

Army Fitness Test Score Tables																						
Hand-release Push-up (HRP) (number of correctly performed repetitions in 2 minutes)																						
Points	17-21			22-26			27-31			32-36			37-41			42-46			47-51			Points
	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	
100	58	53		61	50	62	48	60	47	59	43	57	40	55	38	51	36	46	24	43	24	100
99	57	48		59	45	60	45	58	44	57	41	55	38	53	37	50	34	43	23	41	23	99
98	55	44		57	44	58	43	57	42	55	39	53	37	51	35	48	33	40	22	39	22	98
97	54	42		56	42	57	42	55	40	54	38	52	36	50	34	47	32	38	21	37	21	97
96	53	40		55	40	55	40	54	39	53	37	51	35	49	33	46	31	37	20	35	20	96
95	52	38		53	39	54	39	53	38	51	35	49	33	48	32	45	30	35	19	34	19	95
94	51	36		52	38	53	37	52	36	50	34	48	32	46	31	44	29	34	18	33	18	94
93	49	35		51	36	52	36	51	35	49	33	47	31	45	30	43	28	33	---	31	---	93
92	48	34		50	35	51	35	49	34	48	32	46	30	44	29	42	27	31	17	30	17	92
91	47	33		49	34	49	34	48	33	47	31	45	---	43	28	41	---	30	16	29	16	91
90	46	32		48	33	48	33	47	32	46	30	44	29	42	---	40	26	29	15	26	15	90
89	45	31		46	32	47	32	46	31	45	29	43	28	41	27	39	25	26	14	24	14	89
88	44	30		45	31	46	31	45	30	44	28	42	27	40	26	38	24	25	---	---	---	88
87	43	29		44	30	45	30	44	29	42	27	41	26	39	25	37	---	24	---	23	---	87
86	42	28		43	29	44	29	43	28	41	---	40	25	38	24	36	23	23	---	---	13	86
85	41	27		42	28	43	28	42	27	40	26	39	---	37	---	35	22	---	---	22	---	85
84	40	26		41	27	42	27	41	26	39	25	38	24	36	23	34	---	22	13	21	---	84
83	---	25		40	26	41	26	40	25	38	24	37	23	35	22	33	21	21	---	20	---	83
82	39	---		39	25	39	25	39	24	37	23	36	22	34	---	32	20	20	---	19	---	82
81	38	24		38	24	38	24	37	---	36	---	35	---	33	21	31	---	19	---	18	---	81
80	37	23		37	23	37	23	36	23	35	22	34	21	32	20	30	19	18	---	17	---	80
79	36	22		36	---	36	---	35	22	34	21	33	20	31	---	29	---	---	---	16	12	79
78	35	21		35	22	35	22	34	21	33	---	32	---	30	19	28	18	17	---	---	---	78
77	34	---		34	21	34	21	33	---	32	20	31	19	29	---	27	---	---	12	15	---	77
76	33	20		32	20	33	20	32	20	31	19	30	---	28	18	26	17	16	---	14	---	76
75	32	---		31	---	32	---	31	19	30	---	29	18	27	17	---	---	15	---	---	---	75
74	31	---		30	19	31	19	30	---	29	18	28	17	26	---	25	16	---	---	13	---	74
73	30	19		29	18	30	18	29	18	28	17	26	---	25	16	24	---	14	---	---	---	73
72	29	---		28	---	29	---	28	17	27	---	25	16	24	---	23	15	---	---	---	---	72
71	---	---		27	17	28	17	27	---	25	16	24	---	23	15	22	---	13	---	12	---	71
