

Army Fitness Test Score Tables																					
Max Deadlift (MDL) - Three-Repetitions (LBS)																					
Points	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62		Points
	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	
100	340	220	350	230	350	240	350	230	350	220	350	210	340	200	330	190	250	170	230	170	100
99	---	---	340	---	---	230	340	220	340	210	340	---	330	---	320	---	240	160	220	160	99
98	330	210	---	220	340	220	---	---	---	---	---	200	---	190	---	180	230	---	210	---	98
97	---	200	330	210	330	---	330	210	330	200	330	---	320	---	310	---	220	---	---	---	97
96	320	---	---	---	---	210	---	---	---	---	---	190	---	180	---	---	210	---	---	---	96
95	---	---	320	200	320	200	320	200	320	190	320	---	310	---	300	170	---	---	200	---	95
94	310	190	---	---	---	---	---	---	---	---	---	---	---	---	---	---	200	---	190	---	94
93	---	---	310	190	310	---	310	190	310	---	310	180	300	170	290	---	190	---	180	---	93
92	300	---	---	---	---	190	---	---	---	180	300	---	---	---	---	---	---	---	170	---	92
91	---	180	300	---	300	---	300	---	300	---	---	---	290	---	280	160	180	---	---	---	91
90	---	---	---	---	---	---	---	180	---	---	290	170	---	---	---	---	---	150	---	150	90
89	290	---	290	180	290	180	290	---	290	170	---	---	280	160	270	---	170	---	---	---	89
88	---	170	---	---	---	---	---	---	---	---	280	---	---	---	---	---	---	---	---	---	88
87	280	---	280	---	280	---	280	170	280	---	---	---	---	---	---	---	---	---	---	---	87
86	---	---	---	170	---	170	---	---	---	---	270	160	270	---	260	---	---	---	---	---	86
85	270	---	270	---	270	---	270	---	270	160	---	---	---	---	---	150	---	---	---	---	85
84	---	160	---	---	---	---	---	---	---	---	260	---	260	150	250	---	---	---	---	---	84
83	260	---	260	---	260	---	260	160	260	---	---	---	---	---	---	---	---	---	---	---	83
82	---	---	---	160	---	160	---	---	---	---	250	150	250	---	240	---	---	---	160	---	82
81	250	---	250	---	250	---	250	---	250	---	---	---	---	---	---	---	---	---	---	---	81
80	---	150	---	---	---	---	---	---	---	150	---	---	240	---	230	---	---	140	---	140	80
79	240	---	240	---	240	---	240	150	240	---	240	---	---	140	---	140	160	---	---	---	79
78	---	---	---	150	---	150	---	---	---	---	230	---	230	---	220	---	---	---	---	---	78
77	230	---	230	---	230	---	230	---	230	---	---	---	---	---	---	---	---	---	---	---	77
76	---	---	---	---	---	---	---	---	---	---	220	140	220	---	210	---	---	---	---	---	76
75	220	140	220	---	220	---	220	---	220	140	---	---	---	---	---	---	---	---	---	---	75
74	---	---	---	---	---	---	---	140	---	---	210	---	210	---	200	---	---	---	---	---	74
73	210	---	210	140	210	140	210	---	210	---	---	---	---	130	---	---	---	---	---	---	73
72	---	---	---	---	---	---	---	---	---	---	200	---	200	---	190	130	---	---	150	130	72
71	---	---	200	---	200	---	200	---	200	---	---	---	---	---	---	---	150	130	---	---	71
70	200	---	190	---	190	---	190	---	190	---	190	130	190	---	180	---	---	---	---	---	70
