





















**USAF Physical Fitness Readiness Assessment Scoring****USAF Fitness Assessment Scoring 2.0 Kilometer Walk Male & Female**

<b>Male Standards</b>		<b>Female Standards</b>	
<b>Age (yrs)</b>	<b>Maximum Time (min:secs)</b>	<b>Age (yrs)</b>	<b>Maximum Time (min:secs)</b>
<b>&lt; 30</b>	<b>16:16</b>	<b>&lt; 30</b>	<b>17:22</b>
<b>30-39</b>	<b>16:18</b>	<b>30-39</b>	<b>17:28</b>
<b>40-49</b>	<b>16:23</b>	<b>40-49</b>	<b>17:49</b>
<b>50-59</b>	<b>16:40</b>	<b>50-59</b>	<b>18:11</b>
<b>60+</b>	<b>16:58</b>	<b>60+</b>	<b>18:53</b>