

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

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