

### EQUIVALENT PERFORMANCES FOR VARIOUS DISTANCES

VO-2 max (ml.kg-1.min-1)	Performances Time for Various Distances (hours : Minute)			
	1.5 km	1 mile	5 km	10 km
28	13:30	14:46	56:49:00	2:39:14
31.5	11:27	12:29	47:04:00	2:02:00
35	9:56	10:49	40:10:00	1:38:53
38.5	8:46	9:33	35:02:00	1:23:08
42	7:51	8:33	31:04:00	1:11:43
45.5	7:07	7:44	27:54:00	1:03:03
49	6:30	7:03	25:20:00	0:56:15
52.5	5:59	6:29	23:11	0:50:47
56	5:32	6:01	21:23	0:46:17
59.5	5:09	5:36	19:50	0:42:30
63	4:50	5:14	18:30	0:39:33
66.5	4:32	4:55	17:20	0:36:33
70	4:17	4:38	16:18	0:34:10
73.5	4:03	4:23	15:23	0:32:12
77	3:50	4:09	14:34	0:30:12
80.5	3:39	3:57	13:50	0:28:33
84	3:29	3:46	13:10	0:27:04
87.5	3:20	3:36	12:34	0:25:44
SEE VO-2	3.2%	2.3%	2.3%	4.8%

SEE = Standard Error of Estimate

### VO-2 Max NORMS

Women (Age)	Low	Fair	Avg	Good
20 - 29	< 28	29 - 34	35 - 43	44 - 48
30 - 39	< 27	28 - 33	34 - 41	42 - 47
40 - 49	< 25	26 - 31	32 - 40	41 - 45
50 - 65	< 21	22 - 28	29 - 36	37 - 41
Men (Age)	Low	Fair	Avg	Good
20 - 29	< 38	39 - 43	44 - 51	52 - 56
30 - 39	< 34	35 - 39	40 - 47	48 - 51
40 - 49	< 30	31 - 35	36 - 43	44 - 47
50 - 59	< 25	26 - 31	32 - 39	40 - 43
60 - 69	< 21	22 - 26	27 - 35	36 - 39

<b>s : Seconds)</b>
<b>42.2 km</b>
31:41:25
16:35:05
11:13:52
8:29:26
6:49:30
5:42:21
4:54:07
4:17:48
3:49:28
3:26:44
3:08:06
2:52:34
2:39:23
2:28:05
2:18:16
2:09:41
2:02:06
1:55:21
5.6%

<b>High</b>	<b>Athletic</b>	<b>Olympic</b>
49 - 53	54 - 59	60 +
48 - 52	53 - 58	59 +
46 - 50	51 - 56	57 +
42 - 45	46 - 49	50 +
<b>High</b>	<b>Athletic</b>	<b>Olympic</b>
57 - 62	63 - 69	70 +
52 - 57	58 - 64	65 +
48 - 53	54 - 60	61 +
44 - 48	49 - 55	56 +
40 - 44	45 - 49	50 +