Pacer Test Grading Scale

Gender	Age	Healthy Fitness Range	High Fitness performance Zone
Male	10	23-61	>61
Male	11	23-72	>72
Male	12	32-72	>72
Male	13+	41-83	>83

Male Grading Scale

Laps	Grade	Laps	Grade	Laps	Grade	Laps	Grade	Laps	Grade
61+	100	50	89	36	79	22	69	7-8	59
60	99	49	88	35	78	21	68	5-6	58
59	98	48	87	34	77	20	67	3-4	57
58	97	47	86	33	76	19	66	1-2	56
57	96	46	85	32	75	18	65	0	55 F
56	95	45	84	31	74	17	64		
55	94	43-44	83	29-30	73	15-16	63		
54	93	41-42	82	27-28	72	13-14	62		
53	92	39-40	81	25-26	71	11-12	61		
52	91	37-38	80 B	23-24	70 C	9-10	60 D		
51	90 A								