69	190	---	---	---	---	---	---	---	130	---	---	---	---	---	---	---	---	---	---	---	69
68	---	130	---	---	---	---	---	130	---	---	180	---	180	---	---	---	---	---	---	---	68
67	180	---	180	130	180	130	180	---	180	---	---	---	---	---	170	---	---	---	---	---	67
66	---	---	---	---	---	---	---	---	---	---	170	---	170	---	---	---	---	---	---	---	66
65	170	---	170	---	170	---	170	---	170	---	---	---	---	---	160	---	---	---	---	---	65
64	---	---	---	---	---	---	---	---	---	---	160	---	160	---	---	---	---	---	---	---	64
63	160	---	160	---	160	---	160	---	160	---	---	---	---	---	150	---	---	---	---	---	63
62	---	---	---	---	---	---	---	---	150	---	150	---	150	---	---	---	---	---	---	---	62
61	---	---	---	---	---	---	150	---	---	---	---	---	---	---	---	---	---	---	---	---	61
60	150	120	150	120	150	120	140	120	140	120	140	120	140	120	140	120	140	120	140	120	60
50	130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110	50
40	120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100	40
30	110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90	30
20	100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80	20
10	90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70	10
0	80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60	0

Approved: 15 May 2025    Effective: 1 June 2025

## Army Fitness Test Score Tables

Hand-release Push-up (HRP) (number of correctly performed repetitions in 2 minutes)	
Pretest	10
Posttest	10

17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62	
M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F
58	53	61	50	62	48	60	47	59	43	57	40	55	38	51	36	46	24	43	24
57	48	59	45	60	45	58	44	57	41	55	38	53	37	50	34	43	23	41	23
55	44	57	44	58	43	57	42	55	39	53	37	51	35	48	33	40	22	39	22
54	42	56	42	57	42	55	40	54	38	52	36	50	34	47	32	38	21	37	21
53	40	55	40	55	40	54	39	53	37	51	35	49	33	46	31	37	20	35	20
52	38	53	39	54	39	53	38	51	35	49	33	48	32	45	30	35	19	34	19
51	36	52	38	53	37	52	36	50	34	48	32	46	31	44	29	34	18	33	18
49	35	51	36	52	36	51	35	49	33	47	31	45	30	43	28	33	---	31	---
48	34	50	35	51	35	49	34	48	32	46	30	44	29	42	27	31	17	30	17
47	33	49	34	49	34	48	33	47	31	45	---	43	28	41	---	30	16	29	16
46	32	48	33	48	33	47	32	46	30	44	29	42	---	40	26	29	15	26	15
45	31	46	32	47	32	46	31	45	29	43	28	41	27	39	25	26	14	24	14
44	30	45	31	46	31	45	30	44	28	42	27	40	26	38	24	25	---	---	---
43	29	44	30	45	30	44	29	42	27	41	26	39	25	37	---	24	---	23	---
42	28	43	29	44	29	43	28	41	---	40	25	38	24	36	23	23	---	---	13
41	27	42	28	43	28	42	27	40	26	39	---	37	---	35	22	---	---	22	---
40	26	41	27	42	27	41	26	39	25	38	24	36	23	34	---	22	13	21	---
---	25	40	26	41	26	40	25	38	24	37	23	35	22	33	21	21	---	20	---
39	---	39	25	39	25	39	24	37	23	36	22	34	---	32	20	20	---	19	---
38	24	38	24	38	24	37	---	36	---	35	---	33	21	31	---	19	---	18	---
37	23	37	23	37	23	36	23	35	22	34	21	32	20	30	19	18	---	17	---
