| Note | | | | | | | | | | | | | | | | | | | | | | |
|--|--------|-----|-----|-----|-----|-----|-----|-----|--------|----------|---------|----------|-----------|---------|-----|-----|-----|-----|-----|-----|------|--------|
| | | | | | | | | Max | x Dead | llift (M | DL) - T | hree-R | epetit | ions (L | BS) | | | | | | | |
| 140 | | 17 | -21 | 22 | -26 | 27 | -31 | 32 | 36 | 37 | -41 | 42 | -46 | 47 | -51 | 52 | -56 | 57- | -61 | Ove | r 62 | |
| 140 | Points | M C | F | MIC | F | M C | F | M C | F | MIC | F | M C | F | M C | F | MIC | F | M C | F | M C | F | Points |
| Part | 100 | | 220 | 350 | 230 | 350 | 240 | | 230 | | 220 | 350 | 210 | 340 | 200 | 330 | 190 | 250 | 170 | | 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 | | | | |
| 14 13 14 15 15 15 15 15 15 15 | | | | 320 | 200 | 320 | 200 | 320 | 200 | 320 | 190 | 320 | | 310 | | 300 | 170 | | | 200 | | |
| | | 310 | 190 | | | | | | | | | | | | | | | 200 | | 190 | | |
| Part | | | | | 190 | 310 | | | | 310 | | 310 | | 300 | | 290 | | | | | | |
| Part | 92 | 300 | | | | | 190 | | | | 180 | 300 | | | | | | | | 170 | | 92 |
| 1 | | | 180 | 300 | | 300 | | 300 | | 300 | | | | 290 | | 280 | 160 | 180 | | | | |
| 80 | 90 | | | | | | | | 180 | | | 290 | 170 | | | | | | 150 | | 150 | 90 |
| March Marc | 89 | 290 | | 290 | 180 | 290 | 180 | 290 | | 290 | 170 | | | 280 | 160 | 270 | | 170 | | | | |
| | | | 170 | | | | | | | | | 280 | | | | | | | | | | |
| Ref | | 280 | | 280 | | 280 | | 280 | 170 | 280 | | | | | | | | | | | | |
| 85 | | | | | 170 | | 170 | | | | | 270 | 160 | 270 | | 260 | | | | | | |
| 84 | | 270 | | 270 | | 270 | | 270 | | 270 | 160 | | | | | | 150 | | | | | |
| 83 | | | | | | | | | | | | | | 260 | 150 | 250 | | | | | | |
| 81 | 83 | 260 | | 260 | | 260 | | 260 | 160 | 260 | | | | | | | | | | | | |
| 80 | | | | | 160 | | 160 | | | | | 250 | 150 | 250 | | 240 | | | | 160 | | 82 |
| 79 240 240 240 150 240 240 140 140 160 77 78 150 150 230 230 | | 250 | | 250 | | 250 | | 250 | | 250 | | | | | | | | | | | | |
| 79 240 240 240 240 240 240 | 80 | | 150 | | | | | | | | 150 | | | 240 | | 230 | | | 140 | | 140 | 80 |
| 78 150 150 230 220 230 230 230 230 230 230 | | 240 | | 240 | | 240 | | 240 | 150 | 240 | | 240 | | | 140 | | 140 | 160 | | | | |
| 77 230 230 230 230 | | | | | 150 | | 150 | | | | | - | | 230 | | 220 | | | | | | |
| 76 | | 230 | | 230 | | 230 | | 230 | | 230 | | | | | | | | | | | | |
| 75 220 140 220 220 220 140 | | | | | | | | | | | | 220 | 140 | 220 | | 210 | | | | | | |
| 74 140 210 200 74 73 210 210 140 210 140 210 210 | | 220 | 140 | 220 | | 220 | | 220 | | 220 | 140 | | | | | | | | | | | |
| 72 200 200 150 130 71 200 200 200 200 200 200 190 | | | | | | | | | 140 | | | 210 | | 210 | | 200 | | | | | | |
| 71 200 200 200 150 130 71 70 200 190 190 190 190 190 190 190 190 190 180 | 73 | 210 | | 210 | 140 | 210 | 140 | 210 | | 210 | | | | | 130 | | | | | | | 73 |
| 70 200 190 180 | 72 | | | | | | | | | | | 200 | | 200 | | 190 | 130 | | | 150 | 130 | 72 |
| 69 190 130 180 180 | 71 | | | 200 | | 200 | | 200 | | 200 | | | | | | | | 150 | 130 | | | 71 |
| 68 130 130 180 180 180 180 180 180 180 180 180 180 170 | 70 | 200 | | 190 | | 190 | | 190 | | 190 | | 190 | 130 | 190 | | 180 | | | | | | 70 |
| 68 130 130 180 180 180 180 180 180 180 180 180 180 170 | 69 | 190 | | | | | | | | | 130 | | | | | | | | | | | 69 |
| 66 170 170 | | | 130 | | | | | | 130 | | | 180 | | 180 | | | | | | | | |
| 65 170 170 170 170 170 170 170 170 170 170 170 170 170 170 160 150 | 67 | 180 | | 180 | 130 | 180 | 130 | 180 | | 180 | | | | | | 170 | | | | | | 67 |
| 64 160 160 | 66 | | | | | | | | | | | 170 | | 170 | | | | | | | | 66 |
| 63 160 160 160 160 160 160 160 160 150 | 65 | 170 | | 170 | | 170 | | 170 | | 170 | | | | | | 160 | | | | | | 65 |
| 62 | 64 | | | | | | | | | | | 160 | | 160 | | | | | | | | 64 |
| 61 | 63 | 160 | | 160 | | 160 | | 160 | | 160 | | | | | | 150 | | | | | | 63 |
| 60 150 120 150 120 150 120 140 120 | 62 | | | | | | | | | 150 | | 150 | | 150 | | | | | | | | 62 |
| 50 130 110 | 61 | | | | | | | 150 | | | | | | | | | | | | | | 61 |
| 40 120 100 120 100 120 100 120 100 120 100 120 100 120 100 120 100 120 100 120 100 120 100 120 100 100 120 100 40 30 110 90 110 80 100 80 100 80 100 80 100 80 100 80< | 60 | 150 | 120 | 150 | 120 | 150 | 120 | 140 | 120 | 140 | 120 | 140 | 120 | 140 | 120 | 140 | 120 | 140 | 120 | 140 | 120 | 60 |
| 30 110 90 110 90 110 90 110 90 110 90 110 90 110 90 110 90 110 90 110 90 110 90 110 90 110 90 30 20 100 80 | 50 | 130 | 110 | 130 | 110 | 130 | 110 | 130 | 110 | 130 | 110 | 130 | 110 | 130 | 110 | 130 | 110 | 130 | 110 | 130 | 110 | 50 |
