	9:02	9:15	9:30	9:45	10:03	10:23	10:47	11:20																						

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"	2:17	2:27	2:36	2:46	2:56	3:07	3:17	3:28	3:39	3:50	4:02	4:13	4:25	4:38	4:50	5:03	5:17	5:30	5:45	6:00	6:15	6:31	6:48	7:06	7:25	7:45	8:07	8:30	8:57	9:27	10:05	10:57	
4' 5"	2:34	2:44	2:54	3:03	3:13	3:24	3:34	3:45	3:56	4:07	4:18	4:30	4:42	4:54	5:07	5:20	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"	2:51	3:01	3:10	3:20	3:30	3:40	3:51	4:01	4:12	4:23	4:35	4:46	4:58	5:10	5:23	5:36	5:49	6:03	6:18	6:33	6:49	7:05	7:23	7:41	8:01	8:22	8:46	9:12	9:43	10:22	11:21		
4' 7"	3:08	3:17	3:27	3:36	3:46	3:57	4:07	4:17	4:28	4:39	4:51	5:02	5:14	5:26	5:39	5:52	6:06	6:20	6:34	6:49	7:05	7:22	7:40	7:59	8:19	8:42	9:07	9:35	10:10	10:58			
4' 8"	3:24	3:33	3:43	3:52	4:02	4:12	4:23	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	10:41				
4' 9"	3:39	3:49	3:58	4:08	4:18	4:28	4:38	4:49	4:59	5:10	5:22	5:33	5:45	5:58	6:10	6:23	6:37	6:51	7:06	7:22	7:39	7:56	8:15	8:35	8:58	9:23	9:52	10:29	11:26				
4' 10"	3:55	4:04	4:14	4:23	4:33	4:43	4:53	5:04	5:14	5:25	5:37	5:48	6:00	6:13	6:26	6:39	6:53	7:07	7:22	7:38	7:55	8:13	8:33	8:54	9:18	9:45	10:19	11:05					
4' 11"	4:10	4:19	4:28	4:38	4:48	4:58	5:08	5:19	5:29	5:40	5:52	6:03	6:16	6:28	6:41	6:54	7:08	7:23	7:39	7:55	8:12	8:31	8:51	9:14	9:40	10:10	10:51						
5' 0"	4:25	4:34	4:43	4:53	5:02	5:12	5:23	5:33	5:44	5:55	6:07	6:18	6:30	6:43	6:56	7:10	7:24	7:39	7:55	8:12	8:30	8:49	9:11	9:35	10:03	10:40	11:40						
5' 1"	4:39	4:48	4:58	5:07	5:17	5:27	5:37	5:48	5:58	6:10	6:21	6:33	6:45	6:58	7:11	7:25	7:40	7:55	8:11	8:29	8:47	9:08	9:31	9:58	10:31	11:19							
5' 2"	4:53	5:02	5:12	5:21	5:31	5:41	5:51	6:02	6:13	6:24	6:36	6:48	7:00	7:13	7:26	7:40	7:55	8:11	8:28	8:46	9:06	9:28	9:53	10:23	11:05								
5' 3"	5:07	5:16	5:26	5:35	5:45	5:55	6:05	6:16	6:27	6:38	6:50	7:02	7:15	7:28	7:41	7:56	8:11	8:27	8:45	9:04	9:25	9:49	10:17	10:55									
5' 4"	5:21	5:30	5:39	5:49	5:59	6:09	6:19	6:30	6:41	6:52	7:04	7:16	7:29	7:43	7:57	8:11	8:27	8:44	9:02	9:23	9:45	10:12	10:46	11:43									
5' 5"	5:34	5:44	5:53	6:03	6:12	6:23	6:33	6:44	6:55	7:07	7:18	7:31	7:44	7:58	8:12	8:27	8:44	9:01	9:21	9:43	10:08	10:39	11:26										
5' 6"	5:48	5:57	6:06	6:16	6:26	6:36	6:47	6:58	7:09	7:21	7:33	7:45	7:59	8:13	8:28	8:44	9:01	9:19	9:40	10:04	10:34	11:15											
5' 7"	6:01	6:10	6:20	6:29	6:39	6:50	7:00	7:11	7:23	7:35	7:47	8:00	8:14	8:28	8:44	9:00	9:18	9:39	10:02	10:29	11:06												
5' 8"	6:14	6:23	6:33	6:43	6:53	7:03	7:14	7:25	7:37	7:49	8:02	8:15	8:29	8:44	9:00	9:18	9:37	9:59	10:25	11:00													
5' 9"	6:27	6:36	6:46	6:56	7:06	7:17	7:28	7:39	7:51	8:03	8:16	8:30	8:45	9:00	9:17	9:36	9:57	10:22	10:54														