36	22	36	---	36	---	35	22	34	21	33	20	31	---	29	---	---	---	16	12
35	21	35	22	35	22	34	21	33	---	32	---	30	19	28	18	17	---	---	---
34	---	34	21	34	21	33	---	32	20	31	19	29	---	27	---	---	12	15	---
33	20	32	20	33	20	32	20	31	19	30	---	28	18	26	17	16	---	14	---
32	---	31	---	32	---	31	19	30	---	29	18	27	17	---	---	15	---	---	---
31	---	30	19	31	19	30	---	29	18	28	17	26	---	25	16	---	---	13	---
30	19	29	18	30	18	29	18	28	17	26	---	25	16	24	---	14	---	---	---
29	---	28	---	29	---	28	17	27	---	25	16	24	---	23	15	---	---	---	---
---	---	27	17	28	17	27	---	25	16	24	---	23	15	22	---	13	---	12	---
28	18	26	16	26	16	26	16	24	---	23	15	22	---	21	14	---	---	---	---
26	---	25	---	25	---	25	---	23	15	22	---	21	14	20	---	---	---	---	11
25	15	24	15	24	15	24	15	22	---	21	14	20	---	19	13	12	---	11	---
24	---	23	---	23	---	22	14	21	14	20	---	19	---	18	---	---	11	---	---
23	14	22	14	22	14	21	---	20	---	19	13	18	13	17	---	---	---	---	---
22	---	21	13	21	---	20	13	19	13	18	---	17	---	16	12	11	---	---	---
21	13	19	---	20	13	19	---	18	---	17	12	16	12	15	---	---	---	---	---
19	---	18	12	18	---	18	12	17	12	16	---	15	---	14	11	---	---	---	---
18	12	17	---	17	12	16	---	15	---	15	11	14	11	13	---	---	---	---	---
17	---	15	---	15	---	15	---	14	11	13	---	12	---	11	---	---	---	---	---
15	11	14	11	14	11	13	11	12	10	11	10	11	10	10	10	10	10	10	10
9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9
8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8
7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7
6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6
5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5
4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4

Approved: 15 May 2025 Effective: 1 June 2025



	Army Fitness Test Score Tables																					
	Sprint / Drag / Carry																					
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62			
Points	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	Points	
60	2:28	3:15	2:31	3:15	2:32	3:15	2:36	3:22	2:41	3:27	2:45	3:42	2:53	3:51	3:00	4:03	3:12	4:48	3:16	4:48	60	
59	2:29	3:16	2:32	3:16	2:33	3:16	2:37	3:23	2:42	3:28	2:46	3:43	2:54	3:52	3:01	4:04	3:13	4:49	3:17	4:49	59	
58	2:30	3:17	2:33	3:17	2:34	3:17	2:38	3:24	2:43	3:29	2:47	3:44	2:55	3:53	3:02	4:05	3:14	4:50	3:18	4:50	58	
57	2:31	3:18	2:34	3:18	2:35	3:18	2:39	3:25	2:44	3:30	2:48	3:45	2:56	3:54	3:03	4:06	3:15	4:51	3:19	4:51	57	
56	2:32	3:19	2:35	3:19	2:36	3:19	2:40	3:26	2:45	3:31	2:49	3:46	2:57	3:55	3:04	4:07	3:16	4:52	3:20	4:52	56	
55	2:33	3:20	2:36	3:20	2:37	3:20	2:41	3:27	2:46	3:32	2:50	3:47	2:58	3:56	3:05	4:08	3:17	4:53	3:21	4:53	55	
54	2:34	3:21	2:37	3:21	2:38	3:21	2:42	3:28	2:47	3:33	2:51	3:48	2:59	3:57	3:06	4:09	3:18	4:54	3:22	4:54	54	
53	2:35	3:22	2:38	3:22	2:39	3:22	2:43	3:29	2:48	3:34	2:52	3:49	3:00	3:58	3:07	4:10	3:19	4:55	3:23	4:55	53	
52	2:36	3:23	2:39	3:23	2:40	3:23	2:44	3:30	2:49	3:35	2:53	3:50	3:01	3:59	3:08	4:11	3:20	4:56	3:24	4:56	52	