| 20 100 80 | 40 | 120 | 100 | 120 | 100 | 120 | 100 | 120 | 100 | 120 | 100 | 120 | 100 | 120 | 100 | 120 | 100 | 120 | 100 | 120 | 100 | 40 |
| 10 90 70 90 90 70 90 90 70 90 90 70 90 90 70 90 90 70 90 90 70 90 90 90 70 90 90 90 90 90 90 90 90 90 90 90 90 90 | 30 | 110 | 90 | 110 | 90 | 110 | 90 | 110 | 90 | 110 | 90 | 110 | 90 | 110 | 90 | 110 | 90 | 110 | 90 | 110 | 90 | 30 |
| 0 80 60 80 60 80 60 80 60 80 60 80 60 80 60 80 60 80 60 80 60 80 60 80 60 80 60 80 60 80 | 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 |
| Approved: 15 May 2025 Effective: 1 June 2025 | 0 | 80 | 60 | 80 | 60 | 80 | 60 | 80 | 60 | 80 | 60 | 80 | 60 | 80 | 60 | 80 | 60 | 80 | 60 | 80 | 60 | 0 |
| | | | | | | | | / | pprove | d: 15 Ma | y 2025 | Effect | ive: 1 Ju | ine 202 | 5 | | | | | | | |

Army Fitness Test Score Tables Hand-release Push-up (HRP) (number of correctly performed repetitions in 2 minutes) 17-21 22-26 37-41 42-46 Over 62 ------------------------------------

Approved: 15 May 2025 Effective: 1 June 2025

4 4

| | | | | | | | | 7.11 | | | rag / Ca | arrv | | | | | | | | | |
|----------|--------------|------|--------------|------|--------------|------|------|------|------|------|----------|------|------|------|------|------|------|------|------|------|----------|
| | 17- | 21 | 22 | -26 | 27 | 31 | 32 | -36 | 37- | | | -46 | 47 | -51 | 52 | -56 | 57 | -61 | Ove | r 62 | |
| Points | MIC | F | міс | F | міс | F | MIC | F | MIC | F | M C | F | M C | F | MIC | F | MIC | F | міс | F | Points |
| 100 | 1:29 | 1:55 | 1:30 | 1:55 | 1:30 | 1:55 | 1:33 | 1:59 | 1:36 | 2:02 | 1:40 | 2:09 | 1:45 | 2:11 | 1:52 | 2:18 | 1:58 | 2:26 | 2:09 | 2:26 | 100 |
| 99 | 1:31 | 1:59 | 1:32 | 1:56 | 1:31 | 1:57 | 1:34 | 2:01 | 1:37 | 2:04 | 1:42 | 2:10 | 1:46 | 2:13 | 1:55 | 2:21 | 2:02 | 2:28 | 2:12 | 2:28 | 99 |
| 98 | 1:34 | 2:02 | 1:33 | 2:00 | 1:34 | 2:01 | 1:37 | 2:05 | 1:40 | 2:10 | 1:44 | 2:15 | 1:50 | 2:22 | 1:57 | 2:28 | 2:03 | 2:34 | | 2:34 | 98 |
| 97 | 1:35 | 2:05 | 1:34 | 2:02 | 1:35 | 2:04 | 1:38 | 2:08 | 1:42 | 2:11 | 1:46 | 2:17 | 1:52 | 2:24 | 2:00 | 2:30 | 2:06 | 2:39 | 2:13 | 2:39 | 97 |
| 96 | 1:36 | 2:06 | 1:36 | 2:05 | 1:37 | 2:06 | 1:40 | 2:10 | 1:43 | 2:14 | 1:48 | 2:18 | 1:54 | 2:26 | 2:01 | 2:32 | 2:08 | 2:41 | | 2:41 | 96 |
| 95 | 1:37 | 2:08 | 1:37 | 2:06 | 1:38 | 2:08 | 1:41 | 2:11 | 1:45 | 2:15 | 1:49 | 2:20 | 1:55 | 2:28 | 2:03 | 2:35 | 2:09 | 2:44 | 2:14 | 2:44 | 95 |
| 94 | 1:39 | 2:10 | 1:39 | 2:09 | 1:40 | 2:10 | 1:43 | 2:14 | 1:47 | 2:18 | 1:51 | 2:23 | 1:57 | 2:30 | 2:05 | 2:38 | 2:11 | 2:45 | 2:15 | 2:45 | 94 |
| 93 | 1:40 | 2:12 | 1:40 | 2:10 | 1:41 | 2:12 | 1:44 | 2:15 | 1:48 | 2:20 | 1:52 | 2:25 | 1:59 | 2:31 | 2:06 | 2:40 | 2:13 | 2:46 | 2:16 | 2:46 | 93 |
| 92 | 1:41 | 2:13 | 1:41 | 2:12 | 1:42 | 2:13 | 1:45 | 2:17 | 1:49 | 2:21 | 1:53 | 2:27 | 2:00 | 2:33 | 2:07 | 2:41 | 2:15 | 2:48 | | 2:48 | 92 |
| 91 | 1:42 | 2:14 | 1:42 | 2:13 | 1:43 | 2:15 | 1:46 | 2:18 | 1:50 | 2:23 | 1:54 | 2:28 | 2:01 | 2:35 | 2:09 | 2:42 | 2:16 | 2:52 | | 2:52 | 91 |
| 90 | 1:43 | 2:16 | 1:43 | 2:15 | 1:45 | 2:16 | 1:48 | 2:20 | 1:52 | 2:25 | 1:56 | 2:30 | 2:02 | 2:37 | 2:10 | 2:44 | 2:17 | 2:54 | | 2:54 | 90 |
| 89 | 1:44 | 2:17 | 1:44 | 2:16 | 1:46 | 2:18 | 1:49 | 2:21 | 1:53 | 2:26 | 1:57 | 2:31 | 2:03 | 2:38 | 2:11 | 2:45 | 2:19 | 2:55 | 2:17 | 2:55 | 89 |
| 88 | 1:45 | 2:18 | 1:45 | 2:18 | 1:47 | 2:19 | 1:50 | 2:23 | 1:54 | 2:27 | 1:58 | 2:33 | 2:05 | 2:40 | 2:13 | 2:46 | 2:20 | 2:57 | 2:18 | 2:57 | 88 |
| 87 | 1:46 | 2:20 | 1:46 | 2:20 | 1:48 | 2:20 | 1:51 | 2:24 | 1:55 | 2:29 | 1:59 | 2:35 | 2:06 | 2:41 | 2:14 | 2:48 | 2:21 | 2:58 | 2:19 | 2:58 | 87 |
| 86 | 1:47 | 2:21 | 1:47 | 2:21 | 1:49 | 2:22 | 1:52 | 2:26 | 1:56 | 2:30 | 2:00 | 2:36 | 2:07 | 2:42 | 2:15 | 2:50 | 2:22 | 2:59 | 2:20 | 2:59 | 86 |
| 85 | 1:48 | 2:22 | 1:48 | 2:22 | 1:50 | 2:23 | 1:53 | 2:27 | 1:57 | 2:31 | 2:01 | 2:37 | 2:08 | 2:44 | 2:16 | 2:51 | 2:23 | 3:00 | 2:21 | 3:00 | 85 |
| 84 | 1:49 | 2:23 | 1:49 | 2:23 | 1:51 | 2:24 | 1:54 | 2:28 | 1:58 | 2:32 | 2:02 | 2:38 | 2:09 | 2:45 | 2:17 | 2:52 | 2:24 | 3:01 | 2:22 | 3:01 | 84 |
| 83 | 1:50 | 2:24 | 1:50 | 2:25 | 1:52 | 2:26 | 1:55 | 2:30 | 1:59 | 2:34 | 2:04 | 2:40 | 2:10 | 2:46 | 2:19 | 2:54 | 2:26 | 3:02 | 2:23 | 3:02 | 83 |
| 82 | 1:51 | 2:25 | 1:51 | 2:26 | 1:53 | 2:27 | 1:56 | 2:31 | 2:00 | 2:35 | 2:05 | 2:41 | 2:12 | 2:47 | 2:20 | 2:55 | 2:27 | 3:03 | 2:24 | 3:03 | 82 |
| 81 | 1:52 | 2:26 | 1:52 | 2:27 | 1:54 | 2:28 | 1:57 | 2:32 | 2:01 | 2:36 | 2:06 | 2:42 | 2:13 | 2:48 | 2:21 | 2:57 | 2:28 | 3:04 | 2:27 | 3:04 | 81 |
| 80 | 1:53 1:54 | 2:28 | 1:53 | 2:29 | 1:55 | 2:29 | 1:58 | 2:34 | 2:02 | 2:38 | 2:07 | 2:44 | 2:14 | 2:50 | 2:23 | 2:58 | 2:29 | 3:07 | 2:32 | 3:07 | 80 |
