USAF Physical Fitness Readiness Assessment Scoring

2 MILE RUN SCORING STANDARDS (min:sec)

Points	Under 25		25-29		30-34		35-39		40-44		45-49		50-54		55-59		60 and Over		Points
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	
50.0	≤ 13:25	≤ 15:30	≤ 13:35	≤ 15:55	≤ 13:42	≤ 16:10	≤ 13:56	≤ 16:12	≤ 14:05	≤ 16:45	≤ 14:30	≤ 16:55	≤ 15:09	≤ 17:10	≤ 15:28	≤ 17:43	≤ 16:58	≤ 18:20	50.0
49.5	13:44	16:00	13:54	16:24	14:03	16:40	14:18	16:43	14:29	17:15	14:54	17:26	15:32	17:43	15:52	18:16	17:19	18:54	49.5
49.0	14:03	16:29	14:13	16:54	14:24	17:11	14:40	17:14	14:53	17:46	15:18	17:57	15:55	18:16	16:17	18:49	17:40	19:28	49.0
48.0	14:22	16:59	14:32	17:23	14:45	17:41	15:02	17:45	15:17	18:16	15:42	18:28	16:18	18:48	16:41	19:22	18:01	20:02	48.0
47.0	14:41	17:29	14:51	17:52	15:06	18:11	15:24	18:16	15:41	18:46	16:05	18:59	16:41	19:21	17:06	19:54	18:22	20:36	47.0
46.0	15:00	17:58	15:10	18:21	15:28	18:41	15:46	18:47	16:05	19:17	16:29	19:30	17:04	19:54	17:30	20:27	18:44	21:10	46.0
45.0	15:19	18:28	15:29	18:51	15:49	19:12	16:08	19:17	16:29	19:47	16:53	20:01	17:27	20:27	17:54	21:00	19:05	21:44	45.0
44.0	15:38	18:58	15:48	19:20	16:10	19:42	16:30	19:48	16:53	20:17	17:17	20:32	17:50	20:59	18:19	21:33	19:26	22:18	44.0
43.0	15:57	19:27	16:07	19:49	16:31	20:12	16:52	20:19	17:17	20:48	17:41	21:03	18:13	21:32	18:43	22:06	19:47	22:52	43.0
42.0	16:16	19:57	16:26	20:18	16:52	20:42	17:14	20:50	17:41	21:18	18:05	21:34	18:36	22:05	19:08	22:39	20:08	23:26	42.0
41.0	16:35	20:27	16:45	20:48	17:13	21:13	17:36	21:21	18:05	21:49	18:29	22:05	19:00	22:38	19:32	23:12	20:29	24:00	41.0
40.0	16:54	20:56	17:04	21:17	17:34	21:43	17:58	21:52	18:28	22:19	18:52	22:36	19:23	23:10	19:56	23:44	20:50	24:34	40.0
39.0	17:13	21:26	17:23	21:46	17:55	22:13	18:20	22:23	18:52	22:49	19:16	23:07	19:46	23:43	20:21	24:17	21:11	25:08	39.0
38.5	17:32	21:55	17:42	22:15	18:16	22:43	18:42	22:54	19:16	23:20	19:40	23:38	20:09	24:16	20:45	24:50	21:32	25:42	38.5
38.0	17:51	22:25	18:01	22:45	18:37	23:14	19:04	23:25	19:40	23:50	20:04	24:09	20:32	24:49	21:10	25:23	21:53	26:16	38.0
37.5	18:10	22:55	18:20	23:14	18:59	23:44	19:26	23:56	20:04	24:20	20:28	24:40	20:55	25:21	21:34	25:56	22:15	26:50	37.5
37.0	18:29	23:24	18:39	23:43	19:20	24:14	19:48	24:26	20:28	24:51	20:52	25:11	21:18	25:54	21:58	26:29	22:27	27:24	37.0
36.5	18:48	23:54	18:58	24:12	19:41	24:44	20:10	24:57	20:52	25:21	21:15	25:42	21:41	26:27	22:23	27:01	22:36	27:58	36.5
36.0	19:07	24:24	19:17	24:42	20:02	25:15	20:32	25:28	21:16	25:51	21:39	26:13	22:04	27:00	22:47	27:34	23:18	28:32	36.0
35.5	19:36	24:53	19:36	25:11	20:23	25:45	20:54	25:59	21:40	26:22	22:03	26:44	22:27	27:32	23:12	28:07	23:39	29:06	35.5
35.0	19:45*	25:23*	19:55*	25:40*	20:44*	26:15*	21:16*	26:30*	22:04*	26:52*	22:27*	27:15*	22:50*	28:05*	23:36*	28:40*	24:00*	29:40*	35.0