5' 10"	6:40	6:49	6:59	7:09	7:19	7:30	7:41	7:53	8:05	8:18	8:31	8:45	9:01	9:17	9:35	9:56	10:20	10:50	11:36														
5' 11"	6:52	7:02	7:12	7:22	7:33	7:43	7:55	8:07	8:19	8:32	8:46	9:01	9:17	9:35	9:55	10:18	10:46	11:28															
6' 0"	7:05	7:15	7:25	7:35	7:46	7:57	8:09	8:21	8:34	8:47	9:02	9:18	9:35	9:54	10:16	10:43	11:21																
6' 1"	7:18	7:28	7:38	7:48	7:59	8:11	8:23	8:35	8:49	9:03	9:18	9:35	9:54	10:15	10:41	11:16																	
6' 2"	7:31	7:41	7:51	8:02	8:13	8:25	8:37	8:50	9:04	9:19	9:35	9:54	10:14	10:39	11:13																		
6' 3"	7:43	7:53	8:04	8:15	8:27	8:39	8:52	9:05	9:20	9:36	9:54	10:14	10:38	11:10																			
6' 4"	7:56	8:07	8:17	8:29	8:41	8:53	9:07	9:21	9:37	9:54	10:14	10:37	11:07																				
6' 5"	8:09	8:20	8:31	8:43	8:55	9:08	9:22	9:38	9:55	10:14	10:37	11:06																					
6' 6"	8:22	8:33	8:45	8:57	9:10	9:24	9:39	9:55	10:14	10:36	11:05																						

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"	2:14	2:24	2:34	2:44	2:54	3:04	3:14	3:25	3:36	3:47	3:58	4:10	4:22	4:34	4:47	5:00	5:13	5:27	5:41	5:55	6:11	6:27	6:43	7:01	7:19	7:39	8:00	8:24	8:49	9:19	9:53	10:40			
4' 5"	2:32	2:41	2:51	3:01	3:11	3:21	3:31	3:42	3:53	4:04	4:15	4:27	4:38	4:51	5:03	5:16	5:29	5:43	5:57	6:12	6:27	6:43	7:00	7:18	7:37	7:57	8:19	8:43	9:11	9:43	10:23	11:26			
4' 6"	2:48	2:58	3:07	3:17	3:27	3:37	3:48	3:58	4:09	4:20	4:31	4:43	4:55	5:07	5:19	5:32	5:45	5:59	6:13	6:28	6:44	7:00	7:17	7:35	7:55	8:16	8:39	9:04	9:33	10:09	10:59				
4' 7"	3:05	3:14	3:24	3:33	3:43	3:53	4:04	4:14	4:25	4:36	4:47	4:59	5:10	5:23	5:35	5:48	6:01	6:15	6:30	6:45	7:00	7:17	7:34	7:53	8:13	8:35	8:59	9:26	9:58	10:41					
4' 8"	3:21	3:30	3:40	3:49	3:59	4:09	4:19	4:30	4:40	4:51	5:03	5:14	5:26	5:38	5:51	6:04	6:17	6:31	6:46	7:01	7:17	7:33	7:51	8:10	8:31	8:54	9:19	9:49	10:27	11:25					
4' 9"	3:36	3:46	3:55	4:05	4:14	4:24	4:35	4:45	4:56	5:07	5:18	5:29	5:41	5:53	6:06	6:19	6:33	6:47	7:01	7:17	7:33	7:50	8:09	8:28	8:50	9:14	9:42	10:15	11:02						
4' 10"	3:52	4:01	4:10	4:20	4:30	4:40	4:50	5:00	5:11	5:22	5:33	5:44	5:56	6:09	6:21	6:34	6:48	7:02	7:17	7:33	7:49	8:07	8:26	8:47	9:10	9:35	10:06	10:47							
4' 11"	4:07	4:16	4:25	4:35	4:44	4:54	5:04	5:15	5:26	5:36	5:48	5:59	6:11	6:24	6:36	6:50	7:03	7:18	7:33	7:49	8:06	8:24	8:44	9:06	9:30	9:59	10:35	11:32							
5' 0"	4:21	4:30	4:40	4:49	4:59	5:09	5:19	5:29	5:40	5:51	6:02	6:14	6:26	6:38	6:51	7:05	7:19	7:33	7:49	8:05	8:23	8:42	9:02	9:26	9:52	10:25	11:12								
5' 1"	4:36	4:45	4:54	5:03	5:13	5:23	5:33	5:44	5:54	6:05	6:17	6:28	6:41	6:53	7:06	7:20	7:34	7:49	8:05	8:22	8:40	9:00	9:22	9:47	10:17	10:57									
5' 2"	4:50	4:59	5:08	5:17	5:27	5:37	5:47	5:58	6:09	6:20	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	10:47										
