

Performance Scales for the 3 mile run Test

Test Description:

- The 3 mile run test should be completed with a continuous run.
- Any walking would constitute the end of the test.

Females		Males
time	Percentage	time
<21:45	100%	<18:45
21:46-22:30	97%	18:46-19:45
22:31-23:15	95%	19:46-20:45
23:16-24:00	92%	20:46-21:45
24:01-24:45	90%	21:46-22:45
24:46-25:30	87%	22:46-23:45
25:31-26:15	85%	23:46-24:45
26:16-27:00	82%	24:46-25:45
27:01-27:45	80%	25:46-27:00
27:46-28:30	77%	27:01-28:15
28:31-29:15	75%	28:16-29:00
29:16-30:30	72%	29:01-30:00
Finish	70%	Finish
Unable to finish	0%	Unable to finish
Source: *Source: Physical Education Department; North Carolina State University 2007		