

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