| 79 78 | 1:54 | 2:29 | 1:54 1:55 | 2:30 | 1:56 1:57 | 2:30 | 1:59 | 2:35 | 2:03 | 2:39 | 2:08 | 2:45 | 2:15 | 2:51 | 2:25 | 2:59 | 2:30 | 3:08 | 2:33 | 3:08 | 79 78 |
| 76 | 1:55 | 2:30 | 1:55 | 2:31 | 1:57 | 2:31 | 2:00 | 2:30 | 2:04 | 2:40 | 2:10 | 2:40 | 2:16 | 2:52 | 2:25 | 3:00 | 2:31 | 3:09 | 2:35 | 3:11 | 77 |
| 76 | 1:57 | 2:33 | 1:58 | 2:34 | 1:59 | 2:34 | 2:02 | 2:39 | 2:07 | 2:43 | 2:12 | 2:49 | 2:19 | 2:56 | 2:28 | 3:05 | 2:35 | 3:17 | 2:38 | 3:17 | 76 |
| 75 | 1:58 | 2:34 | 1:59 | 2:35 | 2:00 | 2:36 | 2:03 | 2:40 | 2:07 | 2:45 | 2:13 | 2:50 | 2:20 | 2:57 | 2:29 | 3:07 | 2:36 | 3:21 | 2:41 | 3.21 | 75 |
| 74 | 1:59 | 2:35 | 2:00 | 2:37 | 2:01 | 2:37 | 2:04 | 2:41 | 2:09 | 2:46 | 2:14 | 2:52 | 2:21 | 2:58 | 2:30 | 3:09 | 2:37 | 3:25 | 2:43 | 3:25 | 74 |
| 73 | 2:00 | 2:37 | 2:01 | 2:38 | 2:02 | 2:38 | 2:05 | 2:43 | 2:10 | 2:47 | 2:15 | 2:53 | 2:23 | 2:59 | 2:31 | 3:10 | 2:38 | 3:32 | 2:44 | 3:32 | 73 |
| 72 | 2:01 | 2:39 | 2:02 | 2:40 | 2:04 | 2:40 | 2:07 | 2:45 | 2:12 | 2:49 | 2:17 | 2:55 | 2:25 | 3:00 | 2:32 | 3:13 | 2:40 | 3:34 | 2:46 | 3:34 | 72 |
| 71 | 2:02 | 2:40 | 2:03 | 2:42 | 2:05 | 2:41 | 2:08 | 2:46 | 2:13 | 2:50 | 2:18 | 2:56 | 2:26 | 3:02 | 2:34 | 3:16 | 2:42 | 3:35 | 2:47 | 3:35 | 71 |
| 70 | 2:03 | 2:41 | 2:05 | 2:43 | 2:06 | 2:43 | 2:10 | 2:47 | 2:14 | 2:52 | 2:20 | 2:58 | 2:27 | 3:05 | 2:35 | 3:19 | 2:43 | 3:36 | 2:49 | 3:36 | 70 |
| 69 | 2:04 | 2:44 | 2:07 | 2:45 | 2:08 | 2:45 | 2:11 | 2:50 | 2:16 | 2:55 | 2:22 | 3:00 | 2:29 | 3:08 | 2:37 | 3:25 | 2:45 | 3:40 | 2:52 | 3:40 | 69 |
| 68 | 2:06 | 2:45 | 2:08 | 2:47 | 2:10 | 2:47 | 2:13 | 2:51 | 2:18 | 2:56 | 2:23 | 3:01 | 2:30 | 3:10 | 2:38 | 3:27 | 2:47 | 3:41 | 2:56 | 3:41 | 68 |
| 67 | 2:07 | 2:47 | 2:10 | 2:49 | 2:11 | 2:49 | 2:15 | 2:53 | 2:20 | 2:58 | 2:25 | 3:02 | 2:32 | 3:14 | 2:40 | 3:29 | 2:48 | 3:43 | 2:57 | 3:43 | 67 |
| 66 | 2:08 | 2:49 | 2:11 | 2:51 | 2:13 | 2:51 | 2:16 | 2:55 | 2:21 | 3:00 | 2:26 | 3:06 | 2:34 | 3:16 | 2:41 | 3:33 | 2:50 | 3:46 | 3:00 | 3:46 | 66 |
| 65 | 2:11 | 2:53 | 2:14 | 2:54 | 2:15 | 2:54 | 2:19 | 2:58 | 2:24 | 3:02 | 2:29 | 3:10 | 2:37 | 3:21 | 2:44 | 3:38 | 2:53 | 3:54 | 3:03 | 3:54 | 65 |
| 64 | 2:13 | 2:55 | 2:16 | 2:57 | 2:17 | 2:56 | 2:21 | 3:00 | 2:26 | 3:05 | 2:31 | 3:12 | 2:39 | 3:24 | 2:46 | 3:42 | 2:55 | 4:00 | 3:09 | 4:00 | 64 |
| 63 | 2:15 | 2:58 | 2:18 | 2:59 | 2:20 | 2:59 | 2:24 | 3:02 | 2:28 | 3:09 | 2:33 | 3:17 | 2:41 | 3:29 | 2:48 | 3:45 | 2:57 | 4:08 | 3:11 | 4:08 | 63 |
| 62 | 2:17 | 3:00 | 2:21 | 3:01 | 2:22 | 3:00 | 2:26 | 3:06 | 2:31 | 3:13 | 2:36 | 3:21 | 2:44 | 3:32 | 2:50 | 3:50 | 2:59 | 4:16 | 3:12 | 4:16 | 62 |
| 61 | 2:22 | 3:08 | 2:26 | 3:09 | 2:28 | 3:07 | 2:31 | 3:15 | 2:36 | 3:21 | 2:41 | 3:31 | 2:48 | 3:42 | 2:57 | 3:58 | 3:04 | 4:21 | 3:14 | 4:21 | 61 |
| 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 |

Army Fitness Test Score Tables

Approved: 15 May 2025 Effective: 1 June 2025

| | | | | | | | | Arı | my Fitr | ness Te | est Sco | re Tab | les | | | | | | | | |
|----------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|--------------|----------|
| | | | | | | | | | Spr | int / D | rag / Ca | arry | | | | | | | | | |
| | 17- | 21 | 22 | -26 | 27 | 31 | 32 | -36 | 37- | 41 | 42 | -46 | 47 | -51 | 52- | 56 | 57 | -61 | Ove | r 62 | |
| Points | M C | F | MIC | F | M C | F | MIC | F | M C | F | MIC | F | M C | F | M C | F | M C | F | M C | F | Points |
| 60 59 | 2:28 | 3:15 3:16 | 2:31 | 3:15 3:16 | 2:32 | 3:15 3:16 | 2:36 2:37 | 3:22 | 2:41 | 3:27 | 2:45 2:46 | 3:42 3:43 | 2:53 2:54 | 3:51 3:52 | 3:00 3:01 | 4:03 | 3:12 3:13 | 4:48 4:49 | 3:16 3:17 | 4:48 4:49 | 60 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 55 | 2:32 | 3:19 3:20 | 2:35 2:36 | 3:19 3:20 | 2:36 2:37 | 3:19 3:20 | 2:40 | 3:26 3:27 | 2:45 2:46 | 3:31 | 2:49 2:50 | 3:46 3:47 | 2:57 2:58 | 3:55 3:56 | 3:04 3:05 | 4:07 4:08 | 3:16 3:17 | 4:52 4:53 | 3:20 3:21 | 4:52 4:53 | 56 55 |
| 54 | 2:34 | 3:21 | 2:37 | 3:21 | 2:38 | 3:21 | 2:42 | 3:28 | 2:40 | 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 50 | 2:37 | 3:24 | 2:40 | 3:24 3:25 | 2:41 | 3:24 | 2:45 2:46 | 3:31 | 2:50 2:51 | 3:36 3:37 | 2:54 2:55 | 3:51 3:52 | 3:02 3:03 | 4:00 4:01 | 3:09 3:10 | 4:12 4:13 | 3:21 3:22 | 4:57 4:58 | 3:25 3:26 | 4:57 4:58 | 51 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 46 | 2:41 | 3:28 | 2:44 | 3:28 3:29 | 2:45 2:46 | 3:28 | 2:49 2:50 | 3:35 3:36 | 2:54 2:55 | 3:40 | 2:58 2:59 | 3:55 3:56 | 3:06 3:07 | 4:04 4:05 | 3:13 3:14 | 4:16 4:17 | 3:25 3:26 | 5:01 5:02 | 3:29 3:30 | 5:01 5:02 | 47 46 |
