

Rating	Time (Males)
Poor	> 77 seconds
Below Average	71.1 - 77 seconds
Average	65.1 - 71 seconds
Above Average	59.1 - 65 seconds
Good	54.1 - 59 seconds
Very Good	48 - 54 seconds
Excellent	< 48 seconds

Source: <http://www.topendsports.com/testing/tests/300m-run.htm>