Table 2-5.- PFT 3 Mile Run Altitude Compensation Tables
(at or above 4,500 feet mean sea level)

Male 3 Mile Run (Altitude)

Female 3 Mile Run (Altitude)

	Male 3 Mile Run (Altitude)								
			26-30				46-50	51+	
Max	19:30	19:30	19:30	19:30	19:30	20:00	20:30	21:00	
Min	29:10	29:10	29:30	29:50	30:10	30:50	31:30	34:30	
Min Pts	40	40	40	40	40	40	40	40	
Male 3 Mile Run (Altitude)									
Time	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+	
19:30	100	100	100	100	100				
19:40	99	99	99	99	99				
19:50	98	98	98	98	98				
20:00	97	97	97	97	97	100			
20:10	96	96	96	96	96	99			
20:20	95	95	95	95	95	98			
20:30	94	94	94	94	94	97	100		
20:40	93	93	93	93	93	96	99		
20:50	92	92	92	92	93	95	98		
21:00	91	91	91	91	92	94	97	100	
21:10	90	90	90	90	91	94	96	99	
21:20	89	89	89	89	90	93	95	99	
21:30	88	88	88	88	89	92	95	98	
21:40	87	87	87	87	88	91	94	97	
21:50	86	86	86	86	87	90	93	96	
22:00	84	84	85	85	86	89	92	96	
22:10	83	83	84	85	85	88	91	95	
22:20	82	82	83	84	84	87	90	94	
22:30	81	81	82	83	83	86	89	93	
22:40	80	80	81	82	82	85	88	93	
22:50	79	79	80	81	81	84	87	92	
23:00	78	78	79	80	80	83	86	91	
23:10	77	77	78	79	79	82	85	90	
23:20	76	76	77	78	78	82	85	90	
23:30	75	75	76	77	78	81	84	89	
23:40	74	74	75	76	77	80	83	88	
23:50	73	73	74	75	76	79	82	87	
24:00	72	72	73	74	75	78	81	87	
24:10	71	71	72	73	74	77	80	86	
24:20	70	70	71	72	73	76	79	85	
24:30	69	69	70	71	72	75	78	84	
24:40	68	68	69	70	71	74	77	84	
24:50	67	67	68	69	70	73	76	83	
25:00	66	66	67	68	69	72	75	82	
25:10	65	65	66	67	68	71	75	81	
25:20	64	64	65	66	67	70	74	81	
25:30	63	63	64	65	66	70	73	80	
25:40	62	62	63	64	65	69	72	79	
25:50	61	61	62	63	64	68	71	79	
26:00	60	60	61	62	63	67	70	78	
26:10	59	59	60	61	63	66	69	77	
26:20	58	58	59	60	62	65	68	76	
26:30	57	57	58	59	61	64	67	76	

	Female 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+	
Max	22:30	22:30	22:30	22:30	22:30	23:00	23:30	24:00	
Min	32:20	32:20	32:40	33:00	33:20	34:00	35:00	37:30	
Min Pts	40	40	40	40	40	40	40	40	
Female 3 Mile Run (Altitude)									
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+	
22:30	100	100	100	100	100				
22:40	99	99	99	99	99				
22:50	98	98	98	98	98				
23:00	97	97	97	97	97	100			
23:10	96	96	96	96	96	99			
23:20	95	95	95	95	95	98			
23:30	94	94	94	94	94	97	100		
23:40	93	93	93	93	94	96	99		
23:50	92	92	92	92	93	95	98		
24:00	91	91	91	91	92	95	97	100	
24:10	90	90	90	90	91	94	97	99	
24:20	89	89	89	90	90	93	96	99	
24:30	88	88	88	89	89	92	95	98	
24:40	87	87	87	88	88	91	94	97	
24:50	86	86	86	87	87	90	93	96	
25:00	85	85	85	86	86	89	92	96	
25:10	84	84	84	85	85	88	91	95	
25:20	83	83	83	84	84	87	90	94	
25:30	82	82	82	83	83	86	90	93	
25:40	81	81	81	82	82	85	89	93	
25:50	80	80	80	81	82	85	88	92	
26:00	79	79	79	80	81	84	87	91	
26:10	78	78	78	79	80	83	86	90	
26:20	77	77	77	78	79	82	85	90	
26:30	76	76	76	77	78	81	84	89	
26:40	75	75	75	76	77	80	83	88	
26:50	74	74	74	75	76	79	83	87	
27:00	73	73	73	74	75	78	82	87	
27:10	72	72	72	73	74	77	81	86	
27:20	71	71	71	72	73	76	80	85	
27:30	69	69	70	71	72	75	79	84	
27:40	68	68	70	70	71	75	78	84	
27:50	67	67	69	70	70	74	77	83	
28:00	66	66	68	69	70	73	77	82	
28:10	65	65	67	68	69	72	76	81	
28:20	64	64	66	67	68	71	75	81	
28:30	63	63	65	66	67	70	74	80	
28:40	62	62	64	65	66	69	73	79	
28:50	61	61	63	64	65	68	72	79	
29:00	60	60	62	63	64	67	71	78	
29:10	59	59	61	62	63	66	70	77	
29:20	58	58	60	61	62	65	70	76	
29:30	57	57	59	60	61	65	69	76	