| 45 | 2:42 | 3:29 | 2:45 | 3:29 | 2:40 | 3:29 | 2:50 | 3:36 | 2:55 | 3:41 | 3:00 | 3:50 | 3:07 | 4:05 | 3:14 | 4:17 | 3:26 | 5:02 | 3:30 | 5:02 | 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 41 | 2:46 2:47 | 3:33 | 2:49 2:50 | 3:33 3:34 | 2:50 2:51 | 3:33 | 2:54 2:55 | 3:40 3:41 | 2:59 3:00 | 3:45 3:46 | 3:03 3:04 | 4:00 4:01 | 3:11 3:12 | 4:09 4:10 | 3:18 3:19 | 4:21 | 3:30 3:31 | 5:06 5:07 | 3:34 3:35 | 5:06 5:07 | 42 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 | 3:12 | 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 |
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| 32 31 | 2:56 2:57 | 3:43 | 2:59 3:00 | 3:43 3:44 | 3:00 3:01 | 3:43 | 3:04 3:05 | 3:50 3:51 | 3:09 3:10 | 3:55 3:56 | 3:13 3:14 | 4:10 4:11 | 3:21 3:22 | 4:19 4:20 | 3:28 3:29 | 4:31 4:32 | 3:40 3:41 | 5:16 5:17 | 3:44 3:45 | 5:16 5:17 | 32 31 |
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Army Fitness Test Score Tables Plank (PLK) (maintain proper straightline position (Time: minutes and seconds)) 17-21 22-26 27-31 32-36 37-41 42-46 52-56 57-61 Over 62 3:40 3:35 3:30 3:25 3:20 3:20 3:20 3:20 3:20 3:20 3:40 3:35 3:30 3:25 3:20 3:20 3:20 3:20 3:20 3:20 3:37 3:37 3:32 3:27 3:27 3:22 3:22 3:17 3:17 3:17 3:17 3:17 3:17 3:17 3:17 3:17 3:17 3:34 3:29 3:24 3:24 3:19 3:19 3:14 3:14 3:14 3:14 3:14 3:14 3:14 98 3:30 3:25 3:20 3:15 3:10 3:10 3:10 3:10 3:10 3:10 3:30 3:25 3:20 3:15 3:10 3:10 3:10 3:10 3:10 3:10 3:27 3:27 3:22 3:17 3:17 3:12 3:07 3:07 3:07 3:07 3:07 3:07 3:07 3:07 3:07 96 3:22 3:12 3:07 3:07 3:07 3:24 3:24 3:19 3:19 3:14 3:14 3:09 3:04 3:04 3:04 3:04 3:04 3:04 3:04 3:09 3:04 3:04 3:04 3:04 3:04 3:21 3:11 3:06 3:01 3:01 3:01 3:01 3:01 3:21 3:16 3:16 3:11 3:06 3:01 3:01 3:01 3:01 3:01 3:01 3:01 3:17 3:17 3:12 3:07 3:02 2:57 2:57 2:57 2:57 2:57 2:57 2:57 2:57 3:12 3:07 3:02 2:57 2:57 2:57 2:57 92 2:59 2:54 2:54 92 3:14 3:09 3:04 2:54 2:54 2:54 2:54 3:14 3:09 3:04 2:59 2:54 2:54 2:54 2:54 2:54 2:54 3:11 3:01 2:56 2:51 2:51 2:51 2:51 91 3:11 3:06 3:01 2:51 2:51 2:51 2:51 2:51 2:51 3:06 2:56 2:51 2:51 90 3:08 3:03 2:58 2:58 2:53 2:53 2:47 2:47 2:47 2:47 2:47 2:47 2:47 2:47 2:47 2:47 2:47 2:47 90 3:08 3:03 89 89 3:04 3:04 2:59 2:59 2:54 2:54 2:49 2:49 2:44 2:44 2:44 2:44 2:44 2:44 2:44 2:44 2:44 2:44 2:44 2:44 88 88 3:01 3:01 2:56 2:56 2:51 2:51 2:46 2:46 2:41 2:41 2:41 2:41 2:41 2:41 2:41 2:41 2:41 2:41 2:41 2:41 87 2:58 2:53 2:48 2:43 2:38 2:38 2:38 2:38 2:38 2:38 87 2:58 2:53 2:48 2:43 2:38 2:38 2:38 2:38 2:38 2:38 86 2:55 2:55 2:50 2:50 2:45 2:45 2:40 2:40 2:35 2:35 2:35 2:35 2:35 2:35 2:35 2:35 2:35 2:35 2:35 2:35 85 2:31 2:51 2:51 2:46 2:46 2:41 2:41 2:36 2:36 2:31 2:31 2:31 2:31 2:31 2:31 2:31 2:31 2:31 2:31 2:31 2:48 2:48 2:43 2:43 2:38 2:38 2:33 2:33 2:28 2:28 2:28 2:28 2:28 2:28 2:28 2:28 2:28 2:28 2:28 2:28 2:45 2:45 2:40 2:40 2:35 2:35 2:30 2:30 2:25 2:25 2:25 2:25 2:25 2:25 2:25 2:25 2:25 2:25 2:25 2:25 2:41 2:41 2:37 2:37 2:31 2:31 2:27 2:27 2:22 2:22 2:22 2:22 2:22 2:22 2:22 2:22 2:22 2:22 2:22 2:22 2:38 2:38 2:33 2:33 2:28 2:28 2:23 2:23 2:18 2:18 2:18 2:18 2:18 2:18 2:18 2:18 2:18 2:18 2:18 2:18 81 2:35 2:35 2:30 2:25 2:25 2:20 2:15 2:15 2:15 2:15 2:15 2:15 2:15 2:15 2:30 2:20 2:15 2:15 2:15 2:15 2:32 2:22 2:22 2:17 2:12 2:12 2:12 2:12 2:12 2:12 2:12 2:12 2:32 2:27 2:27 2:17 2:12 2:12 2:12 2:12 2:18 2:08 2:08 2:29 2:29 2:23 2:23 2:18 2:13 2:13 2:08 2:08 2:08 2:08 2:08 2:08 2:08 2:08 2:08 2:08 2:15 2:10 2:05 2:25 2:25 2:20 2:20 2:15 2:10 2:05 2:05 2:05 2:05 2:05 2:05 2:05 2:05 2:05 2:05 2:05 2:22 2:22 2:17 2:17 2:12 2:12 2:07 2:07 2:02 2:02 2:02 2:02 2:02 2:02 2:02 2:02 2:02 2:02 2:02 2:02 2:19 2:19 2:14 2:14 2:09 2:09 2:04 2:04 1:59 1:59 1:59 1:59 1:59 1:59 1:59 1:59 1:59 1:59 1:59 1:59 2:15 2:15 2:10 2:10 2:06 2:06 2:00 2:00 1:56 1:56 1:56 1:56 1:56 1:56 1:56 1:56 1:56 1:56 1:56 1:56 2:12 2:12 2:07 2:07 2:02 2:02 1:57 1:57 1:52 1:52 1:52 1:52 1:52 1:52 1:52 1:52 1:52 1:52 1:52 1:52 1:49 1:49 2:09 2:04 1:59 1:59 1:54 1:49 1:49 1:49 1:49 1:49 1:49 1:49 1:49 2:09 2:04 1:54 1:49 1:49 1:56 1:51 2:06 2:06 2:01 2:01 1:56 1:51 1:46 1:46 1:46 1:46 1:46 1:46 1:46 1:46 1:46 1:46 1:46 1:46 2:02 2:02 1:58 1:58 1:52 1:52 1:47 1:47 1:42 1:42 1:42 1:42 1:42 1:42 1:42 1:42 1:42 1:42 1:42 1:42 1:59 1:59 1:54 1:54 1:49 1:49 1:44 1:44 1:39 1:39 1:39 1:39 1:39 1:39 1:39 1:39 1:39 1:39 1:39 1:39 69 1:46 1:56 1:56 1:51 1:51 1:46 1:41 1:41 1:36 1:36 1:36 1:36 1:36 1:36 1:36 1:36 1:36 1:36 1:36 1:36 1:53 1:53 1:48 1:48 1:43 1:43 1:38 1:38 1:33 1:33 1:33 1:33 1:33 1:33 1:33 1:33 1:33 1:33 1:33 1:33 1:49 1:49 1:45 1:45 1:39 1:39 1:35 1:35 1:30 1:30 1:30 1:30 1:30 1:30 1:30 1:30 1:30 1:30 1:30 1:30 1:36 1:26 1:26 1:26 1:46 1:46 1:41 1:41 1:36 1:31 1:31 1:26 1:26 1:26 1:26 1:26 1:26 1:26 1:26 1:26 65 1:33 1:28 1:23 1:23 1:23 1:23 1:23 1:43 1:43 1:38 1:38 1:33 1:28 1:23 1:23 1:23 1:23 1:23 1:23 1:23 1:40 1:40 1:35 1:35 1:30 1:30 1:25 1:25 1:20 1:20 1:20 1:20 1:20 1:20 1:20 1:20 1:20 1:20 1:20 1:20 1:37 1:37 1:32 1:32 1:26 1:26 1:22 1:22 1:16 1:16 1:16 1:16 1:16 1:16 1:16 1:16 1:16 1:16 1:16 1:16