51	2:37	3:24	2:40	3:24	2:41	3:24	2:45	3:31	2:50	3:36	2:54	3:51	3:02	4:00	3:09	4:12	3:21	4:57	3:25	4:57	51	
50	2:38	3:25	2:41	3:25	2:42	3:25	2:46	3:32	2:51	3:37	2:55	3:52	3:03	4:01	3:10	4:13	3:22	4:58	3:26	4:58	50	
49	2:39	3:26	2:42	3:26	2:43	3:26	2:47	3:33	2:52	3:38	2:56	3:53	3:04	4:02	3:11	4:14	3:23	4:59	3:27	4:59	49	
48	2:40	3:27	2:43	3:27	2:44	3:27	2:48	3:34	2:53	3:39	2:57	3:54	3:05	4:03	3:12	4:15	3:24	5:00	3:28	5:00	48	
47	2:41	3:28	2:44	3:28	2:45	3:28	2:49	3:35	2:54	3:40	2:58	3:55	3:06	4:04	3:13	4:16	3:25	5:01	3:29	5:01	47	
46	2:42	3:29	2:45	3:29	2:46	3:29	2:50	3:36	2:55	3:41	2:59	3:56	3:07	4:05	3:14	4:17	3:26	5:02	3:30	5:02	46	
45	2:43	3:30	2:46	3:30	2:47	3:30	2:51	3:37	2:56	3:42	3:00	3:57	3:08	4:06	3:15	4:18	3:27	5:03	3:31	5:03	45	
44	2:44	3:31	2:47	3:31	2:48	3:31	2:52	3:38	2:57	3:43	3:01	3:58	3:09	4:07	3:16	4:19	3:28	5:04	3:32	5:04	44	
43	2:45	3:32	2:48	3:32	2:49	3:32	2:53	3:39	2:58	3:44	3:02	3:59	3:10	4:08	3:17	4:20	3:29	5:05	3:33	5:05	43	
42	2:46	3:33	2:49	3:33	2:50	3:33	2:54	3:40	2:59	3:45	3:03	4:00	3:11	4:09	3:18	4:21	3:30	5:06	3:34	5:06	42	
41	2:47	3:34	2:50	3:34	2:51	3:34	2:55	3:41	3:00	3:46	3:04	4:01	3:12	4:10	3:19	4:22	3:31	5:07	3:35	5:07	41	
40	2:48	3:35	2:51	3:35	2:52	3:35	2:56	3:42	3:01	3:47	3:05	4:02	3:13	4:11	3:20	4:23	3:32	5:08	3:36	5:08	40	
39	2:49	3:36	2:52	3:36	2:53	3:36	2:57	3:43	3:02	3:48	3:06	4:03	3:14	4:12	3:21	4:24	3:33	5:09	3:37	5:09	39	
38	2:50	3:37	2:53	3:37	2:54	3:37	2:58	3:44	3:03	3:49	3:07	4:04	3:15	4:13	3:22	4:25	3:34	5:10	3:38	5:10	38	
37	2:51	3:38	2:54	3:38	2:55	3:38	2:59	3:45	3:04	3:50	3:08	4:05	3:16	4:14	3:23	4:26	3:35	5:11	3:39	5:11	37	
36	2:52	3:39	2:55	3:39	2:56	3:39	3:00	3:46	3:05	3:51	3:09	4:06	3:17	4:15	3:24	4:27	3:36	5:12	3:40	5:12	36	
35	2:53	3:40	2:56	3:40	2:57	3:40	3:01	3:47	3:06	3:52	3:10	4:07	3:18	4:16	3:25	4:28	3:37	5:13	3:41	5:13	35	
34	2:54	3:41	2:57	3:41	2:58	3:41	3:02	3:48	3:07	3:53	3:11	4:08	3:19	4:17	3:26	4:29	3:38	5:14	3:42	5:14	34	
33	2:55	3:42	2:58	3:42	2:59	3:42	3:03	3:49	3:08	3:54	3:12	4:09	3:20	4:18	3:27	4:30	3:39	5:15	3:43	5:15	33	
32	2:56	3:43	2:59	3:43	3:00	3:43	3:04	3:50	3:09	3:55	3:13	4:10	3:21	4:19	3:28	4:31	3:40	5:16	3:44	5:16	32	
31	2:57	3:44	3:00	3:44	3:01	3:44	3:05	3:51	3:10	3:56	3:14	4:11	3:22	4:20	3:29	4:32	3:41	5:17	3:45	5:17	31	
30	2:58	3:45	3:01	3:45	3:02	3:45	3:06	3:52	3:11	3:57	3:15	4:12	3:23	4:21	3:30	4:33	3:42	5:18	3:46	5:18	30	
29	2:59	3:46	3:02	3:46	3:03	3:46	3:07	3:53	3:12	3:58	3:16	4:13	3:24	4:22	3:31	4:34	3:43	5:19	3:47	5:19	29	
28	3:00	3:47	3:03	3:47	3:04	3:47	3:08	3:54	3:13	3:59	3:17	4:14	3:25	4:23	3:32	4:35	3:44	5:20	3:48	5:20	28	
27	3:01	3:48	3:04	3:48	3:05	3:48	3:09	3:55	3:14	4:00	3:18	4:15	3:26	4:24	3:33	4:36	3:45	5:21	3:49	5:21	27	
26	3:02	3:49	3:05	3:49	3:06	3:49	3:10	3:56	3:15	4:01	3:19	4:16	3:27	4:25	3:34	4:37	3:46	5:22	3:50	5:22	26	
25	3:03	3:50	3:06	3:50	3:07	3:50	3:11	3:57	3:16	4:02	3:20	4:17	3:28	4:26	3:35	4:38	3:47	5:23	3:51	5:23	25	
