

Distance in metres

### Males

<b>Rating</b>	<b>13-14</b>	<b>15-16</b>	<b>17-19</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>&gt;50</b>
Poor	<2100m	<2200m	<2300m	<1600m	<1500m	<1400m	<1300m
Below Average	2100-2199m	2200-2299m	2300-2499m	1600-2199m	1500-1899m	1400-1699m	1300-1599m
Average	2200-2399m	2300-2499m	2500-2699m	2200-2399m	1900-2299m	1700-2099m	1600-1999m
Above Average	2400-2700m	2500-2800m	2700-3000m	2400-2800m	2300-2700m	2100-2500m	2000-2400m
Excellent	>2700m	>2800m	>3000m	>2800m	>2700m	>2500m	>2400m

### Females

<b>Rating</b>	<b>13-14</b>	<b>15-16</b>	<b>17-19</b>	<b>20-29</b>	<b>30-39</b>	<b>40-49</b>	<b>&gt;50</b>
Poor	<1500m	<1600m	<1700m	<1500m	<1400m	<1200m	<1100m
Below Average	1500-1599m	1600-1699m	1700-1799m	1500-1799m	1400-1699m	1200-1499m	1100-1399m
Average	1600-1899m	1700-1999m	1800-2099m	1800-2199m	1700-1999m	1500-1899m	1400-1699m
Above Average	1900-2000m	2000-2100m	2100-2300m	2200-2700m	2000-2500m	1900-2300m	1700-2200m
Excellent	>2000m	>2100m	>2300m	>2700m	>2500m	2300m	>2200m

Source: <http://www.brianmac.co.uk/gentest.htm>