70	28	18		26	16	26	16	26	16	24	---	23	15	22	---	21	14	---	---	---	---	70
69	26	---		25	---	25	---	25	---	23	15	22	---	21	14	20	---	---	---	---	11	69
68	25	15		24	15	24	15	24	15	22	---	21	14	20	---	19	13	12	---	11	---	68
67	24	---		23	---	23	---	22	14	21	14	20	---	19	---	18	---	---	11	---	---	67
66	23	14		22	14	22	14	21	---	20	---	19	13	18	13	17	---	---	---	---	---	66
65	22	---		21	13	21	---	20	13	19	13	18	---	17	---	16	12	11	---	---	---	65
64	21	13		19	---	20	13	19	---	18	---	17	12	16	12	15	---	---	---	---	---	64
63	19	---		18	12	18	---	18	12	17	12	16	---	15	---	14	11	---	---	---	---	63
62	18	12		17	---	17	12	16	---	15	---	15	11	14	11	13	---	---	---	---	---	62
61	17	---		15	---	15	---	15	---	14	11	13	---	12	---	11	---	---	---	---	---	61
60	15	11		14	11	14	11	13	11	12	10	11	10	11	10	10	10	10	10	10	10	60
50	9	9		9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	9	50
40	8	8		8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	40
30	7	7		7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	7	30
20	6	6		6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	6	20
10	5	5		5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	5	10
0	4	4		4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	4	0

Approved: 1 May 2025 Effective: 1 June 2025

Army Fitness Test Score Tables																															
Sprint / Drag / Carry																															
	17-21			22-26			27-31			32-36			37-41			42-46			47-51			52-56			57-61			Over 62			
Points	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	Points
100	1:29	1:55	1:30	1:55	1:30	1:55	1:33	1:59	1:36	2:02	1:40	2:09	1:45	2:11	1:52	2:18	1:58	2:26	2:09	2:26	2:09	2:26	100								
99	1:31	1:59	1:32	1:56	1:31	1:57	1:34	2:01	1:37	2:04	1:42	2:10	1:46	2:13	1:55	2:21	2:02	2:28	2:12	2:28	99										
98	1:34	2:02	1:33	2:00	1:34	2:01	1:37	2:05	1:40	2:10	1:44	2:15	1:50	2:22	1:57	2:28	2:03	2:34	---	2:34	98										
97	1:35	2:05	1:34	2:02	1:35	2:04	1:38	2:08	1:42	2:11	1:46	2:17	1:52	2:24	2:00	2:30	2:06	2:39	2:13	2:39	97										
96	1:36	2:06	1:36	2:05	1:37	2:06	1:40	2:10	1:43	2:14	1:48	2:18	1:54	2:26	2:01	2:32	2:08	2:41	---	2:41	96										
95	1:37	2:08	1:37	2:06	1:38	2:08	1:41	2:11	1:45	2:15	1:49	2:20	1:55	2:28	2:03	2:35	2:09	2:44	2:14	2:44	95										
94	1:39	2:10	1:39	2:09	1:40	2:10	1:43	2:14	1:47	2:18	1:51	2:23	1:57	2:30	2:05	2:38	2:11	2:45	2:15	2:45	94										