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Max	19:30						_	21:00
Min	29:10	29:10			_			34:30
Min Pts	40	40	40	40	40	40	40	40
26:40	56	56	57	58	60	63	66	75
26:50	54	54	56	57	59	62	65	74
27:00	53	53	55	56	58	61	65	73
27:10	52	52	54	55	57	60	64	73
27:20	51	51	53	55	56	59	63	72
27:30	50	50	52	54	55	58	62	71
27:40	49	49	51	53	54	58	61	70
27:50	48	48	50	52	53	57	60	70
28:00	47	47	49	51	52	56	59	69
28:10	46	46	48	50	51	55	58	68
28:20	45	45	47	49	50	54	57	67
28:30	44	44	46	48	49	53	56	67
28:40	43	43	45	47	48	52	55	66
28:50	42	42	44	46	48	51	55	65
29:00	41	41	43	45	47	50	54	64
29:10	40	40	42	44	46	49	53	64
29:20			41	43	45	48	52	63
29:30		•	40	42	44	47	51	62
29:40		-		41	43	46	50	61
29:50				40	42	46	49	61
30:00				.5	41	45	48	60
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32:00 32:10						\dashv	+	51 50
32:10							\dashv	50
32:20							\dashv	50 40
32:30	—					\rightarrow	\dashv	49
32:40							\dashv	48
32:50						\dashv	\dashv	47
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33:10							\dashv	46
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34:10								41
34:20					\coprod			41
34:30								40

Male 3 Mile Run (Altitude)

	Female 3 Mile Run (Altitude)								
	17-20	21-25	26-30	31-35	36-40	41-45	46-50	51+	
Max	22:30	22:30	22:30	22:30	22:30	23:00	23:30	24:00	
Min	32:20	32:20	32:40	33:00	33:20	34:00	35:00	37:30	
Min Pts	40	40	40	40	40	40	40	40	

29:40	56	56	58	59	60	64	68	75
29:50	55	55	57	58	59	63	67	74
30:00	54	54	56	57	58	62	66	73
30:10	53	53	55	56	58	61	65	73
30:20	52	52	54	55	57	60	64	72
30:30	51	51	53	54	56	59	63	71
30:40	50	50	52	53	55	58	63	70
30:50	49	49	51	52	54	57	62	70
31:00	48	48	50	51	53	56	61	69
31:10	47	47	49	50	52	55	60	68
31:20	46	46	48	50	51	55	59	67
31:30	45	45	47	49	50	54	58	67
31:40	44	44	46	48	49	53	57	66
31:50	43	43	45	47	48	52	57	65
32:00	42	42	44	46	47	51	56	64
32:10	41	41	43	45	46	50	55	64
32:20	40	40	42	44	46	49	54	63
32:30			41	43	45	48	53	62
32:40			40	42	44	47	52	61
32:50				41	43	46	51	61
33:00				40	42	45	50	60
33:10					41	45	50	59
33:20					40	44	49	59
33:30						43	48	58
33:40						42	47	57
33:50						41	46	56
34:00						40	45	56
34:10							44	55
34:20							43	54
34:30							43	53
34:40							42	53
34:50							41	52
35:00							40	51
35:10								50
35:20								50
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35:40								48
35:50								47
36:00								47
36:10								46
36:20								45
36:30								44
36:40								44
36:50								43
37:00								42
37:10								41
37:20								41
37:30								40
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