5' 3"	5:03	5:13	5:22	5:31	5:41	5:51	6:01	6:12	6:23	6:34	6:45	6:57	7:09	7:22	7:36	7:50	8:05	8:21	8:38	8:56	9:16	9:39	10:05	10:38	11:28										
5' 4"	5:17	5:26	5:35	5:45	5:55	6:05	6:15	6:25	6:36	6:48	6:59	7:11	7:24	7:37	7:51	8:05	8:21	8:37	8:55	9:14	9:36	10:00	10:31	11:13											
5' 5"	5:30	5:40	5:49	5:58	6:08	6:18	6:29	6:39	6:50	7:02	7:13	7:26	7:38	7:52	8:06	8:21	8:37	8:54	9:12	9:33	9:57	10:25	11:03												
5' 6"	5:44	5:53	6:02	6:12	6:22	6:32	6:42	6:53	7:04	7:15	7:27	7:40	7:53	8:07	8:21	8:36	8:53	9:11	9:31	9:53	10:20	10:54													
5' 7"	5:57	6:06	6:15	6:25	6:35	6:45	6:55	7:06	7:18	7:29	7:41	7:54	8:07	8:22	8:37	8:53	9:10	9:29	9:51	10:16	10:48	11:38													
5' 8"	6:10	6:19	6:28	6:38	6:48	6:58	7:09	7:20	7:31	7:43	7:56	8:09	8:22	8:37	8:52	9:09	9:28	9:48	10:12	10:42	11:26														
5' 9"	6:22	6:32	6:41	6:51	7:01	7:11	7:22	7:33	7:45	7:57	8:10	8:23	8:37	8:53	9:09	9:27	9:47	10:10	10:37	11:16															
5' 10"	6:35	6:44	6:54	7:04	7:14	7:25	7:36	7:47	7:59	8:11	8:24	8:38	8:53	9:09	9:26	9:45	10:07	10:34	11:09																
5' 11"	6:48	6:57	7:07	7:17	7:27	7:38	7:49	8:01	8:13	8:26	8:39	8:53	9:09	9:26	9:44	10:06	10:31	11:04																	
6' 0"	7:00	7:10	7:19	7:30	7:40	7:51	8:02	8:14	8:27	8:40	8:54	9:09	9:26	9:44	10:04	10:28	10:59																		
6' 1"	7:13	7:22	7:32	7:43	7:53	8:04	8:16	8:28	8:41	8:55	9:10	9:26	9:43	10:03	10:26	10:55	11:42																		
6' 2"	7:25	7:35	7:45	7:56	8:07	8:18	8:30	8:43	8:56	9:11	9:26	9:43	10:02	10:25	10:52	11:34																			
6' 3"	7:38	7:48	7:58	8:09	8:20	8:32	8:44	8:57	9:11	9:27	9:43	10:02	10:24	10:50	11:29																				
6' 4"	7:50	8:00	8:11	8:22	8:34	8:46	8:59	9:12	9:27	9:44	10:02	10:23	10:48	11:24																					
6' 5"	8:03	8:13	8:24	8:35	8:47	9:00	9:14	9:28	9:44	10:02	10:22	10:47	11:21																						
6' 6"	8:16	8:26	8:37	8:49	9:02	9:15	9:29	9:45	10:02	10:22	10:46	11:19																							

13:00

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	2:16	2:26	2:37	2:47	2:58	3:10	3:21	3:33	3:45	3:57	4:09	4:22	4:36	4:49	5:03	5:18	5:33	5:48	6:05	6:21	6:39	6:58	7:18	7:39	8:02	8:28	8:56	9:30	10:11	11:14	
4' 3"	2:13	2:23	2:33	2:44	2:54	3:05	3:16	3:27	3:38	3:50	4:02	4:14	4:26	4:39	4:52	5:06	5:20	5:35	5:50	6:05	6:22	6:39	6:57	7:16	7:36	7:58	8:22	8:49	9:19	9:55	10:45		
4' 4"	2:31	2:41	2:51	3:01	3:11	3:22	3:33	3:44	3:55	4:07	4:19	4:31	4:43	4:56	5:09	5:23	5:37	5:51	6:06	6:22	6:39	6:56	7:14	7:34	7:54	8:17	8:42	9:10	9:43	10:25	11:37		
4' 5"	2:48	2:58	3:08	3:18	3:28	3:39	3:49	4:00	4:12	4:23	4:35	4:47	4:59	5:12	5:25	5:39	5:53	6:08	6:23	6:39	6:55	7:13	7:32	7:51	8:13	8:36	9:03	9:33	10:10	11:03			
4' 6"	3:05	3:14	3:24	3:34	3:45	3:55	4:06	4:17	4:28	4:39	4:51	5:03	5:15	5:28	5:41	5:55	6:09	6:24	6:39	6:55	7:12	7:30	7:49	8:09	8:32	8:56	9:24	9:58	10:42				