93	1:40	2:12	1:40	2:10	1:41	2:12	1:44	2:15	1:48	2:20	1:52	2:25	1:59	2:31	2:06	2:40	2:13	2:46	2:16	2:46	93										
92	1:41	2:13	1:41	2:12	1:42	2:13	1:45	2:17	1:49	2:21	1:53	2:27	2:00	2:33	2:07	2:41	2:15	2:48	---	2:48	92										
91	1:42	2:14	1:42	2:13	1:43	2:15	1:46	2:18	1:50	2:23	1:54	2:28	2:01	2:35	2:09	2:42	2:16	2:52	---	2:52	91										
90	1:43	2:16	1:43	2:15	1:45	2:16	1:48	2:20	1:52	2:25	1:56	2:30	2:02	2:37	2:10	2:44	2:17	2:54	---	2:54	90										
89	1:44	2:17	1:44	2:16	1:46	2:18	1:49	2:21	1:53	2:26	1:57	2:31	2:03	2:38	2:11	2:45	2:19	2:55	2:17	2:55	89										
88	1:45	2:18	1:45	2:18	1:47	2:19	1:50	2:23	1:54	2:27	1:58	2:33	2:05	2:40	2:13	2:46	2:20	2:57	2:18	2:57	88										
87	1:46	2:20	1:46	2:20	1:48	2:20	1:51	2:24	1:55	2:29	1:59	2:35	2:06	2:41	2:14	2:48	2:21	2:58	2:19	2:58	87										
86	1:47	2:21	1:47	2:21	1:49	2:22	1:52	2:26	1:56	2:30	2:00	2:36	2:07	2:42	2:15	2:50	2:22	2:59	2:20	2:59	86										
85	1:48	2:22	1:48	2:22	1:50	2:23	1:53	2:27	1:57	2:31	2:01	2:37	2:08	2:44	2:16	2:51	2:23	3:00	2:21	3:00	85										
84	1:49	2:23	1:49	2:23	1:51	2:24	1:54	2:28	1:58	2:32	2:02	2:38	2:09	2:45	2:17	2:52	2:24	3:01	2:22	3:01	84										
83	1:50	2:24	1:50	2:25	1:52	2:26	1:55	2:30	1:59	2:34	2:04	2:40	2:10	2:46	2:19	2:54	2:26	3:02	2:23	3:02	83										
82	1:51	2:25	1:51	2:26	1:53	2:27	1:56	2:31	2:00	2:35	2:05	2:41	2:12	2:47	2:20	2:55	2:27	3:03	2:24	3:03	82										
81	1:52	2:26	1:52	2:27	1:54	2:28	1:57	2:32	2:01	2:36	2:06	2:42	2:13	2:48	2:21	2:57	2:28	3:04	2:27	3:04	81										
80	1:53	2:28	1:53	2:29	1:55	2:29	1:58	2:34	2:02	2:38	2:07	2:44	2:14	2:50	2:23	2:58	2:29	3:07	2:32	3:07	80										
79	1:54	2:29	1:54	2:30	1:56	2:30	1:59	2:35	2:03	2:39	2:08	2:45	2:15	2:51	2:23	2:59	2:30	3:08	2:33	3:08	79										
78	1:55	2:30	1:55	2:31	1:57	2:31	2:00	2:36	2:04	2:40	2:09	2:46	2:16	2:52	2:25	3:00	2:31	3:09	2:35	3:09	78										
77	1:56	2:31	1:56	2:32	1:58	2:32	2:01	2:37	2:05	2:42	2:10	2:47	2:17	2:54	2:26	3:02	2:33	3:11	2:36	3:11	77										
76	1:57	2:33	1:58	2:34	1:59	2:34	2:02	2:39	2:07	2:43	2:12	2:49	2:19	2:56	2:28	3:05	2:35	3:17	2:38	3:17	76										
75	1:58	2:34	1:59	2:35	2:00	2:36	2:03	2:40	2:08	2:45	2:13	2:50	2:20	2:57	2:29	3:07	2:36	3:21	2:41	3:21	75										
74	1:59	2:35	2:00	2:37	2:01	2:37	2:04	2:41	2:09	2:46	2:14	2:52	2:21	2:58	2:30	3:09	2:37	3:25	2:43	3:25	74										
