

Performance Scale for the 5K Test

Test Description:

- Students are required to run 5k and record time.
- The timed 5K run is also given during the last three weeks of the semester on the IM field.
- All students start together. Students will run the perimeter of the lower miller field five times to complete the 5k distance.
- Start at the light pole at the bridge gate (mid-field), finish line at the light pole by the parking lot gate.

Men			Women		
Percentage	Time	Pace	Percentage	Time	Pace
100	18:36	6:00	100	21.42	7:00
98.3	19:07	6:10	98.3	22.13	7:10
96.7	19:38	6:20	96.7	22.44	7:20
95.0	20:09	6:30	95.0	23.15	7:30
93.3	20:40	6:40	93.3	23.46	7:40
91.7	21:11	6:50	91.7	24.17	7:50
90.0	21:42	7:00	90.0	24.48	8:00
88.3	22:13	7:10	87.5	25.19	8:10
86.7	22:44	7:20	85.0	25.50	8:20
85.0	23:15	7:30	82.5	26.21	8:30
83.3	23:46	7:40	80.0	26.52	8:40
80.0	24:48	8:00	78.7	27.23	8:50
78.3	25:19	8:10	77.5	27.54	9:00
76.7	25:50	8:20	75.0	28.56	9:20
75.0	26:21	8:30	73.7	29.27	9:30
73.3	26:52	8:40	72.5	29.58	9:40
70.0	27:54+	9:00	70.0	31.00+	10:00
0.0	Unable to finish		0.0	Unable to finish	

Source: *Health and Exercise Studies Department; North Carolina State University, 2007.*