Approved: 15 May 2025 Effective: 1 June 2025

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Army Fitness Test Score Tables Plank (PLK) (maintain proper straightline position (Time: minutes and seconds)) 17-21 22-26 27-31 32-36 37-41 42-46 57-61 Over 62 M|C F M|C F 1:30 1:30 1:25 1:25 1:20 1:20 1:15 1:15 1:10 1:10 1:10 1:10 1:10 1:10 1:10 1:10 1:10 1:10 1:10 1:10 1:29 1:29 1:24 1:24 1:19 1:19 1:14 1:14 1:09 1:09 1:09 1:09 1:09 1:09 1:09 1:09 1:09 1:09 1:09 1:09 58 56 1:18 1:13 1:08 1:08 1:08 56 1:28 1:28 1:23 1:23 1:18 1:13 1:08 1:08 1:08 1:08 1:08 1:08 1:08 1:08 1:08 1:12 1:07 1:27 1:27 1:22 1:22 1:17 1:17 1:12 1:07 1:07 1:07 1:07 1:07 1:07 1:07 1:07 1:07 1:07 1:07 52 1:26 1:26 1:21 1:21 1:16 1:16 1:11 1:11 1:06 1:06 1:06 1:06 1:06 1:06 1:06 1:06 1:06 1:06 1:06 1:06 51 50 1:05 1:25 1:25 1:20 1:20 1:15 1:10 1:10 1:05 1:05 1:05 1:05 1:05 1:05 1:05 1:15 1:05 1:05 1:05 1:05 49 48 47 49 1:24 1:24 1:19 1:19 1:14 1:14 1:09 1:09 1:04 1:04 1:04 1:04 1:04 1:04 1:04 1:04 1:04 1:04 1:04 1:04 47 46 1:23 1:23 1:18 1:18 1:13 1:13 1:08 1:08 1:03 1:03 1:03 1:03 1:03 1:03 1:03 1:03 1:03 1:03 1:03 1:03 45 45 1:22 1:17 1:17 1:12 1:07 1:02 1:02 1:02 1:02 1:02 1:02 1:02 1:02 1:02 1:02 1:02 1:22 1:12 1:07 1:02 1:21 1:21 1:16 1:16 1:11 1:11 1:06 1:06 1:01 1:01 1:01 1:01 1:01 1:01 1:01 1:01 1:01 1:01 1:01 1:01 41 1:20 1:20 1:15 1:15 1:10 1:10 1:05 1:05 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:00 1:19 1:14 1:09 1:04 0:59 0:59 0:59 0:59 0:59 0:59 0:59 0:59 0:59 0:59 0:59 0:59 1:19 1:14 1:09 1:04 36 1:18 1:18 1:13 1:13 1:08 1:08 1:03 1:03 0.58 0:58 0:58 0:58 0:58 0:58 0:58 0:58 0:58 0:58 0:58 0:58 36 34 1:17 1:17 1:12 1:12 1:07 1:07 1:02 1:02 0:57 0:57 0:57 0:57 0:57 0:57 0:57 0:57 0:57 0:57 0:57 0:57 1:16 1:16 1:11 1:11 1:06 1:06 1:01 1:01 0:56 0:56 0:56 0:56 0:56 0:56 0:56 0:56 0:56 0:56 0:56 0:56 31 30 1:15 1:10 1:10 1:05 1:00 1:00 0:55 0:55 0:55 0:55 0:55 0:55 0:55 0:55 1:15 1:05 0:55 0:55 0:55 0:55 1:14 1:14 1:09 1:09 0:59 0:59 0:54 0:54 0:54 0:54 0:54 0:54 0:54 0:54 0:54 1:04 1:04 0:54 0:54 0:54

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| | | | | | | | | Arı | my Fitr | ness Te | est Sco | re Tab | les | | | | | | | | |
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| | | | | | | Tw | o-Mile | Run (2 | 2MR) (| Overal | l time: | minut | es and | secon | ds) | | | | | | 1 |
| | 17- | 21 | 22 | -26 | 27- | 31 | 32 | -36 | 37 | -41 | 42 | -46 | 47 | -51 | 52 | -56 | 57 | -61 | Ove | er 62 | |
| Points | M C | F | M C | F | M C | F | M C | F | MIC | F | M C | F | M C | F | M C | F | M C | F | M C | F | Point |
| 100 | 13:22 | 16:00 | 13:25 | 15:30 | 13:25 | 15:30 | 13:42 | 15:48 | 13:42 | 15:51 | 14:05 | 16:00 | 14:30 | 16:30 | 15:09 | 16:59 | 15:28 | 17:18 | 15:28 | 17:18 | 100 |
| 99 | 13:47 | 16:28 | 13:47 | 15:44 | 13:47 | 15:44 | 14:06 | 16:15 | 14:16 | 16:21 | 14:29 | 16:31 | 14:52 | 17:00 | 15:38 | 17:44 | 15:55 | 17:47 | 15:55 | 17:47 | 99 |
| 98 | 14:04 | 16:49 | 13:55 | 15:55 | 13:55 | 15:55 | 14:23 | 16:36 | 14:32 | 16:42 | 14:45 | 16:52 | 15:08 | 17:20 | 15:54 | 17:56 | 16:22 | 18:05 | 16:22 | 18:05 | 98 |
| 97 | 14:19 | 17:07 | 14:12 | 16:00 | 14:12 | 16:00 | 14:37 | 16:54 | 14:46 | 16:59 | 14:59 | 17:10 | 15:22 | 17:37 | 16:08 | 18:10 | 16:44 | 18:22 | 16:44 | 18:22 | 97 |
| 96 | 14:32 | 17:14 | 14:27 | 16:04 | 14:27 | 16:04 | 14:49 | 17:09 | 14:59 | 17:14 | 15:12 | 17:25 | 15:35 | 17:52 | 16:21 | 18:35 | 16:58 | 18:37 | 16:58 | 18:37 | 96 |
| 95 | 14:45 | 17:23 | 14:41 | 16:27 | 14:41 | 16:27 | 15:01 | 17:23 | 15:10 | 17:28 | 15:24 | 17:39 | 15:47 | 18:06 | 16:33 | 18:50 | 17:14 | 19:15 | 17:14 | 19:15 | 95 |
| 94 | 14:56 | 17:31 | 14:54 | 16:46 | 14:54 | 16:46 | 15:12 | 17:36 | 15:21 | 17:41 | 15:35 | 17:52 | 15:58 | 18:19 | 16:44 | 19:03 | 17:27 | 19:26 | 17:27 | 19:26 | 94 |
| 93 | 15:07 | 17:37 | 15:05 | 17:03 | 15:05 | 17:03 | 15:23 | 17:48 | 15:32 | 17:53 | 15:45 | 18:04 | 16:09 | 18:31 | 16:55 | 19:15 | 17:45 | 19:37 | 17:45 | 19:37 | 93 |
| 92 | 15:18 | 17:44 | 15:17 | 17:17 | 15:17 | 17:17 | 15:33 | 17:59 | 15:42 | 18:04 | 15:55 | 18:16 | 16:19 | 18:42 | 17:06 | 19:26 | 17:57 | 19:47 | 17:57 | 19:47 | 92 |
| 91 | 15:29 | 17:50 | 15:28 | 17:31 | 15:28 | 17:31 | 15:43 | 18:10 | 15:52 | 18:15 | 16:05 | 18:26 | 16:29 | 18:52 | 17:16 | 19:37 | 18:07 | 19:57 | 18:07 | 19:57 | 91 |
| 90 | 15:39 | 17:55 | 15:38 | 17:44 | 15:38 | 17:44 | 15:50 | 18:21 | 16:01 | 18:25 | 16:15 | 18:37 | 16:39 | 19:03 | 17:26 | 19:47 | 18:17 | 20:26 | 18:17 | 20:26 | 90 |