73	2:00	2:37	2:01	2:38	2:02	2:38	2:05	2:43	2:10	2:47	2:15	2:53	2:23	2:59	2:31	3:10	2:38	3:32	2:44	3:32	73										
72	2:01	2:39	2:02	2:40	2:04	2:40	2:07	2:45	2:12	2:49	2:17	2:55	2:25	3:00	2:32	3:13	2:40	3:34	2:46	3:34	72										
71	2:02	2:40	2:03	2:42	2:05	2:41	2:08	2:46	2:13	2:50	2:18	2:56	2:26	3:02	2:34	3:16	2:42	3:35	2:47	3:35	71										
70	2:03	2:41	2:05	2:43	2:06	2:43	2:10	2:47	2:14	2:52	2:20	2:58	2:27	3:05	2:35	3:19	2:43	3:36	2:49	3:36	70										
69	2:04	2:44	2:07	2:45	2:08	2:45	2:11	2:50	2:16	2:55	2:22	3:00	2:29	3:08	2:37	3:25	2:45	3:40	2:52	3:40	69										
68	2:06	2:45	2:08	2:47	2:10	2:47	2:13	2:51	2:18	2:56	2:23	3:01	2:30	3:10	2:38	3:27	2:47	3:41	2:56	3:41	68										
67	2:07	2:47	2:10	2:49	2:11	2:49	2:15	2:53	2:20	2:58	2:25	3:02	2:32	3:14	2:40	3:29	2:48	3:43	2:57	3:43	67										
66	2:08	2:49	2:11	2:51	2:13	2:51	2:16	2:55	2:21	3:00	2:26	3:06	2:34	3:16	2:41	3:33	2:50	3:46	3:00	3:46	66										
65	2:11	2:53	2:14	2:54	2:15	2:54	2:19	2:58	2:24	3:02	2:29	3:10	2:37	3:21	2:44	3:38	2:53	3:54	3:03	3:54	65										
64	2:13	2:55	2:16	2:57	2:17	2:56	2:21	3:00	2:26	3:05	2:31	3:12	2:39	3:24	2:46	3:42	2:55	4:00	3:09	4:00	64										
63	2:15	2:58	2:18	2:59	2:20	2:59	2:24	3:02	2:28	3:09	2:33	3:17	2:41	3:29	2:48	3:45	2:57	4:08	3:11	4:08	63										
62	2:17	3:00	2:21	3:01	2:22	3:00	2:26	3:06	2:31	3:13	2:36	3:21	2:44	3:32	2:50	3:50	2:59	4:16	3:12	4:16	62										
61	2:22	3:08	2:26	3:09	2:28	3:07	2:31	3:15	2:36	3:21	2:41	3:31	2:48	3:42	2:57	3:58	3:04	4:21	3:14	4:21	61										
60	2:28	3:15	2:31	3:15	2:32	3:15	2:36	3:22	2:41	3:27	2:45	3:42	2:53	3:51	3:00	4:03	3:12	4:48	3:16	4:48	60										

Approved: 1 May 2025 Effective: 1 June 2025

	Army Fitness Test Score Tables																														
	Sprint / Drag / Carry																														
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62												
Points	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	Points									
60	2:28	3:15		2:31	3:15		2:32	3:15		2:36	3:22		2:41	3:27		2:45	3:42		2:53	3:51		3:00	4:03		3:12	4:48		3:16	4:48		60
59	2:29	3:16		2:32	3:16		2:33	3:16		2:37	3:23		2:42	3:28		2:46	3:43		2:54	3:52		3:01	4:04		3:13	4:49		3:17	4:49		59
58	2:30	3:17		2:33	3:17		2:34	3:17		2:38	3:24		2:43	3:29		2:47	3:44		2:55	3:53		3:02	4:05		3:14	4:50		3:18	4:50		58
57	2:31	3:18		2:34	3:18		2:35	3:18		2:39	3:25		2:44	3:30		2:48	3:45		2:56	3:54		3:03	4:06		3:15	4:51		3:19	4:51		57