4' 7"	3:21	3:30	3:40	3:50	4:00	4:11	4:22	4:32	4:44	4:55	5:07	5:19	5:31	5:44	5:57	6:11	6:25	6:40	6:55	7:12	7:29	7:47	8:07	8:28	8:51	9:17	9:48	10:26	11:26				
4' 8"	3:37	3:46	3:56	4:06	4:16	4:26	4:37	4:48	4:59	5:10	5:22	5:34	5:47	5:59	6:13	6:27	6:41	6:56	7:11	7:28	7:45	8:04	8:24	8:46	9:11	9:39	10:14	11:01					
4' 9"	3:52	4:02	4:11	4:21	4:31	4:42	4:52	5:03	5:14	5:26	5:37	5:49	6:02	6:15	6:28	6:42	6:56	7:12	7:28	7:44	8:02	8:22	8:43	9:06	9:32	10:03	10:44						
4' 10"	4:07	4:17	4:26	4:36	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	7:44	8:01	8:19	8:39	9:01	9:26	9:55	10:31	11:28						
4' 11"	4:22	4:31	4:41	4:51	5:01	5:11	5:22	5:33	5:44	5:55	6:07	6:19	6:32	6:45	6:58	7:13	7:28	7:43	8:00	8:18	8:37	8:58	9:21	9:48	10:21	11:07							
5' 0"	4:36	4:46	4:55	5:05	5:15	5:26	5:36	5:47	5:58	6:10	6:21	6:34	6:46	7:00	7:13	7:28	7:43	7:59	8:16	8:35	8:55	9:17	9:42	10:12	10:52								
5' 1"	4:50	5:00	5:09	5:19	5:29	5:40	5:50	6:01	6:12	6:24	6:36	6:48	7:01	7:15	7:29	7:43	7:59	8:15	8:33	8:52	9:13	9:37	10:05	10:40	11:39								
5' 2"	5:04	5:14	5:23	5:33	5:43	5:54	6:04	6:15	6:26	6:38	6:50	7:03	7:16	7:29	7:44	7:59	8:15	8:32	8:50	9:10	9:33	9:59	10:31	11:18									
5' 3"	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	9:29	9:54	10:24	11:04										
5' 4"	5:32	5:41	5:51	6:00	6:11	6:21	6:32	6:43	6:54	7:06	7:19	7:31	7:45	7:59	8:14	8:30	8:47	9:06	9:26	9:50	10:17	10:53											
5' 5"	5:45	5:54	6:04	6:14	6:24	6:35	6:45	6:57	7:08	7:20	7:33	7:46	8:00	8:14	8:30	8:46	9:04	9:24	9:46	10:12	10:45	11:37											
5' 6"	5:58	6:07	6:17	6:27	6:37	6:48	6:59	7:10	7:22	7:34	7:47	8:00	8:15	8:29	8:46	9:03	9:22	9:43	10:08	10:38	11:21	13:00											
5' 7"	6:11	6:20	6:30	6:40	6:51	7:01	7:12	7:24	7:36	7:48	8:01	8:15	8:30	8:45	9:02	9:20	9:40	10:04	10:32	11:11													
5' 8"	6:24	6:33	6:43	6:53	7:04	7:15	7:26	7:37	7:50	8:02	8:16	8:30	8:45	9:01	9:19	9:38	10:01	10:27	11:02														
5' 9"	6:36	6:46	6:56	7:06	7:17	7:28	7:39	7:51	8:04	8:17	8:30	8:45	9:01	9:18	9:37	9:58	10:23	10:55															
5' 10"	6:49	6:59	7:09	7:19	7:30	7:41	7:53	8:05	8:18	8:31	8:45	9:01	9:17	9:36	9:56	10:20	10:50	11:36															
5' 11"	7:02	7:12	7:22	7:32	7:43	7:55	8:06	8:19	8:32	8:46	9:01	9:17	9:35	9:54	10:17	10:45	11:26																
6' 0"	7:14	7:24	7:35	7:45	7:56	8:08	8:20	8:33	8:47	9:01	9:17	9:34	9:53	10:15	10:42	11:19																	
6' 1"	7:27	7:37	7:47	7:58	8:10	8:22	8:34	8:48	9:02	9:17	9:34	9:52	10:13	10:39	11:13																		
6' 2"	7:39	7:50	8:00	8:12	8:23	8:36	8:49	9:02	9:17	9:33	9:51	10:12	10:36	11:08																			
6' 3"	7:52	8:02	8:13	8:25	8:37	8:50	9:03	9:18	9:34	9:51	10:11	10:34	11:04																				
6' 4"	8:05	8:15	8:27	8:39	8:51	9:04	9:18	9:34	9:51	10:10	10:33	11:01																					

