

## Performance Scales for the 1.5 Mile Run Test

### Test Description:

- The 1.5 mile run test should be completed with a continuous run.
- Any walking would constitute the end of the test.

Females		Males
Time	Percentage	Time
< 10:00	<b>100</b>	< 8:40
10:01 – 10:20	<b>98.3</b>	8:41 – 9:00
10:21 – 10:40	<b>96.7</b>	9:01 – 9:20
10:41 – 11:00	<b>95.0</b>	9:21 – 9:40
11:01 – 11:20	<b>93.3</b>	9:41 – 10:00
11:21 – 11:40	<b>91.7</b>	10:01 – 10:20
11:41 – 12:00	<b>90.0</b>	10:21 – 10:40
12:01 – 12:20	<b>88.3</b>	10:41 – 11:00
12:21 – 12:40	<b>86.7</b>	11:01 – 11:20
12:41 – 13:00	<b>85.0</b>	11:21 – 11:40
13:01 – 13:20	<b>83.3</b>	11:41 – 12:00
13:21 – 13:40	<b>81.7</b>	12:01 – 12:20
13:41 – 14:00	<b>80.0</b>	12:21 – 12:40
14:01 – 14:20	<b>78.3</b>	12:41 – 13:00
14:21 – 14:40	<b>76.7</b>	13:01 – 13:20
14:41-15:00	<b>75.0</b>	13:21-13:40
15:01-15:20	<b>73.3</b>	13:41-14:00
15:21-15:40	<b>71.7</b>	14:01-14:20
>15:41	<b>70.0</b>	>14:21
Unable to finish	<b>0.00</b>	Unable to finish
Source: *Source: Physical Education Department; North Carolina State University 2007		