56	2:32	3:19		2:35	3:19		2:36	3:19		2:40	3:26		2:45	3:31		2:49	3:46		2:57	3:55		3:04	4:07		3:16	4:52		3:20	4:52		56
55	2:33	3:20		2:36	3:20		2:37	3:20		2:41	3:27		2:46	3:32		2:50	3:47		2:58	3:56		3:05	4:08		3:17	4:53		3:21	4:53		55
54	2:34	3:21		2:37	3:21		2:38	3:21		2:42	3:28		2:47	3:33		2:51	3:48		2:59	3:57		3:06	4:09		3:18	4:54		3:22	4:54		54
53	2:35	3:22		2:38	3:22		2:39	3:22		2:43	3:29		2:48	3:34		2:52	3:49		3:00	3:58		3:07	4:10		3:19	4:55		3:23	4:55		53
52	2:36	3:23		2:39	3:23		2:40	3:23		2:44	3:30		2:49	3:35		2:53	3:50		3:01	3:59		3:08	4:11		3:20	4:56		3:24	4:56		52
51	2:37	3:24		2:40	3:24		2:41	3:24		2:45	3:31		2:50	3:36		2:54	3:51		3:02	4:00		3:09	4:12		3:21	4:57		3:25	4:57		51
50	2:38	3:25		2:41	3:25		2:42	3:25		2:46	3:32		2:51	3:37		2:55	3:52		3:03	4:01		3:10	4:13		3:22	4:58		3:26	4:58		50
49	2:39	3:26		2:42	3:26		2:43	3:26		2:47	3:33		2:52	3:38		2:56	3:53		3:04	4:02		3:11	4:14		3:23	4:59		3:27	4:59		49
48	2:40	3:27		2:43	3:27		2:44	3:27		2:48	3:34		2:53	3:39		2:57	3:54		3:05	4:03		3:12	4:15		3:24	5:00		3:28	5:00		48
47	2:41	3:28		2:44	3:28		2:45	3:28		2:49	3:35		2:54	3:40		2:58	3:55		3:06	4:04		3:13	4:16		3:25	5:01		3:29	5:01		47
46	2:42	3:29		2:45	3:29		2:46	3:29		2:50	3:36		2:55	3:41		2:59	3:56		3:07	4:05		3:14	4:17		3:26	5:02		3:30	5:02		46
45	2:43	3:30		2:46	3:30		2:47	3:30		2:51	3:37		2:56	3:42		3:00	3:57		3:08	4:06		3:15	4:18		3:27	5:03		3:31	5:03		45
44	2:44	3:31		2:47	3:31		2:48	3:31		2:52	3:38		2:57	3:43		3:01	3:58		3:09	4:07		3:16	4:19		3:28	5:04		3:32	5:04		44
43	2:45	3:32		2:48	3:32		2:49	3:32		2:53	3:39		2:58	3:44		3:02	3:59		3:10	4:08		3:17	4:20		3:29	5:05		3:33	5:05		43
42	2:46	3:33		2:49	3:33		2:50	3:33		2:54	3:40		2:59	3:45		3:03	4:00		3:11	4:09		3:18	4:21		3:30	5:06		3:34	5:06		42
41	2:47	3:34		2:50	3:34		2:51	3:34		2:55	3:41		3:00	3:46		3:04	4:01		3:12	4:10		3:19	4:22		3:31	5:07		3:35	5:07		41
40	2:48	3:35		2:51	3:35		2:52	3:35		2:56	3:42		3:01	3:47		3:05	4:02		3:13	4:11		3:20	4:23		3:32	5:08		3:36	5:08		40
39	2:49	3:36		2:52	3:36		2:53	3:36		2:57	3:43		3:02	3:48		3:06	4:03		3:14	4:12		3:21	4:24		3:33	5:09		3:37	5:09		39
38	2:50	3:37		2:53	3:37		2:54	3:37		2:58	3:44		3:03	3:49		3:07	4:04		3:15	4:13		3:22	4:25		3:34	5:10		3:38	5:10		38
37	2:51	3:38		2:54	3:38		2:55	3:38		2:59	3:45		3:04	3:50		3:08	4:05		3:16	4:14		3:23	4:26		3:35	5:11		3:39	5:11		37
36	2:52	3:39		2:55	3:39		2:56	3:39		3:00	3:46		3:05	3:51		3:09	4:06		3:17	4:15		3:24	4:27		3:36	5:12		3:40	5:12		36