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"	1:52	2:02	2:12	2:22	2:33	2:44	2:55	3:06	3:17	3:29	3:41	3:53	4:05	4:18	4:31	4:44	4:58	5:13	5:28	5:43	5:59	6:16	6:33	6:52	7:11	7:32	7:54	8:19	8:46	9:18	9:56	10:48	
4' 3"	2:10	2:20	2:30	2:40	2:51	3:01	3:12	3:23	3:34	3:46	3:58	4:10	4:22	4:35	4:48	5:01	5:15	5:29	5:44	6:00	6:16	6:33	6:50	7:09	7:29	7:50	8:13	8:39	9:08	9:42	10:25	11:42	
4' 4"	2:27	2:37	2:47	2:57	3:08	3:18	3:29	3:40	3:51	4:03	4:14	4:26	4:39	4:51	5:04	5:18	5:32	5:46	6:01	6:16	6:32	6:49	7:07	7:26	7:47	8:08	8:32	8:59	9:30	10:08	11:03		
4' 5"	2:44	2:54	3:04	3:14	3:24	3:35	3:45	3:56	4:07	4:19	4:30	4:42	4:55	5:07	5:20	5:34	5:48	6:02	6:17	6:33	6:49	7:06	7:24	7:44	8:04	8:27	8:52	9:21	9:55	10:39			
4' 6"	3:01	3:10	3:20	3:30	3:40	3:51	4:01	4:12	4:23	4:35	4:46	4:58	5:11	5:23	5:36	5:50	6:04	6:18	6:33	6:49	7:05	7:23	7:41	8:01	8:23	8:46	9:13	9:44	10:22	11:22			
4' 7"	3:17	3:26	3:36	3:46	3:56	4:07	4:17	4:28	4:39	4:50	5:02	5:14	5:26	5:39	5:52	6:05	6:19	6:34	6:49	7:05	7:22	7:39	7:58	8:19	8:41	9:06	9:34	10:09	10:56				
4' 8"	3:33	3:42	3:52	4:02	4:12	4:22	4:32	4:43	4:54	5:06	5:17	5:29	5:41	5:54	6:07	6:21	6:35	6:49	7:05	7:21	7:38	7:56	8:16	8:37	9:00	9:27	9:58	10:38					
4' 9"	3:48	3:57	4:07	4:17	4:27	4:37	4:48	4:58	5:09	5:21	5:32	5:44	5:56	6:09	6:22	6:36	6:50	7:05	7:20	7:37	7:54	8:13	8:33	8:55	9:20	9:49	10:25	11:18					
4' 10"	4:03	4:12	4:22	4:32	4:42	4:52	5:02	5:13	5:24	5:35	5:47	5:59	6:11	6:24	6:37	6:51	7:05	7:20	7:36	7:53	8:11	8:30	8:51	9:14	9:41	10:13	10:57						
4' 11"	4:17	4:27	4:36	4:46	4:56	5:06	5:17	5:27	5:38	5:50	6:01	6:13	6:26	6:39	6:52	7:06	7:20	7:36	7:52	8:09	8:28	8:48	9:10	9:35	10:04	10:42							
5' 0"	4:32	4:41	4:51	5:00	5:10	5:20	5:31	5:42	5:53	6:04	6:16	6:28	6:40	6:53	7:07	7:21	7:36	7:51	8:08	8:26	8:45	9:06	9:29	9:57	10:31	11:21							
5' 1"	4:46	4:55	5:05	5:14	5:24	5:34	5:45	5:56	6:07	6:18	6:30	6:42	6:55	7:08	7:21	7:36	7:51	8:07	8:24	8:42	9:02	9:25	9:50	10:21	11:04								
5' 2"	5:00	5:09	5:18	5:28	5:38	5:48	5:59	6:09	6:21	6:32	6:44	6:56	7:09	7:22	7:36	7:51	8:06	8:23	8:40	8:59	9:21	9:45	10:13	10:50									
5' 3"	5:13	5:22	5:32	5:42	5:52	6:02	6:12	6:23	6:34	6:46	6:58	7:10	7:23	7:37	7:51	8:06	8:22	8:39	8:57	9:17	9:40	10:07	10:40	11:32									
5' 4"	5:26	5:36	5:45	5:55	6:05	6:15	6:26	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	10:32	11:15										
5' 5"	5:40	5:49	5:58	6:08	6:18	6:29	6:39	6:50	7:02	7:13	7:26	7:38	7:52	8:06	8:21	8:37	8:54	9:12	9:33	9:57	10:25	11:03	13:00										
5' 6"	5:52	6:02	6:11	6:21	6:31	6:42	6:52	7:04	7:15	7:27	7:39	7:52	8:06	8:21	8:36	8:52	9:10	9:30	9:53	10:19	10:53	13:00											
5' 7"	6:05	6:15	6:24	6:34	6:44	6:55	7:06	7:17	7:28	7:41	7:53	8:07	8:21	8:36	8:52	9:09	9:28	9:49	10:14	10:45	11:33	13:00											
