

Mile and a Half Fitness Ratings

Fitness Category	Gender	Age					
		13-19	20-29	30-39	40-49	50-59	60+
Superior	Men	<8:37	<9:45	<10:00	<10:30	<11:00	<11:15
	Women	<11:50	<12:30	<13:00	<13:45	<14:30	<16:30
Excellent	Men	8:37 - 9:40	9:45 - 10:45	10:00 - 11:00	10:30 - 11:30	11:00 - 12:30	11:15 - 13:59
	Women	11:50 - 12:29	12:30 - 13:30	13:00 - 14:30	13:45 - 15:55	14:30 - 16:30	16:30 - 17:30
Good	Men	9:41 - 10:48	10:46 - 12:00	11:01 - 12:30	11:31 - 13:00	12:31 - 14:30	14:00 - 16:15
	Women	12:30 - 14:30	13:31 - 15:54	14:31 - 16:30	15:56 - 17:30	16:31 - 19:00	17:31 - 19:30
Fair	Men	10:49 - 12:10	12:01 - 14:00	12:31 - 14:45	13:01 - 15:35	14:31 - 17:00	16:16 - 19:00
	Women	14:31 - 16:54	15:55 - 18:30	16:31 - 19:00	17:31 - 19:30	19:01 - 20:00	19:31 - 20:30
Poor	Men	12:11 - 15:30	14:01 - 16:00	14:44 - 16:30	15:36 - 17:30	17:01 - 19:00	19:01 - 20:00
	Women	16:55 - 18:30	18:31 - 19:00	19:01 - 19:30	19:31 - 20:00	20:01 - 20:30	21:00 - 21:31
Very Poor	Men	>15:31	>16:01	>16:31	>17:31	>19:01	>20:01
	Women	>18:31	>19:01	>19:31	>20:01	>20:31	>21:01

< means "less than" / > means "more than"

Times based on seconds and minutes