



Army Fitness Test Score Tables																					
Hand-release Push-up (HRP) (number of correctly performed repetitions in 2 minutes)																					
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	58	53	61	50	62	48	60	47	59	43	57	40	55	38	51	36	46	24	43	24	100
99	57	48	59	45	60	45	58	44	57	41	55	38	53	37	50	34	43	23	41	23	99
98	55	44	57	44	58	43	57	42	55	39	53	37	51	35	48	33	40	22	39	22	98
97	54	42	56	42	57	42	55	40	54	38	52	36	50	34	47	32	38	21	37	21	97
96	53	40	55	40	55	40	54	39	53	37	51	35	49	33	46	31	37	20	35	20	96
95	52	38	53	39	54	39	53	38	51	35	49	33	48	32	45	30	35	19	34	19	95
94	51	36	52	38	53	37	52	36	50	34	48	32	46	31	44	29	34	18	33	18	94
93	49	35	51	36	52	36	51	35	49	33	47	31	45	30	43	28	33	---	31	---	93
92	48	34	50	35	51	35	49	34	48	32	46	30	44	29	42	27	31	17	30	17	92
91	47	33	49	34	49	34	48	33	47	31	45	---	43	28	41	---	30	16	29	16	91
90	46	32	48	33	48	33	47	32	46	30	44	29	42	---	40	26	29	15	26	15	90
89	45	31	46	32	47	32	46	31	45	29	43	28	41	27	39	25	26	14	24	14	89
88	44	30	45	31	46	31	45	30	44	28	42	27	40	26	38	24	25	---	---	---	88
87	43	29	44	30	45	30	44	29	42	27	41	26	39	25	37	---	24	---	23	---	87
86	42	28	43	29	44	29	43	28	41	---	40	25	38	24	36	23	23	---	---	13	86
85	41	27	42	28	43	28	42	27	40	26	39	---	37	---	35	22	---	---	22	---	85
84	40	26	41	27	42	27	41	26	39	25	38	24	36	23	34	---	22	13	21	---	84
83	---	25	40	26	41	26	40	25	38	24	37	23	35	22	33	21	21	---	20	---	83
82	39	---	39	25	39	25	39	24	37	23	36	22	34	---	32	20	20	---	19	---	82
81	38	24	38	24	38	24	37	---	36	---	35	---	33	21	31	---	19	---	18	---	81
80	37	23	37	23	37	23	36	23	35	22	34	21	32	20	30	19	18	---	17	---	80
79	36	22	36	---	36	---	35	22	34	21	33	20	31	---	29	---	---	---	16	12	79
78	35	21	35	22	35	22	34	21	33	---	32	---	30	19	28	18	17	---	---	---	78
77	34	---	34	21	34	21	33	---	32	20	31	19	29	---	27	---	---	12	15	---	77
76	33	20	32	20	33	20	32	20	31	19	30	---	28	18	26	17	16	---	14	---	76
75	32	---	31	---	32	---	31	19	30	---	29	18	27	17	---	---	15	---	---	---	75
74	31	---	30	19	31	19	30	---	29	18	28	17	26	---	25	16	---	---	13	---	74
73	30	19	29	18	30	18	29	18	28	17	26	---	25	16	24	---	14	---	---	---	73
72	29	---	28	---	29	---	28	17	27	---	25	16	24	---	23	15	---	---	---	---	72
71	---	---	27	17	28	17	27	---	25	16	24	---	23	15	22	---	13	---	12	---	71
70	28	18	26	16	26	16	26	16	24	---	23	15	22	---	21	14	---	---	---	---	70
69	26	---	25	---	25	---	25	---	23	15	22	---	21	14	20	---	---	---	---	11	69
68	25	15	24	15	24	15	24	15	22	---	21	14	20	---	19	13	12	---	11	---	68
67	24	---	23	---	23	---	22	14	21	14	20	---	19	---	18	---	---	11	---	---	67
66	23	14	22	14	22	14	21	---	20	---	19	13	18	13	17	---	---	---	---	---	66
65	22	---	21	13	21	---	20	13	19	13	18	---	17	---	16	12	11	---	---	---	65
64	21	13	19	---	20	13	19	---	18	---	17	12	16	12	15	---	---	---	---	---	64
63	19	---	18	12	18	---	18	12	17	12	16	---	15	---	14	11	---	---	---	---	63
62	18	12	17	---	17	12	16	---	15	---	15	11	14	11	13	---	---	---	---	---	62
61	17	---	15	---	15	---	15	---	14	11	13	---	12	---	11	---	---	---	---	---	61
60	15	11	14	11	14	11	13	11	12	10	11	10	11	10	10	10	10	10	10	10	60
50	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	50
40	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	40
30	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	30
20	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	20
10	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	10
0	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	0