5' 8"	6:18	6:27	6:37	6:47	6:57	7:08	7:19	7:30	7:42	7:54	8:07	8:21	8:35	8:51	9:08	9:26	9:46	10:10	10:39	11:20	13:00												
5' 9"	6:30	6:40	6:50	7:00	7:10	7:21	7:32	7:43	7:56	8:08	8:21	8:36	8:51	9:07	9:24	9:44	10:07	10:34	11:10	13:00													
5' 10"	6:43	6:52	7:02	7:12	7:23	7:34	7:45	7:57	8:09	8:22	8:36	8:50	9:06	9:23	9:42	10:04	10:29	11:02	13:00														
5' 11"	6:55	7:05	7:15	7:25	7:36	7:47	7:58	8:10	8:23	8:36	8:51	9:06	9:22	9:41	10:01	10:25	10:56	13:00															
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	9:39	9:59	10:22	10:51	11:35	13:00															
6' 1"	7:20	7:30	7:40	7:50	8:01	8:13	8:25	8:38	8:51	9:06	9:21	9:39	9:58	10:20	10:47	11:26	13:00																
6' 2"	7:32	7:42	7:52	8:03	8:15	8:26	8:39	8:52	9:06	9:21	9:38	9:56	10:18	10:43	11:19	13:00																	
6' 3"	7:44	7:54	8:05	8:16	8:28	8:40	8:53	9:07	9:21	9:38	9:56	10:16	10:41	11:13	13:00																		
6' 4"	7:57	8:07	8:18	8:29	8:41	8:54	9:07	9:22	9:37	9:55	10:15	10:38	11:09	13:00																			

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"	1:34	1:45	1:55	2:06	2:17	2:29	2:40	2:52	3:04	3:16	3:29	3:42	3:55	4:09	4:23	4:37	4:52	5:07	5:23	5:40	5:57	6:15	6:34	6:54	7:15	7:39	8:04	8:31	9:03	9:41	10:31				
4' 1"	1:53	2:03	2:14	2:25	2:36	2:47	2:58	3:10	3:22	3:34	3:47	4:00	4:13	4:26	4:40	4:54	5:09	5:25	5:40	5:57	6:14	6:33	6:52	7:12	7:34	7:58	8:23	8:53	9:27	10:09	11:14				
4' 2"	2:11	2:22	2:32	2:43	2:54	3:05	3:16	3:28	3:40	3:52	4:04	4:17	4:30	4:43	4:57	5:11	5:26	5:42	5:58	6:14	6:32	6:50	7:09	7:30	7:52	8:17	8:44	9:15	9:52	10:42					
4' 3"	2:29	2:39	2:50	3:00	3:11	3:22	3:33	3:45	3:57	4:09	4:21	4:34	4:47	5:00	5:14	5:28	5:43	5:58	6:14	6:31	6:49	7:07	7:27	7:48	8:11	8:36	9:05	9:38	10:21	11:31					
4' 4"	2:46	2:56	3:07	3:17	3:28	3:39	3:50	4:01	4:13	4:25	4:37	4:50	5:03	5:16	5:30	5:45	5:59	6:15	6:31	6:48	7:06	7:25	7:45	8:06	8:30	8:57	9:27	10:04	10:56						
4' 5"	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	5:32	5:46	6:01	6:16	6:31	6:47	7:04	7:23	7:42	8:02	8:25	8:50	9:18	9:51	10:34							
4' 6"	3:19	3:29	3:39	3:50	4:00	4:11	4:22	4:34	4:45	4:57	5:09	5:22	5:35	5:48	6:02	6:17	6:32	6:47	7:04	7:21	7:39	7:59	8:20	8:44	9:10	9:40	10:18	11:14							
4' 7"	3:35	3:45	3:55	4:06	4:16	4:27	4:38	4:49	5:01	5:13	5:25	5:37	5:50	6:04	6:18	6:32	6:47	7:03	7:20	7:38	7:56	8:17	8:39	9:03	9:31	10:05	10:50								
4' 8"	3:51	4:01	4:11	4:21	4:31	4:42	4:53	5:04	5:16	5:28	5:40	5:53	6:06	6:19	6:33	6:48	7:03	7:19	7:36	7:54	8:13	8:34	8:58	9:24	9:54	10:33	11:40								
4' 9"	4:06	4:16	4:26	4:36	4:46	4:57	5:08	5:19	5:31	5:43	5:55	6:08	6:21	6:34	6:48	7:03	7:19	7:35	7:52	8:11	8:31	8:53	9:17	9:45	10:20	11:10									
4' 10"	4:21	4:30	4:40	4:51	5:01	5:12	5:23	5:34	5:45	5:57	6:10	6:22	6:36	6:49	7:04	7:19	7:34	7:51	8:09	8:28	8:49	9:12	9:38	10:09	10:51										
