

Attachment 3

ALTITUDE TIME CORRECTION FOR 1.5 MILE RUN, 2.0 KILOMETER WALK, AND 20-METER HAMR

Table A3.1. Altitude Time Correction for 1.5. Mile Run.

	Group 1	Group 2	Group 3	Group 4
	Test altitude	Test altitude	Test altitude	Test altitude
	between	between	between	at or greater than
	5250 ft - 5499 ft	5500 ft - 5999 ft	6000 ft - 6599 ft	6600 ft
1.5-Mile Run Time	Altitude correction	Altitude correction	Altitude correction	Altitude correction
(min:sec)	(sec)	(sec)	(sec)	(sec)
≤ 9:12	0:02	0:06	0:11	0:18
9:13 - 9:22	0:02	0:06	0:11	0:18
9:23 - 9:34	0:02	0:06	0:11	0:19
9:35 - 9:45	0:02	0:07	0:12	0:20
9:46 - 9:58	0:02	0:07	0:12	0:20
9:59 - 10:10	0:02	0:07	0:12	0:20
10:11 - 10:23	0:02	0:07	0:12	0:21
10:24 - 10:37	0:02	0:07	0:12	0:21
10:38 - 10:51	0:02	0:08	0:13	0:22
10:52 - 11:06	0:02	0:08	0:13	0:22
11:07 - 11:22	0:02	0:08	0:13	0:22
11:23 - 11:38	0:03	0:08	0:14	0:23
11:39 - 11:56	0:03	0:09	0:15	0:24
11:57 - 12:14	0:03	0:09	0:15	0:25
12:15 - 12:33	0:03	0:09	0:15	0:26
12:34 - 12:53	0:03	0:09	0:16	0:26
12:54 - 13:14	0:03	0:09	0:16	0:27
13:15 - 13:36	0:03	0:10	0:16	0:28
13:37 - 14:00	0:03	0:10	0:17	0:28
14:01 - 14:25	0:03	0:10	0:17	0:29
14:26 - 14:52	0:03	0:11	0:18	0:31
14:53 - 15:20	0:03	0:11	0:18	0:31
15:21 - 15:50	0:04	0:11	0:19	0:32
15:51 - 16:22	0:04	0:12	0:20	0:34
16:23 - 16:57	0:05	0:13	0:21	0:36
16:58 - 17:34	0:05	0:13	0:22	0:37
17:35 - 18:14	0:05	0:14	0:23	0:38
18:15 - 18:56	0:05	0:14	0:24	0:40
18:57 - 19:43	0:05	0:15	0:25	0:42
19:44 - 20:33	0:05	0:15	0:26	0:43
20:34 - 21:28	0:06	0:17	0:28	0:46
21:29 - 22:28	0:06	0:18	0:29	0:49
22:29 - 23:34	0:06	0:18	0:31	0:51
23:35 - 24:46	0:06	0:19	0:32	0:54
24:47 - 26:06	0:07	0:20	0:34	0:57
≥ 26:07	0:08	0:22	0:37	1:02

Table A3.2. Altitude Time Correction for 2.0 Kilometer Walk (Male).

Age (yrs)	2.0 km Maximum Walk Time (min:secs)	Group 1	Group 2	Group 3	Group 4
		5250 ft – 5500 ft 2.0 km Maximum Walk Time (min:secs)	5500 ft – 6000 ft 2.0 km Maximum Walk Time (min:secs)	6000 ft – 6600 ft 2.0 km Maximum Walk Time (min:secs)	> 6600 ft 2.0 km Maximum Walk Time (min:secs)
< 30	16:16	16:18	16:22	16:25	16:31
30 - 39	16:18	16:20	16:24	16:27	16:33
40 - 49	16:23	16:25	16:28	16:31	16:37
50 - 59	16:40	16:42	16:45	16:48	16:53
60 +	16:58	16:59	17:02	17:05	17:10

Table A3.3. Altitude Time Correction for 2.0 Kilometer Walk (Female).

Age (yrs)	2.0 km Maximum Walk Time (min:secs)	Group 1	Group 2	Group 3	Group 4
		5250 ft – 5500 ft 2.0 km Maximum Walk Time (min:secs)	5500 ft – 6000 ft 2.0 km Maximum Walk Time (min:secs)	6000 ft – 6600 ft 2.0 km Maximum Walk Time (min:secs)	> 6600 ft 2.0 km Maximum Walk Time (min:secs)
< 30	17:22	17:25	17:30	17:34	17:42
30 - 39	17:28	17:30	17:35	17:40	17:47
40 - 49	17:49	17:52	17:56	18:00	18:07
50 - 59	18:11	18:13	18:17	18:21	18:28
60 +	18:53	18:54	18:58	19:02	19:08

Table A3.4. Altitude Time Correction for HAMR.

Group 1	Group 2	Group 3	Group 4
5250 ft – 5500 ft	5500 ft – 6000 ft	6000 ft – 6600 ft	> 6600 ft
Add 1 Shuttle	Add 2 Shuttles	Add 3 Shuttles	Add 4 Shuttles