| 89 | 15:49 | 18:07 | 15:49 | 17:55 | 15:55 | 18:20 | 15:53 | 18:31 | 16:11 | 18:35 | 16:24 | 18:47 | 16:48 | 19:13 | 17:35 | 19:57 | 18:25 | 20:35 | 18:25 | 20:35 | 89 |
| 88 | 15:59 | 18:13 | 15:59 | 18:07 | 16:05 | 18:30 | 16:02 | 18:41 | 16:20 | 18:45 | 16:33 | 18:57 | 16:58 | 19:22 | 17:45 | 20:07 | 18:36 | 20:44 | 18:36 | 20:44 | 88 |
| 87 | 16:09 | 18:24 | 16:09 | 18:18 | 16:14 | 18:40 | 16:12 | 18:50 | 16:29 | 18:54 | 16:43 | 19:07 | 17:07 | 19:32 | 17:54 | 20:16 | 18:45 | 20:53 | 18:45 | 20:53 | 87 |
| 86 | 16:19 | 18:34 | 16:19 | 18:28 | 16:24 | 18:50 | 16:21 | 19:00 | 16:39 | 19:04 | 16:52 | 19:16 | 17:16 | 19:41 | 18:04 | 20:26 | 18:53 | 21:02 | 18:53 | 21:02 | 86 |
| 85 | 16:28 | 18:44 | 16:29 | 18:38 | 16:33 | 18:59 | 16:30 | 19:09 | 16:48 | 19:13 | 17:01 | 19:25 | 17:25 | 19:50 | 18:13 | 20:35 | 19:00 | 21:10 | 19:00 | 21:10 | 85 |
| 84 | 16:38 | 18:54 | 16:39 | 18:48 | 16:43 | 19:08 | 16:40 | 19:18 | 16:57 | 19:22 | 17:10 | 19:35 | 17:35 | 19:59 | 18:22 | 20:44 | 19:07 | 21:19 | 19:07 | 21:19 | 84 |
| 83 | 16:48 | 19:03 | 16:49 | 18:58 | 16:52 | 19:18 | 16:49 | 19:27 | 17:06 | 19:31 | 17:19 | 19:44 | 17:44 | 20:08 | 18:32 | 20:53 | 19:17 | 21:27 | 19:17 | 21:27 | 83 |
| 82 | 16:57 | 19:12 | 16:59 | 19:07 | 17:02 | 19:27 | 16:58 | 19:36 | 17:15 | 19:40 | 17:28 | 19:53 | 17:53 | 20:17 | 18:41 | 21:02 | 19:27 | 21:35 | 19:27 | 21:35 | 82 |
| 81 | 17:07 | 19:21 | 17:08 | 19:16 | 17:12 | 19:36 | 17:07 | 19:45 | 17:24 | 19:49 | 17:37 | 20:01 | 18:02 | 20:26 | 18:51 | 21:10 | 19:36 | 21:43 | 19:36 | 21:43 | 81 |
| 80 | 17:13 | 19:30 | | 19:25 | 17:21 | 19:45 | 17:16 | 19:53 | 17:33 | 19:57 | 17:47 | 20:10 | 18:12 | 20:34 | 19:00 | 21:19 | 19:45 | 21:51 | 19:45 | 21:59 | 80 |
| 79 | 17:17 | 19:39 | 17:18 | 19:34 | 17:30 | 19:53 | 17:26 | 20:01 | 17:41 | 20:05 | 17:56 | 20:18 | 18:21 | 20:42 | 19:10 | 21:27 | 19:51 | 21:59 | 19:51 | 22:07 | 79 |
| 78 | 17:25 | 19:47 | 17:28 | 19:43 | 17:38 | 20:01 | 17:34 | 20:09 | 17:50 | 20:13 | 18:06 | 20:26 | 18:31 | 20:50 | 19:20 | 21:35 | 19:59 | 22:07 | 19:59 | 22:14 | 78 |
| 77 | 17:34 | 19:56 | 17:37 | 19:52 | 17:47 | 20:10 | 17:42 | 20:17 | 17:58 | 20:21 | 18:15 | 20:34 | 18:41 | 20:58 | 19:30 | 21:43 | 20:07 | 22:14 | 20:07 | 22:22 | 77 |
| 76 | 17:43 | 20:05 | 17:46 | 20:01 | 17:55 | 20:18 | 17:50 | 20:25 | 18:06 | 20:29 | 18:25 | 20:42 | 18:51 | 21:06 | 19:39 | 21:51 | 20:14 | 22:22 | 20:14 | 22:30 | 76 |
| 75 | 17:52 | 20:13 | 17:55 | 20:12 | 18:04 | 20:26 | 17:58 | 20:33 | 18:14 | 20:37 | 18:35 | 20:50 | 19:00 | 21:14 | 19:49 | 21:59 | 20:22 | 22:30 | 20:22 | 22:38 | 75 |
| 74 | 18:00 | 20:24 | 18:03 | 20:24 | 18:13 | 20:34 | 18:07 | 20:41 | 18:22 | 20:45 | 18:45 | 20:58 | 19:10 | 21:22 | 19:59 | 22:07 | 20:31 | 22:38 | 20:31 | 22:46 | 74 |
| 73 | 18:09 | 20:35 | 18:12 | 20:35 | 18:21 | 20:42 | 18:15 | 20:49 | 18:31 | 20:53 | 18:54 | 21:06 | 19:20 | 21:29 | 20:10 | 22:14 | 20:41 | 22:46 | 20:41 | 22:54 | 73 |
| 72 | 18:18 | 20:35 | 18:12 | 20:35 | 18:21 | 20:42 | 18:15 | 20:49 | 18:31 | 21:00 | 18:54 | 21:06 | 19:20 | 21:29 | 20:10 | 22:14 | 20:41 | 22:46 | 20:41 | 23:03 | 73 |
| 71 | 18:27 | 20:45 | | 20:40 | | 20:50 | 10:23 | 21:05 | | 21:00 | | 21:14 | | 21:37 | | 22:22 | 20:46 | 23:03 | 20:46 | 23:03 | 72 |
| 70 | 18:35 | 21:06 | 18:23 | 21:00 | 18:23 | 21:00 | 18:30 | 21:03 | 18:35 | 21:08 | 18:55 | 21:22 | 19:30 | 21:40 | 20:20 | 22:38 | 21:00 | 23:03 | 21:00 | 23:11 | 70 |
| 69 | 18:35 | 21:06 | 18:23 | 21:00 | 18:23 | 21:00 | 18:58 | 21:13 | 18:35 | 21:16 | 19:15 | 21:30 | 19:30 | 21:45 | 20:20 | 22:38 | 21:00 | 23:11 | 21:00 | 23:20 | 69 |
| 68 | | | 18:39 | 21:32 | | | | 21:21 | 19:04 | | | | | 22:01 | | | | 23:20 | 21:01 | 23:29 | 68 |
| | 18:54 | 21:28 | | | 18:39 | 21:23 | 19:06 | | | 21:32 | 19:36 | 21:46 | 20:02 | | 21:03 | 22:54 | 21:19 | | | | |
| 67 | 19:03 | 21:49 | 18:48 | 21:49 | 18:57 | 21:32 | 19:16 | 21:37 | 19:13 | 21:41 | 19:47 | 21:55 | 20:13 | 22:17 | 21:15 | 23:03 | 21:35 | 23:39 | 21:35 | 23:49 | 67 |
| 66 | 19:13 | 22:01 | 18:57 | 21:58 | 19:06 | 21:40 | 19:25 | 21:46 | 19:22 | 21:49 | 19:58 | 22:03 | 20:37 | 22:26 | 21:27 | 23:11 | 21:47 | 23:49 | 21:47 | 23:53 | 66 |
| 65 | 19:23 | 22:12 | 19:07 | 22:07 | 19:15 | 21:49 | 19:34 | 21:55 | 19:31 | 21:58 | 20:10 | 22:12 | 20:50 | 22:35 | 21:40 | 23:20 | 22:03 | 23:53 | 22:03 | 23:58 | 65 |
| 64 | 19:33 | 22:25 | 19:16 | 22:16 | 19:25 | 21:59 | 19:44 | 22:04 | 19:41 | 22:07 | 20:37 | 22:22 | 21:04 | 22:44 | 21:54 | 23:29 | 22:21 | 23:58 | 22:21 | 24:01 | 64 |
| 63 | 19:43 | 22:38 | 19:26 | 22:26 | 19:35 | 22:09 | 19:55 | 22:14 | 19:51 | 22:17 | 20:52 | 22:31 | 21:19 | 22:54 | 22:10 | 23:39 | 22:39 | 24:01 | 22:39 | 24:22 | 63 |
