

2.4KM RUN TEST STANDARDS FOR FEMALE AND MALE

REVISED STANDARDS - 2.4KM RUN (FEMALE)

Award (Female)	30 & under	31-33	34-36	37-39	40-42	43-45	46-48	49-51	52-54	55-57	58 & above
Gold	13:10	13:20	13:30	13:40	13:50	14:00	14:10	14:20	14:30	14:40	14:50
Silver	15:30	15:40	15:50	16:00	16:10	16:20	16:30	16:40	16:50	17:00	17:10
Bronze	17:10	17:20	17:30	17:40	17:50	18:00	18:10	18:20	18:30	18:40	18:50

REVISED STANDARDS - 2.4KM RUN (MALE)

Award (Male)	30 & under	31-33	34-36	37-39	40-42	43-45	46-48	49-51	52-54	55-57	58 & above
Gold	10:50	11:00	11:10	11:20	11:30	11:40	11:50	12:00	12:10	12:20	12:30
Silver	12:10	12:20	12:30	12:40	12:50	13:00	13:10	13:20	13:30	13:40	13:50
Bronze	13:10	13:20	13:30	13:40	13:50	14:00	14:10	14:20	14:30	14:40	14:50

2KM WALK TEST STANDARDS FOR FEMALE AND MALE

Formula for Calculating Fitness Index (WALK)

Female: $304 + (\text{Age} \times 0.4) - (\text{Walking Time} \times 8.5) - (\text{BMI} \times 1.1) - (\text{Heart Rate} \times 0.32)$

Male: $420 + (\text{Age} \times 0.2) - (\text{Walking Time} \times 11.6) - (\text{BMI} \times 2.6) - (\text{Heart Rate} \times 0.56)$

The fitness index indicates your fitness category with respect to persons of the same age (20 - 60 years)

Fitness Index	Fitness Category
<70	Need Improvement
70 – 80	Fair
81 – 105	Good (Bronze)
106 – 120	Very Good (Silver)
> 120	Excellent (Gold)