

## Reference table for VO2 max in ml/kg/min.

### MEN

Age	15-17	18-23	24-29	30-39	40-49	50-59
Very poor	< 32	< 31	< 30	< 27	< 24	< 21
Poor	33-39	32-38	31-36	28-34	25-30	22-27
Under Avg.	40-46	39-43	37-42	35-39	31-35	28-32
Average	47-52	44-51	43-48	40-45	36-40	33-36
Good	53-58	52-57	49-54	46-49	41-45	37-39
Very Good	59-64	58-63	55-59	50-56	46-48	40-44
Excellent	> 65	> 64	> 60	> 57	> 49	> 45

### WOMEN

Age	15-17	18-23	24-29	30-39	40-49	50-59
Very Poor	< 29	< 28	< 26	< 24	< 21	< 18
Poor	30-34	29-33	27-31	25-28	22-25	19-21
Under Avg.	35-39	34-38	32-36	29-33	26-28	22-25
Average	40-45	39-44	37-40	34-37	29-33	26-28
Good	46-49	45-48	41-45	38-41	34-37	29-31
Very Good	50-55	49-54	46-49	42-45	38-39	32-35
Excellent	> 56	> 55	> 50	> 46	> 40	> 36

NB: The Astrand test is a useful sub-maximum test which uses extrapolation and after some recalculation gives a oxygen intake number (VO2 max) in total liters per minute. This means you still have to divide by the body weight.