4' 11"	4:35	4:45	4:55	5:05	5:15	5:26	5:37	5:48	6:00	6:12	6:24	6:37	6:50	7:04	7:19	7:34	7:50	8:07	8:25	8:45	9:07	9:32	10:01	10:37	11:38										
5' 0"	4:49	4:59	5:09	5:19	5:30	5:40	5:51	6:03	6:14	6:26	6:39	6:52	7:05	7:19	7:34	7:49	8:06	8:23	8:42	9:03	9:26	9:53	10:26	11:13											
5' 1"	5:03	5:13	5:23	5:33	5:44	5:54	6:05	6:17	6:28	6:40	6:53	7:06	7:20	7:34	7:49	8:05	8:22	8:40	9:00	9:22	9:47	10:17	10:57												
5' 2"	5:17	5:27	5:37	5:47	5:57	6:08	6:19	6:31	6:42	6:55	7:07	7:20	7:34	7:49	8:04	8:20	8:38	8:57	9:18	9:41	10:09	10:45													
5' 3"	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"	5:44	5:54	6:04	6:14	6:24	6:35	6:46	6:58	7:10	7:22	7:36	7:49	8:04	8:19	8:35	8:53	9:12	9:33	9:58	10:27	11:07														
5' 5"	5:57	6:07	6:17	6:27	6:38	6:49	7:00	7:12	7:24	7:36	7:50	8:04	8:18	8:34	8:51	9:09	9:30	9:53	10:20	10:56															
5' 6"	6:10	6:20	6:30	6:40	6:51	7:02	7:13	7:25	7:38	7:50	8:04	8:18	8:34	8:50	9:08	9:27	9:49	10:15	10:47	11:40															
5' 7"	6:23	6:33	6:43	6:53	7:04	7:15	7:27	7:39	7:51	8:05	8:18	8:33	8:49	9:06	9:25	9:46	10:10	10:40	11:23																
5' 8"	6:35	6:45	6:56	7:06	7:17	7:28	7:40	7:52	8:05	8:19	8:33	8:48	9:05	9:23	9:43	10:06	10:34	11:12																	
5' 9"	6:48	6:58	7:08	7:19	7:30	7:42	7:54	8:06	8:19	8:33	8:48	9:04	9:21	9:41	10:03	10:29	11:03																		
5' 10"	7:01	7:11	7:21	7:32	7:43	7:55	8:07	8:20	8:34	8:48	9:03	9:20	9:39	10:00	10:24	10:56																			
5' 11"	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	11:35																			
6' 0"	7:25	7:36	7:47	7:58	8:09	8:22	8:35	8:48	9:03	9:19	9:36	9:56	10:18	10:45	11:25																				
6' 1"	7:38	7:48	7:59	8:11	8:23	8:35	8:49	9:03	9:19	9:35	9:54	10:15	10:41	11:17																					
6' 2"	7:50	8:01	8:12	8:24	8:36	8:50	9:03	9:18	9:35	9:53	10:13	10:38	11:11																						

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"	1:34	1:45	1:55	2:06	2:17	2:29	2:40	2:52	3:04	3:16	3:29	3:42	3:55	4:09	4:23	4:37	4:52	5:07	5:23	5:40	5:57	6:15	6:34	6:54	7:15	7:39	8:04	8:31	9:03	9:41	10:31		
4' 1"	1:53	2:03	2:14	2:25	2:36	2:47	2:58	3:10	3:22	3:34	3:47	4:00	4:13	4:26	4:40	4:54	5:09	5:25	5:40	5:57	6:14	6:33	6:52	7:12	7:34	7:58	8:23	8:53	9:27	10:09	11:14		
4' 2"	2:11	2:22	2:32	2:43	2:54	3:05	3:16	3:28	3:40	3:52	4:04	4:17	4:30	4:43	4:57	5:11	5:26	5:42	5:58	6:14	6:32	6:50	7:09	7:30	7:52	8:17	8:44	9:15	9:52	10:42			
4' 3"	2:29	2:39	2:50	3:00	3:11	3:22	3:33	3:45	3:57	4:09	4:21	4:34	4:47	5:00	5:14	5:28	5:43	5:58	6:14	6:31	6:49	7:07	7:27	7:48	8:11	8:36	9:05	9:38	10:21	11:31			
4' 4"	2:46	2:56	3:07	3:17	3:28	3:39	3:50	4:01	4:13	4:25	4:37	4:50	5:03	5:16	5:30	5:45	5:59	6:15	6:31	6:48	7:06	7:25	7:45	8:06	8:30	8:57	9:27	10:04	10:56				
