

Health Promotion Board Standards – Walk and Run

2.4km Run Test

Male & Female Fitness Index = $(483/\text{time in minutes} + 3.5)/3.5$

		Men Run	Women Run	Men 2K Walk Pace	Women 2K Walk Pace
20 - 39	BRONZE	< 10.4	< 8.2	>17:10	>19:30
	SILVER	10.4 – 13.1	8.2 – 10.4	15:20-17:10	17:10-19:30
	GOLD	> 13.1	> 10.4	<15:20	<17:10
40 - 49	BRONZE	< 9.9	< 7.6	>17:40	>19:40
	SILVER	9.9 – 12.2	7.6 – 9.4	16:00-17:40	18:00-19:40
	GOLD	> 12.2	> 9.4	<16:00	<18:00
50 - 59	BRONZE	< 8.5	< 6.7	>19:00	>21:30
	SILVER	8.5 – 10.8	6.7 – 8.5	17:00-19:00	19:00-21:30
	GOLD	> 10.8	> 8.5	<17:00	<19:00
60-69	BRONZE	< 7.2	< 5.8	>20:00	>25:30
	SILVER	7.2 – 9.5	5.8 – 7.6	18:00-20:00	19:40-25:30
	GOLD	> 9.5	> 7.6	<18:00	<19:40