Pacer Test Grading Scale

Gender	Age	Healthy Fitness Range	High Fitness performance Zone
Female	10	7-41	>41
Female	11	15-41	>41
Female	12	15-41	>41
Female	13+	23-51	>51

Female Grading Scale

Laps	Grade	Laps	Grade	Laps	Grade	Laps	Grade	Laps	Grade
45+	100	34	89	24	79	14	69	4	59
44	99	33	88	23	78	13	68	3	58
43	98	32	87	22	77	12	67	2	57
42	97	31	86	21	76	11	66	1	56
41	96	30	85	20	75	10	65	0	55 F
40	95	29	84	19	74	9	64		
39	94	28	83	18	73	8	63		
38	93	27	82	17	72	7	62		
37	92	26	81	16	71	6	61		
36	91	25	80 B	15	70 C	5	60 D		
35	90 A								