

Performance Scales for the 1 Mile Test

Test Description:

- The 1 mile run test should be completed with a continuous run.
- Any walking would constitute the end of the test.

Women	Percentage	Men
6:02	100	5:26
6:05	99	5:30
6:08	98	5:33
6:11	97	5:37
6:14	96	5:40
6:16	95	5:44
6:19	94	5:47
6:22	93	5:51
6:25	92	5:54
6:28	91	5:58
6:31	90	6:02
6:34	89	6:06
6:38	88	6:11
6:41	87	6:15
6:45	86	6:20
6:48	85	6:24
6:51	84	6:29
6:55	83	6:33
6:58	82	6:38
7:02	81	6:42
7:05	80	6:47
7:11	79	6:52
7:18	78	6:59
7:24	77	7:04
7:31	76	7:10
7:37	75	7:16
7:43	74	7:22
7:50	73	7:28
7:56	72	7:33
7:03	71	7:39
8:09	70	7:45
8:15	69	7:50
8:20	68	7:55
8:26	67	8:00
8:31	66	8:05
8:37	65	8:10
8:43	64	8:15
8:48	63	8:20
8:54	62	8:25
8:59	61	8:30
9:05	60	8:35
9:08	59	8:38
9:12	58	8:41
9:15	57	8:44
9:18	56	8:47
9:22	55	8:50
9:25	54	8:53
9:28	53	8:56
9:31	52	8:59
9:35	51	9:02
9:38	50	9:05

Source: Health & Exercise Studies Department: North Carolina State University, 2007.