| 62 | | 22:53 | 19:36 | 22:37 | | 22:19 | 20:06 | 22:24 | 20:12 | 22:27 | 21:09 | 22:42 | 21:37 | 23:04 | 22:28 | 23:49 | 22:58 | 24:22 | 22:58 | 24:35 | 62 |
| 61 | 19:54 | | | | | 22:31 | 20:18 | 22:35 | 20:24 | 22:38 | 21:31 | 22:53 | 21:59 | 23:15 | | 23:56 | 23:12 | 24:35 | 23:12 | 24:48 | 61 |
| 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 |

| | | | | | | | | | Army Fitness Test Score Tables un (2MR) (Overall time: minutes and seconds) | | | | | | | | | | | | |
|----------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|---|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------------|----------|
| | 17- | 21 | 22 | 26 | 27. | | 0-Mile | | | Overal -41 | | minut -46 | | secon -51 | | -56 | E7 | -61 | Ovo | r 62 | |
| Points | M C | F F | M C | -20 F | M C | -31 F | M C | -30 F | M C | -41 F | M C | -40 F | M C | -21 | M C | -56 F | M C | -01 F | M C | ro∠ 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 | 5: 5: |
| 51 50 | 20:22 | 23:21 | 20:10 | 23:11 | 20:10 | 23:11 | 21:09 21:12 | 23:16 | 21:09 21:12 | 23:25 | 22:29 | 23:41 | 22:29 | 23:56 | 23:15 23:18 | 24:26 | 24:01 | 25:14 25:17 | 24:01 | 25:26 25:29 | 5. 50 |
| 49 | 20:28 | 23:27 | 20:16 | 23:17 | 20:16 | 23:17 | 21:12 | 23:22 | 21:12 | 23:28 | 22:32 | 23:47 | 22:32 | 24:02 | 23:10 | 24:32 | 24:04 | 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 | 4 |
| 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 | 40 |
| 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 |
| 44 | 20:42 | 23:42 | 20:30 | 23:32 | 20:30 | 23:32 | 21:29 | 23:37 | 21:29 | 23:46 | 22:49 | 24:02 | 22:49 | 24:17 | 23:35 | 24:47 | 24:21 | 25:35 | 24:21 | 25:47 | 44 |
| 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 | 4: |
| 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 |
| 40 | 20:53 | 23:53 | 20:41 | 23:43 | 20:41 | 23:43 | 21:40 | 23:48 | 21:40 | 23:57 | 23:00 | 24:13 | 23:00 | 24:28 | 23:46 | 24:58 | 24:32 | 25:46 | 24:32 | 25:58 | 40 |
| 39 | 20:56 | 23:56 | 20:44 | 23:46 | 20:44 | 23:46 | 21:43 21:45 | 23:51 | 21:43 21:45 | 24:00 | 23:03 | 24:16 | 23:03 | 24:31 | 23:49 | 25:01 25:04 | 24:35 24:37 | 25:49 25:52 | 24:35 24:37 | 26:01 26:04 | 31 |
| 38 | 21:01 | 24:02 | 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 | 37 |
| 36 | 21:01 | 24:02 | 20:49 | 23:52 | 20:49 | 23:52 | 21:46 | 24:00 | 21:46 | 24:00 | 23:06 | 24:22 | 23:06 | 24:40 | 23:54 | 25:07 | 24:40 | 25:55 | 24:40 | 26:10 | 30 |
| 35 | 21:07 | 24:08 | 20:55 | 23:58 | 20:55 | 23:58 | 21:54 | 24:03 | 21:54 | 24:12 | 23:14 | 24:28 | 23:14 | 24:43 | 24:00 | 25:13 | 24:46 | 26:01 | 24:46 | 26:13 | 3! |
| 34 | 21:10 | 24:11 | 20:58 | 24:01 | 20:58 | 24:01 | 21:57 | 24:06 | 21:57 | 24:15 | 23:17 | 24:31 | 23:17 | 24:46 | 24:03 | 25:16 | 24:49 | 26:04 | 24:49 | 26:16 | 34 |
| 33 | 21:12 | 24:14 | 21:00 | 24:04 | 21:00 | 24:04 | 21:59 | 24:09 | 21:59 | 24:18 | 23:19 | 24:34 | 23:19 | 24:49 | 24:05 | 25:19 | 24:51 | 26:07 | 24:51 | 26:19 | 33 |
| 32 | 21:15 | 24:16 | 21:03 | 24:06 | 21:03 | 24:06 | 22:02 | 24:11 | 22:02 | 24:20 | 23:22 | 24:36 | 23:22 | 24:51 | 24:08 | 25:21 | 24:54 | 26:09 | 24:54 | 26:21 | 32 |
| 31 | 21:18 | 24:19 | 21:06 | 24:09 | 21:06 | 24:09 | 22:05 | 24:14 | 22:05 | 24:23 | 23:25 | 24:39 | 23:25 | 24:54 | 24:11 | 25:24 | 24:57 | 26:12 | 24:57 | 26:24 | 31 |
| 30 | 21:21 | 24:22 | 21:09 | 24:12 | 21:09 | 24:12 | 22:08 | 24:17 | 22:08 | 24:26 | 23:28 | 24:42 | 23:28 | 24:57 | 24:14 | 25:27 | 25:00 | 26:15 | 25:00 | 26:27 | 30 |
| 29 | 21:24 | 24:25 | 21:12 | 24:15 | 21:12 | 24:15 | 22:11 | 24:20 | 22:11 | 24:29 | 23:31 | 24:45 | 23:31 | 25:00 | 24:17 | 25:30 | 25:03 | 26:18 | 25:03 | 26:30 | 29 |
| 28 | 21:26 | 24:28 | 21:14 | 24:18 | 21:14 | 24:18 | 22:13 | 24:23 | 22:13 | 24:32 | 23:33 | 24:48 | 23:33 | 25:03 | 24:19 | 25:33 | 25:05 | 26:21 | 25:05 | 26:33 | 28 |
| 27 | 21:29 | 24:31 | 21:17 | 24:21 | 21:17 | 24:21 | 22:16 | 24:26 | 22:16 | 24:35 | 23:36 | 24:51 | 23:36 | 25:06 | 24:22 | 25:36 | 25:08 | 26:24 | 25:08 | 26:36 | 27 |
| 26 25 | 21:32 21:35 | 24:34 | 21:20 21:23 | 24:24 | 21:20 21:23 | 24:24 | 22:19 | 24:29 | 22:19 | 24:38 | 23:39 | 24:54 | 23:39 | 25:09 25:12 | 24:25 24:28 | 25:39 25:42 | 25:11 25:14 | 26:27 26:30 | 25:11 25:14 | 26:39 26:42 | 29 |
| 24 | 21:35 | 24:37 | 21:23 | 24:27 | 21:23 | 24:27 | 22:22 | 24:32 | 22:22 | 24:41 | 23:42 | 25:00 | 23:42 | 25:12 | 24:28 | 25:42 | 25:14 | 26:30 | 25:14 | 26:42 | 24 |
| 23 | 21:40 | 24:43 | 21:28 | 24:33 | 21:28 | 24:33 | 22:27 | 24:38 | 22:27 | 24:47 | 23:47 | 25:03 | 23:47 | 25:18 | 24:33 | 25:48 | 25:19 | 26:36 | 25:19 | 26:48 | 23 |