35	2:53	3:40		2:56	3:40		2:57	3:40		3:01	3:47		3:06	3:52		3:10	4:07		3:18	4:16		3:25	4:28		3:37	5:13		3:41	5:13		35
34	2:54	3:41		2:57	3:41		2:58	3:41		3:02	3:48		3:07	3:53		3:11	4:08		3:19	4:17		3:26	4:29		3:38	5:14		3:42	5:14		34
33	2:55	3:42		2:58	3:42		2:59	3:42		3:03	3:49		3:08	3:54		3:12	4:09		3:20	4:18		3:27	4:30		3:39	5:15		3:43	5:15		33
32	2:56	3:43		2:59	3:43		3:00	3:43		3:04	3:50		3:09	3:55		3:13	4:10		3:21	4:19		3:28	4:31		3:40	5:16		3:44	5:16		32
31	2:57	3:44		3:00	3:44		3:01	3:44		3:05	3:51		3:10	3:56		3:14	4:11		3:22	4:20		3:29	4:32		3:41	5:17		3:45	5:17		31
30	2:58	3:45		3:01	3:45		3:02	3:45		3:06	3:52		3:11	3:57		3:15	4:12		3:23	4:21		3:30	4:33		3:42	5:18		3:46	5:18		30
29	2:59	3:46		3:02	3:46		3:03	3:46		3:07	3:53		3:12	3:58		3:16	4:13		3:24	4:22		3:31	4:34		3:43	5:19		3:47	5:19		29
28	3:00	3:47		3:03	3:47		3:04	3:47		3:08	3:54		3:13	3:59		3:17	4:14		3:25	4:23		3:32	4:35		3:44	5:20		3:48	5:20		28
27	3:01	3:48		3:04	3:48		3:05	3:48		3:09	3:55		3:14	4:00		3:18	4:15		3:26	4:24		3:33	4:36		3:45	5:21		3:49	5:21		27
26	3:02	3:49		3:05	3:49		3:06	3:49		3:10	3:56		3:15	4:01		3:19	4:16		3:27	4:25		3:34	4:37		3:46	5:22		3:50	5:22		26
25	3:03	3:50		3:06	3:50		3:07	3:50		3:11	3:57		3:16	4:02		3:20	4:17		3:28	4:26		3:35	4:38		3:47	5:23		3:51	5:23		25
24	3:04	3:51		3:07	3:51		3:08	3:51		3:12	3:58		3:17	4:03		3:21	4:18		3:29	4:27		3:36	4:39		3:48	5:24		3:52	5:24		24
23	3:05	3:52		3:08	3:52		3:09	3:52		3:13	3:59		3:18	4:04		3:22	4:19		3:30	4:28		3:37	4:40		3:49	5:25		3:53	5:25		23
22	3:06	3:53		3:09	3:53		3:10	3:53		3:14	4:00		3:19	4:05		3:23	4:20		3:31	4:29		3:38	4:41		3:50	5:26		3:54	5:26		22
21	3:07	3:54		3:10	3:54		3:11	3:54		3:15	4:01		3:20	4:06		3:24	4:21		3:32	4:30		3:39	4:42		3:51	5:27		3:55	5:27		21
20	3:08	3:55		3:11	3:55		3:12	3:55		3:16	4:02		3:21	4:07		3:25	4:22		3:33	4:31		3:40	4:43		3:52	5:28		3:56	5:28		20
19	3:09	3:56		3:12	3:56		3:13	3:56		3:17	4:03		3:22	4:08		3:26	4:23		3:34	4:32		3:41	4:44		3:53	5:29		3:57	5:29		19
18	3:10	3:57		3:13	3:57		3:14	3:57		3:18	4:04		3:23	4:09		3:27	4:24		3:35	4:33		3:42	4:45		3:54	5:30		3:58	5:30		18
17	3:11	3:58		3:14	3:58		3:15	3:58		3:19	4:05		3:24	4:10		3:28	4:25		3:36	4:34		3:43	4:46		3:55	5:31		3:59	5:31		17
16	3:12	3:59		3:15	3:																										

	Army Fitness Test Score Tables																									