24	3:04	3:51	3:07	3:51	3:08	3:51	3:12	3:58	3:17	4:03	3:21	4:18	3:29	4:27	3:36	4:39	3:48	5:24	3:52	5:24	24	
23	3:05	3:52	3:08	3:52	3:09	3:52	3:13	3:59	3:18	4:04	3:22	4:19	3:30	4:28	3:37	4:40	3:49	5:25	3:53	5:25	23	
22	3:06	3:53	3:09	3:53	3:10	3:53	3:14	4:00	3:19	4:05	3:23	4:20	3:31	4:29	3:38	4:41	3:50	5:26	3:54	5:26	22	
21	3:07	3:54	3:10	3:54	3:11	3:54	3:15	4:01	3:20	4:06	3:24	4:21	3:32	4:30	3:39	4:42	3:51	5:27	3:55	5:27	21	
20	3:08	3:55	3:11	3:55	3:12	3:55	3:16	4:02	3:21	4:07	3:25	4:22	3:33	4:31	3:40	4:43	3:52	5:28	3:56	5:28	20	
19	3:09	3:56	3:12	3:56	3:13	3:56	3:17	4:03	3:22	4:08	3:26	4:23	3:34	4:32	3:41	4:44	3:53	5:29	3:57	5:29	19	
18	3:10	3:57	3:13	3:57	3:14	3:57	3:18	4:04	3:23	4:09	3:27	4:24	3:35	4:33	3:42	4:45	3:54	5:30	3:58	5:30	18	
17	3:11	3:58	3:14	3:58	3:15	3:58	3:19	4:05	3:24	4:10	3:28	4:25	3:36	4:34	3:43	4:46	3:55	5:31	3:59	5:31	17	
16	3:12	3:59	3:15	3:59	3:16	3:59	3:20	4:06	3:25	4:11	3:29	4:26	3:37	4:35	3:44	4:47	3:56	5:32	4:00	5:32	16	
15	3:13	4:00	3:16	4:00	3:17	4:00	3:21	4:07	3:26	4:12	3:30	4:27	3:38	4:36	3:45	4:48	3:57	5:33	4:01	5:33	15	
14	3:14	4:01	3:17	4:01	3:18	4:01	3:22	4:08	3:27	4:13	3:31	4:28	3:39	4:37	3:46	4:49	3:58	5:34	4:02	5:34	14	
13	3:15	4:02	3:18	4:02	3:19	4:02	3:23	4:09	3:28	4:14	3:32	4:29	3:40	4:38	3:47	4:50	3:59	5:35	4:03	5:35	13	
12	3:16	4:03	3:19	4:03	3:20	4:03	3:24	4:10	3:29	4:15	3:33	4:30	3:41	4:39	3:48	4:51	4:00	5:36	4:04	5:36	12	
11	3:17	4:04	3:20	4:04	3:21	4:04	3:25	4:11	3:30	4:16	3:34	4:31	3:42	4:40	3:49	4:52	4:01	5:37	4:05	5:37	11	
10	3:18	4:05	3:21	4:05	3:22	4:05	3:26	4:12	3:31	4:17	3:35	4:32	3:43	4:41	3:50	4:53	4:02	5:38	4:06	5:38	10	
9	3:19	4:06	3:22	4:06	3:23	4:06	3:27	4:13	3:32	4:18	3:36	4:33	3:44	4:42	3:51	4:54	4:03	5:39	4:07	5:39	9	
8	3:20	4:07	3:23	4:07	3:24	4:07	3:28	4:14	3:33	4:19	3:37	4:34	3:45	4:43	3:52	4:55	4:04	5:40	4:08	5:40	8	
7	3:21	4																				







Army Fitness Test Score Tables																						
Two-Mile Run (2MR) (Overall time: minutes and seconds)																						
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62			
Points	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	Points	
60	19:57	22:55	19:45	22:45	19:45	22:45	20:44	22:50	20:44	22:59	22:04	23:15	22:04	23:30	22:50	24:00	23:36	24:48	23:36	25:00	60	
59	20:00	22:58	19:48	22:48	19:48	22:48	20:47	22:53	20:47	23:02	22:07	23:18	22:07	23:33	22:53	24:03	23:39	24:51	23:39	25:03	59	
58	20:03	23:01	19:51	22:51	19:51	22:51	20:50	22:56	20:50	23:05	22:10	23:21	22:10	23:36	22:56	24:06	23:42	24:54	23:42	25:06	58	
57	20:05	23:04	19:53	22:54	19:53	22:54	20:52	22:59	20:52	23:08	22:12	23:24	22:12	23:39	22:58	24:09	23:44	24:57	23:44	25:09	57	
56	20:08	23:07	19:56	22:57	19:56	22:57	20:55	23:02	20:55	23:11	22:15	23:27	22:15	23:42	23:01	24:12	23:47	25:00	23:47	25:12	56	
55	20:11	23:10	19:59	23:00	19:59	23:00	20:58	23:05	20:58	23:14	22:18	23:30	22:18	23:45	23:04	24:15	23:50	25:03	23:50	25:15	55	