4' 5"	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	5:32	5:46	6:01	6:16	6:31	6:47	7:04	7:23	7:42	8:02	8:25	8:50	9:18	9:51	10:34					
4' 6"	3:19	3:29	3:39	3:50	4:00	4:11	4:22	4:34	4:45	4:57	5:09	5:22	5:35	5:48	6:02	6:17	6:32	6:47	7:04	7:21	7:39	7:59	8:20	8:44	9:10	9:40	10:18	11:14					
4' 7"	3:35	3:45	3:55	4:06	4:16	4:27	4:38	4:49	5:01	5:13	5:25	5:37	5:50	6:04	6:18	6:32	6:47	7:03	7:20	7:38	7:56	8:17	8:39	9:03	9:31	10:05	10:50						
4' 8"	3:51	4:01	4:11	4:21	4:31	4:42	4:53	5:04	5:16	5:28	5:40	5:53	6:06	6:19	6:33	6:48	7:03	7:19	7:36	7:54	8:13	8:34	8:58	9:24	9:54	10:33	11:40						
4' 9"	4:06	4:16	4:26	4:36	4:46	4:57	5:08	5:19	5:31	5:43	5:55	6:08	6:21	6:34	6:48	7:03	7:19	7:35	7:52	8:11	8:31	8:53	9:17	9:45	10:20	11:10							
4' 10"	4:21	4:30	4:40	4:51	5:01	5:12	5:23	5:34	5:45	5:57	6:10	6:22	6:36	6:49	7:04	7:19	7:34	7:51	8:09	8:28	8:49	9:12	9:38	10:09	10:51								
4' 11"	4:35	4:45	4:55	5:05	5:15	5:26	5:37	5:48	6:00	6:12	6:24	6:37	6:50	7:04	7:19	7:34	7:50	8:07	8:25	8:45	9:07	9:32	10:01	10:37	11:38								
5' 0"	4:49	4:59	5:09	5:19	5:30	5:40	5:51	6:03	6:14	6:26	6:39	6:52	7:05	7:19	7:34	7:49	8:06	8:23	8:42	9:03	9:26	9:53	10:26	11:13									
5' 1"	5:03	5:13	5:23	5:33	5:44	5:54	6:05	6:17	6:28	6:40	6:53	7:06	7:20	7:34	7:49	8:05	8:22	8:40	9:00	9:22	9:47	10:17	10:57										
5' 2"	5:17	5:27	5:37	5:47	5:57	6:08	6:19	6:31	6:42	6:55	7:07	7:20	7:34	7:49	8:04	8:20	8:38	8:57	9:18	9:41	10:09	10:45											
5' 3"	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"	5:44	5:54	6:04	6:14	6:24	6:35	6:46	6:58	7:10	7:22	7:36	7:49	8:04	8:19	8:35	8:53	9:12	9:33	9:58	10:27	11:07												
5' 5"	5:57	6:07	6:17	6:27	6:38	6:49	7:00	7:12	7:24	7:36	7:50	8:04	8:18	8:34	8:51	9:09	9:30	9:53	10:20	10:56													
5' 6"	6:10	6:20	6:30	6:40	6:51	7:02	7:13	7:25	7:38	7:50	8:04	8:18	8:34	8:50	9:08	9:27	9:49	10:15	10:47	11:40													
5' 7"	6:23	6:33	6:43	6:53	7:04	7:15	7:27	7:39	7:51	8:05	8:18	8:33	8:49	9:06	9:25	9:46	10:10	10:40	11:23														
5' 8"	6:35	6:45	6:56	7:06	7:17	7:28	7:40	7:52	8:05	8:19	8:33	8:48	9:05	9:23	9:43	10:06	10:34	11:12															
5' 9"	6:48	6:58	7:08	7:19	7:30	7:42	7:54	8:06	8:19	8:33	8:48	9:04	9:21	9:41	10:03	10:29	11:03																
5' 10"	7:01	7:11	7:21	7:32	7:43	7:55	8:07	8:20	8:34	8:48	9:03	9:20	9:39	10:00	10:24	10:56																	
5' 11"	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	11:35																	
6' 0"	7:25	7:36	7:47	7:58	8:09	8:22	8:35	8:48	9:03	9:19	9:36	9:56	10:18	10:45	11:25																		
6' 1"	7:38	7:48	7:59	8:11	8:23	8:35	8:49	9:03	9:19	9:35	9:54	10:15	10:41	11:17																			
6' 2"	7:50	8:01	8:12	8:24	8:36	8:50	9:03	9:18	9:35	9:53	10:13	10:38	11:11																				

13:00