

SHUTTLE RUN

FEMALE	F14/16	F15/17	MALE	M14	M15	M16/17
100	10.1	10	100	9.1	9	8.7
99	10.3	10.1	99	9.2	9.2	8.9
98	10.4	10.2	98	9.3	9.3	9
97	10.5	10.3	97	9.4	9.4	9.1
96	10.6	10.4	96	9.5	9.5	9.2
95	10.7	10.5	95	9.6	9.6	9.3
94	10.8	10.6	94	9.7	9.7	9.4
93	10.9	10.7	93	9.8	9.8	9.5
92	11	10.8	92	9.9	9.9	9.6
91	11.2	10.9	91	10	10	9.7
90	11.3	11	90	10.2	10.2	9.8
89	11.4	11.1	89	10.3	10.3	9.9
88	11.5	11.2	88	10.4	10.4	10.1
87	11.6	11.3	87	10.5	10.5	10.2
86	11.7	11.4	86	10.6	10.6	10.3
85	11.8	11.5	85	10.7	10.7	10.4
84	11.9	11.6	84	10.8	10.8	10.5
83	12	11.7	83	10.9	10.9	10.6
82	12.2	11.8	82	11	11	10.7
81	12.3	11.9	81	11.2	11.2	10.8
80	12.4	12	80	11.3	11.3	10.9
79	12.5	12.1	79	11.4	11.4	11
78	12.6	12.1	78	11.5	11.5	11.1
77	12.7	12.3	77	11.6	11.6	11.2
76	12.8	12.4	76	11.7	11.7	11.3
75	12.9	12.5	75	11.8	11.8	11.4
74	13	12.6	74	11.9	11.9	11.5
73	13.2	12.7	73	12	12	11.6
72	13.3	12.8	72	12.2	12.2	11.7
71	13.4	12.9	71	12.3	12.3	11.8
70	13.5	13	70	12.4	12.4	11.9
69	13.6	13.1	69	12.5	12.5	12
68	13.7	13.2	68	12.6	12.6	12.6
67	13.8	13.3	67	12.7	12.7	12.7
66	13.9	13.4	66	12.8	12.8	12.8
65	14	13.6	65	12.9	12.9	12.9
64	14.2	13.7	64	13	13	13.1
63	14.3	13.8	63	13.2	13.2	13.2
62	14.4	13.9	62	13.3	13.2	13.2
61	14.5	14	61	13.4	13.4	13.4
60	14.6	14.1	60	13.5	13.5	13.5
59	14.7	14.3	59	13.7	13.6	13.7
58	14.8	14.4	58	13.8	13.7	13.8
57	14.9	14.5	57	13.9	13.8	13.9
56	15	14.6	56	14	13.9	14
55	15.2	14.7	55	14.2	14	14.1
54	15.3	14.8	54	14.3	14.2	14.3
53	15.4	15	53	14.4	14.3	14.4
52	15.5	15.1	52	14.5	14.4	14.5

SHUTTLE RUN

Females 14/16 15/17+

Miles 14 15 16+

51	15.6	15.2	51	14.6	14.5	14.6
50	15.7	15.3	50	14.7	14.6	14.7
49	15.8	15.4	49	14.8	14.7	14.9
48	15.9	15.5	48	14.9	14.8	15
47	16	15.7	47	15	14.9	15.1
46	16.2	15.8	46	15.2	15	15.2
45	16.3	15.9	45	15.3	15.2	15.3
44	16.4	16	44	15.4	15.3	15.5
43	16.5	16.1	43	15.5	15.4	15.6
42	16.6	16.2	42	15.6	15.5	15.7
41	16.7	16.4	41	15.7	15.6	15.8
40	16.8	16.5	40	15.8	15.7	15.9
39	16.9	16.6	39	15.9	15.8	16.1
38	17	16.7	38	16	15.9	16.2
37	17.2	16.8	37	16.2	16	16.3
36	17.3	16.9	36	16.3	16.2	16.4
35	17.4	17.1	35	16.4	16.3	16.5
34	17.5	17.2	34	16.5	16.4	16.7
33	17.6	17.3	33	16.6	16.5	16.9
32	17.7	17.4	32	16.7	16.6	16.9
31	17.8	17.5	31	16.8	16.7	17
30	17.9	17.6	30	16.9	16.8	17.1
29	18	17.8	29	17	16.9	17.3
28	18.2	17.9	28	17.2	17	17.4
27	18.3	18	27	17.3	17.2	17.5
26	18.4	18.1	26	17.4	17.3	17.6
25	18.5	18.2	25	17.5	17.4	17.7
24	18.6	18.3	24	17.6	17.5	17.9
23	18.7	18.5	23	17.7	17.6	18
22	18.8	18.6	22	17.8	17.7	18.1
21	18.9	18.7	21	17.9	17.8	18.3
20	19	18.8	20	18	17.9	18.5
19	19.2	18.9	19	18.2	18	17.9
18	19.3	19	18	18.3	18.2	18.6
17	19.4	19.2	17	18.4	18.3	18.7
16	19.5	19.3	16	18.5	18.4	18.8
15	19.6	19.4	15	18.6	18.5	18.9
14	19.7	19.5	14	18.7	18.6	19.1
13	19.8	19.6	13	18.8	18.7	19.2
12	19.9	19.7	12	18.9	18.8	19.3
11	20	19.9	11	19	18.9	19.4
10	20.2	20	10	19.2	19	19.5
9	20.3	20.1	9	19.3	19.2	19.7
8	20.4	20.2	8	19.4	19.3	19.8
7	20.5	20.3	7	19.5	19.4	19.9
6	20.6	20.4	6	19.6	19.5	20
5	20.7	20.6	5	19.7	19.6	20.1
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