| 22 | 21:43 | 24:46 | 21:31 | 24:36 | 21:31 | 24:36 | 22:30 | 24:41 | 22:30 | 24:50 | 23:50 | 25:06 | 23:50 | 25:21 | 24:36 | 25:51 | 25:22 | 26:39 | 25:22 | 26:51 | 2: |
| 21 | 21:46 | 24:48 | 21:34 | 24:38 | 21:34 | 24:38 | 22:33 | 24:43 | 22:33 | 24:52 | 23:53 | 25:08 | 23:53 | 25:23 | 24:39 | 25:53 | 25:25 | 26:41 | 25:25 | 26:53 | 2: |
| 20 | 21:49 | 24:51 | 21:37 | 24:41 | 21:37 | 24:41 | 22:36 | 24:46 | 22:36 | 24:55 | 23:56 | 25:11 | 23:56 | 25:26 | 24:42 | 25:56 | 25:28 | 26:44 | 25:28 | 26:56 | 20 |
| 19 | 21:52 | 24:54 | 21:40 | 24:44 | 21:40 | 24:44 | 22:39 | 24:49 | 22:39 | 24:58 | 23:59 | 25:14 | 23:59 | 25:29 | 24:45 | 25:59 | 25:31 | 26:47 | 25:31 | 26:59 | 19 |
| 18 | 21:54 | 24:57 | 21:42 | 24:47 | 21:42 | 24:47 | 22:41 | 24:52 | 22:41 | 25:01 | 24:01 | 25:17 | 24:01 | 25:32 | 24:47 | 26:02 | 25:33 | 26:50 | 25:33 | 27:02 | 18 |
| 17 | 21:57 | 25:00 | 21:45 | 24:50 | 21:45 | 24:50 | 22:44 | 24:55 | 22:44 | 25:04 | 24:04 | 25:20 | 24:04 | 25:35 | 24:50 | 26:05 | 25:36 | 26:53 | 25:36 | 27:05 | 17 |
| 16 | 22:00 | 25:03 | 21:48 | 24:53 | 21:48 | 24:53 | 22:47 | 24:58 | 22:47 | 25:07 | 24:07 | 25:23 | 24:07 | 25:38 | 24:53 | 26:08 | 25:39 | 26:56 | 25:39 | 27:08 | 10 |
| 15 | 22:03 | 25:06 | 21:51 | 24:56 | 21:51 | 24:56 | 22:50 | 25:01 | 22:50 | 25:10 | 24:10 | 25:26 | 24:10 | 25:41 | 24:56 | 26:11 | 25:42 | 26:59 | 25:42 | 27:11 | 15 |
| 14 | 22:06 | 25:09 | 21:54 | 24:59 | 21:54 | 24:59 | 22:53 | 25:04 | 22:53 | 25:13 | 24:13 | 25:29 | 24:13 | 25:44 | 24:59 | 26:14 | 25:45 | 27:02 | 25:45 | 27:14 | 14 |
| 13 12 | 22:08 | 25:12 25:15 | 21:56 21:59 | 25:02 25:05 | 21:56 21:59 | 25:02 25:05 | 22:55 22:58 | 25:07 25:10 | 22:55 | 25:16 25:19 | 24:15 24:18 | 25:32 25:35 | 24:15 24:18 | 25:47 25:50 | 25:01 25:04 | 26:17 | 25:47 25:50 | 27:05 27:08 | 25:47 25:50 | 27:17 27:20 | 1: |
| 11 | 22:11 | 25:18 | 22:02 | 25:08 | 22:02 | 25:08 | 23:01 | 25:10 | 23:01 | 25:22 | 24:21 | 25:38 | 24:21 | 25:53 | 25:04 | 26:23 | 25:53 | 27:11 | 25:53 | 27:23 | 1: |
| 10 | 22:17 | 25:20 | 22:05 | 25:10 | 22:05 | 25:10 | 23:04 | 25:15 | 23:04 | 25:24 | 24:24 | 25:40 | 24:24 | 25:55 | 25:10 | 26:25 | 25:56 | 27:13 | 25:56 | 27:25 | 10 |
| 9 | 22:19 | 25:23 | 22:07 | 25:13 | 22:07 | 25:13 | 23:06 | 25:18 | 23:06 | 25:27 | 24:26 | 25:43 | 24:26 | 25:58 | 25:12 | 26:28 | 25:58 | 27:16 | 25:58 | 27:28 | 9 |
| 8 | 22:22 | 25:26 | 22:10 | 25:16 | 22:10 | 25:16 | 23:09 | 25:21 | 23:09 | 25:30 | 24:29 | 25:46 | 24:29 | 26:01 | 25:15 | 26:31 | 26:01 | 27:19 | 26:01 | 27:31 | 8 |
| 7 | 22:25 | 25:29 | 22:13 | 25:19 | 22:13 | 25:19 | 23:12 | 25:24 | 23:12 | 25:33 | 24:32 | 25:49 | 24:32 | 26:04 | 25:18 | 26:34 | 26:04 | 27:22 | 26:04 | 27:34 | 7 |
| 6 | 22:28 | 25:32 | 22:16 | 25:22 | 22:16 | 25:22 | 23:15 | 25:27 | 23:15 | 25:36 | 24:35 | 25:52 | 24:35 | 26:07 | 25:21 | 26:37 | 26:07 | 27:25 | 26:07 | 27:37 | 6 |
| 5 | 22:31 | 25:35 | 22:19 | 25:25 | 22:19 | 25:25 | 23:18 | 25:30 | 23:18 | 25:39 | 24:38 | 25:55 | 24:38 | 26:10 | 25:24 | 26:40 | 26:10 | 27:28 | 26:10 | 27:40 | 5 |
| 4 | 22:33 | 25:38 | 22:21 | 25:28 | 22:21 | 25:28 | 23:20 | 25:33 | 23:20 | 25:42 | 24:40 | 25:58 | 24:40 | 26:13 | 25:26 | 26:43 | 26:12 | 27:31 | 26:12 | 27:43 | 4 |
| 3 | 22:36 | 25:41 | 22:24 | 25:31 | 22:24 | 25:31 | 23:23 | 25:36 | 23:23 | 25:45 | 24:43 | 26:01 | 24:43 | 26:16 | 25:29 | 26:46 | 26:15 | 27:34 | 26:15 | 27:46 | 3 |
| 2 | 22:39 | 25:44 | 22:27 | 25:34 | 22:27 | 25:34 | 23:26 | 25:39 | 23:26 | 25:48 | 24:46 | 26:04 | 24:46 | 26:19 | 25:32 | 26:49 | 26:18 | 27:37 | 26:18 | 27:49 | 2 |
| 0 | 22:42 22:45 | 25:47 25:50 | 22:30 | 25:37 25:40 | 22:30 | 25:37 25:40 | 23:29 | 25:42 25:45 | 23:29 | 25:51 25:54 | 24:49 24:52 | 26:07 26:10 | 24:49 24:52 | 26:22 26:25 | 25:35 25:38 | 26:52 26:55 | 26:21 | 27:40 27:43 | 26:21 | 27:52 27:55 | 0 |
| - 0 | 22:43 | 23:30 | 22:33 | 25:40 | 22:33 | 25:40 | | | | ay 2025 | | | | | 20:00 | 20:00 | 20:24 | 27:43 | 20:24 | 27:00 | |

| | Army Fitness Test Score Tables | | | | | | | | | | | | | | | | | | | |
|----------------|--|--|-------|-------|-------|-------|-------|---------|---------|--------|--------|----------|--------|-------|-------|-------|-------|-------|-------|-------|
| | Alternate Events (Go/No-Go) (Overall time for required distance - minutes and seconds) | | | | | | | | | | | | | | | | | | | |
| | 17- | 17-21 22-26 27-31 32-36 37-41 42-46 47-51 52-56 57-61 Over 6 | | | | | | | | | | | | | | | r 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 |
| 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 |
| l2 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 |
| | | | | | | | | Annrove | d-15 Ma | v 2025 | Effect | ivo 1 lu | ne 202 | 5 | | | | | | |

Approved: 15 May 2025 Effective: 1 June 202