54	20:14	23:12	20:02	23:02	20:02	23:02	21:01	23:07	21:01	23:16	22:21	23:32	22:21	23:47	23:07	24:17	23:53	25:05	23:53	25:17	54	
53	20:17	23:15	20:05	23:05	20:05	23:05	21:04	23:10	21:04	23:19	22:24	23:35	22:24	23:50	23:10	24:20	23:56	25:08	23:56	25:20	53	
52	20:19	23:18	20:07	23:08	20:07	23:08	21:06	23:13	21:06	23:22	22:26	23:38	22:26	23:53	23:12	24:23	23:58	25:11	23:58	25:23	52	
51	20:22	23:21	20:10	23:11	20:10	23:11	21:09	23:16	21:09	23:25	22:29	23:41	22:29	23:56	23:15	24:26	24:01	25:14	24:01	25:26	51	
50	20:25	23:24	20:13	23:14	20:13	23:14	21:12	23:19	21:12	23:28	22:32	23:44	22:32	23:59	23:18	24:29	24:04	25:17	24:04	25:29	50	
49	20:28	23:27	20:16	23:17	20:16	23:17	21:15	23:22	21:15	23:31	22:35	23:47	22:35	24:02	23:21	24:32	24:07	25:20	24:07	25:32	49	
48	20:31	23:30	20:19	23:20	20:19	23:20	21:18	23:25	21:18	23:34	22:38	23:50	22:38	24:05	23:24	24:35	24:10	25:23	24:10	25:35	48	
47	20:33	23:33	20:21	23:23	20:21	23:23	21:20	23:28	21:20	23:37	22:40	23:53	22:40	24:08	23:26	24:38	24:12	25:26	24:12	25:38	47	
46	20:36	23:36	20:24	23:26	20:24	23:26	21:23	23:31	21:23	23:40	22:43	23:56	22:43	24:11	23:29	24:41	24:15	25:29	24:15	25:41	46	
45	20:39	23:39	20:27	23:29	20:27	23:29	21:26	23:34	21:26	23:43	22:46	23:59	22:46	24:14	23:32	24:44	24:18	25:32	24:18	25:44	45	
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43	20:44	23:44	20:32	23:34	20:32	23:34	21:31	23:39	21:31	23:48	22:51	24:04	22:51	24:19	23:37	24:49	24:23	25:37	24:23	25:49	43	
42	20:47	23:47	20:35	23:37	20:35	23:37	21:34	23:42	21:34	23:51	22:54	24:07	22:54	24:22	23:40	24:52	24:26	25:40	24:26	25:52	42	
41	20:50	23:50	20:38	23:40	20:38	23:40	21:37	23:45	21:37	23:54	22:57	24:10	22:57	24:25	23:43	24:55	24:29	25:43	24:29	25:55	41	
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38	20:58	23:59	20:46	23:49	20:46	23:49	21:45	23:54	21:45	24:03	23:05	24:19	23:05	24:34	23:51	25:04	24:37	25:52	24:37	26:04	38	
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12	2																					



		Army Fitness Test Score Tables																			
		Alternate Events (Go/No-Go) (Overall time for required distance - minutes and seconds)																			
		17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62	
		M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F	M C	F
2.5-mile Walk	31:00	34:00	30:45	33:30	30:30	33:00	30:45	33:30	31:00	34:00	31:00	34:00	32:00	35:00	32:00	35:00	33:00	36:00	33:00	36:00	
12 km Bike	26:25	28:58	26:12	28:31	26:00	28:07	26:12	28:31	26:25	28:58	26:25	28:58	27:16	29:50	27:16	29:50	28:07	30:41	28:07	30:41	
1 km Swim	30:48	33:48	30:30	33:18	30:20	32:48	30:30	33:18	30:48	33:48	30:48	33:48	31:48	34:48	31:48	34:48	32:50	35:48	32:50	35:48	
5 km Row	30:48	33:48	30:30	33:18	30:20	32:48	30:30	33:18	30:48	33:48	30:48	33:48	31:48	34:48	31:48	34:48	32:50	35:48	32:50	35:48	
		Approved: 15 May 2025    Effective: 1 June 2025																			