Approved: 1 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																					





		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	
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	18:05	16:22	17:56	16:22	17:56	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	18:22	16:44	18:00	16:44	18:00	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	18:37	16:58	18:25	16:58	18:25	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	18:31	17:14	18:31	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	18:36	17:27	18:36	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	18:46	17:45	18:46	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	18:48	17:57	18:48	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	18:56	18:07	18:56	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	18:59	18:17	18:59	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	19:04	18:25	19:04	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	19:14	18:36	19:14	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	19:29	18:45	19:29	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	19:41	18:53	19:41	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	19:45	19:00	19:45	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	19:58	19:07	19:58	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	20:02	19:17	20:02	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	20:07	19:27	20:07	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	20:17	19:36	20:17	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	20:22	19:45	20:22	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	20:31	19:51	20:31	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	20:38	19:59	20:38	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	20:43	20:07	20:43	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	20:44	20:14	20:44	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	20:44	20:22	20:44	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	20:50	20:31	20:50	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	21:03	20:41	21:03	73	
72	18:18	20:45	18:21	20:46	---	20:50	18:23	20:57	---	21:00	---	21:14	---	21:37	---	22:22	20:46	21:15	20:46	21:15	72	
71	18:27	20:56	---	20:57	---	20:58	---	21:05	---	21:08	---	21:22	---	21:45	---	22:30	20:54	21:32	20:54	21:32	71	
70	18:35	21:06	18:23	21:00	18:23	21:00	18:30	21:13	18:35	21:16	18:55	21:30	19:30	21:40	20:20	22:38	21:00	21:40	21:00	21:40	70	
69	18:45	21:17	18:30	21:32	18:30	21:15	18:58	21:21	18:47	21:24	19:15	21:38	19:41	22:01	20:52	22:46	21:01	21:43	21:01	21:43	69	
68	18:54	21:28	18:39	21:40	18:39	21:23	19:06	21:29	19:04	21:32	19:36	21:46	20:02	22:09	21:03	22:54	21:19	21:59	21:19	22:02	68	
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	22:09	21:35	22:15	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	22:23	21:47	22:31	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	22:33	22:03	22:44	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	22:43	22:21	22:50	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	23:01	22:39	23:04	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	23:22	22:58	23:22	62	
61	19:54	---	---	---	---	22:31	20:18	22:35	20:24	22:38	21:31	22:53	21:59	23:15	---	24:01	23:12	24:05	23:12	24:11	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																							
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		
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	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		
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	23:51	21:43	24:00	23:03	24:16	23:03	24:31	23:49	25:01	24:35	25:49	24:35	26:01	39		
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		
37	21:01	24:02	20:49	23:52	20:49	23:52	21:48	23:57	21:48	24:06	23:08	24:22	23:08	24:37	23:54	25:07	24:40	25:55	24:40	26:07	37		
36	21:04	24:05	20:52	23:55	20:52	23:55	21:51	24:00	21:51	24:09	23:11	24:25	23:11	24:40	23:57	25:10	24:43	25:58	24:43	26:10	36		
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	35		
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	21:32	24:34	21:20	24:24	21:20	24:24	22:19	24:29	22:19	24:38	23:39	24:54	23:39	25:09	24:25	25:39	25:11	26:27	25:11	26:39	26		
25	21:35	24:37	21:23	24:27	21:23	24:27	22:22	24:32	22:22	24:41	23:42	24:57	23:42	25:12	24:28	25:42	25:14	26:30	25:14	26:42	25		
24	21:38	24:40	21:26	24:30	21:26	24:30	22:25	24:35	22:25	24:44	23:45	25:00	23:45	25:15	24:31	25:45	25:17	26:33	25:17	26:45	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	22		
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	21		
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	16		
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	22:08	25:12	21:56	25:02	21:56	25:02	22:55	25:07	22:55	25:16	24:15	25:32	24:15	25:47	25:01	26:17	25:47	27:05	25:47	27:17	13		
12	22:11	25:15	21:59	25:05	21:59	25:05	22:58	25:10	22:58	25:19	24:18	25:35	24:18										



		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: 1 May 2025    Effective: 1 June 2025																			