

Performance Scale for the 10k Test

Test Description:

- Students are required to run 10k and record time.

Women	Time	Pace (Min:Sec)
100%	63 Minutes	10:09
70%	> 63 Minutes	> 10:09
0%	Did Not Complete	N/A

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

Men	Time	Pace (Min:Sec)
100%	55 Minutes	8:52
70%	> 55 Minutes	> 8:52
0%	Did Not Complete	N/A

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