

Conversion table VO2max from Cooper test and Shuttle run test

VO2 max	Cooper in meters	Shuttle in traps
28	1600	2
34	2000	4
42	2400	7
55	2600	11
57	2700	11½
58	2800	12
60	2900	12½
62	3000	13
63	3100	13½
65	3200	14
67	3300	15
68	3400	15½
70	3500	16

NB: The Coopertest is more suitable for long distance athletes,
The shuttle run test is more appropriate for teamsports.