	Two-Mile Run (2MR) (Overall time: minutes and seconds)																									
	17-21		22-26		27-31		32-36		37-41		42-46		47-51		52-56		57-61		Over 62							
Points	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	M	C	F	Points				
60	19:57	22:55	19:45	22:45	19:45	22:45	20:44	22:50	20:44	22:59	22:04	23:15	22:04	23:30	22:50	24:00	23:36	24:48	23:36	25:00		60				
59	20:00	22:58	19:48	22:48	19:48	22:48	20:47	22:53	20:47	23:02	22:07	23:18	22:07	23:33	22:53	24:03	23:39	24:51	23:39	25:03		59				
58	20:03	23:01	19:51	22:51	19:51	22:51	20:50	22:56	20:50	23:05	22:10	23:21	22:10	23:36	22:56	24:06	23:42	24:54	23:42	25:06		58				
57	20:05	23:04	19:53	22:54	19:53	22:54	20:52	22:59	20:52	23:08	22:12	23:24	22:12	23:39	22:58	24:09	23:44	24:57	23:44	25:09		57				
56	20:08	23:07	19:56	22:57	19:56	22:57	20:55	23:02	20:55	23:11	22:15	23:27	22:15	23:42	23:01	24:12	23:47	25:00	23:47	25:12		56				
55	20:11	23:10	19:59	23:00	19:59	23:00	20:58	23:05	20:58	23:14	22:18	23:30	22:18	23:45	23:04	24:15	23:50	25:03	23:50	25:15		55				
54	20:14	23:12	20:02	23:02	20:02	23:02	21:01	23:07	21:01	23:16	22:21	23:32	22:21	23:47	23:07	24:17	23:53	25:05	23:53	25:17		54				
53	20:17	23:15	20:05	23:05	20:05	23:05	21:04	23:10	21:04	23:19	22:24	23:35	22:24	23:50	23:10	24:20	23:56	25:08	23:56	25:20		53				
52	20:19	23:18	20:07	23:08	20:07	23:08	21:06	23:13	21:06	23:22	22:26	23:38	22:26	23:53	23:12	24:23	23:58	25:11	23:58	25:23		52				
51	20:22	23:21	20:10	23:11	20:10	23:11	21:09	23:16	21:09	23:25	22:29	23:41	22:29	23:56	23:15	24:26	24:01	25:14	24:01	25:26		51				
50	20:25	23:24	20:13	23:14	20:13	23:14	21:12	23:19	21:12	23:28	22:32	23:44	22:32	23:59	23:18	24:29	24:04	25:17	24:04	25:29		50				
49	20:28	23:27	20:16	23:17	20:16	23:17	21:15	23:22	21:15	23:31	22:35	23:47	22:35	24:02	23:21	24:32	24:07	25:20	24:07	25:32		49				
48	20:31	23:30	20:19	23:20	20:19	23:20	21:18	23:25	21:18	23:34	22:38	23:50	22:38	24:05	23:24	24:35	24:10	25:23	24:10	25:35		48				
47	20:33	23:33	20:21	23:23	20:21	23:23	21:20	23:28	21:20	23:37	22:40	23:53	22:40	24:08	23:26	24:38	24:12	25:26	24:12	25:38		47				
46	20:36	23:36	20:24	23:26	20:24	23:26	21:23	23:31	21:23	23:40	22:43	23:56	22:43	24:11	23:29	24:41	24:15	25:29	24:15	25:41		46				
45	20:39	23:39	20:27	23:29	20:27	23:29	21:26	23:34	21:26	23:43	22:46	23:59	22:46	24:14	23:32	24:44	24:18	25:32	24:18	25:44		45				
44	20:42	23:42	20:30	23:32	20:30	23:32	21:29	23:37	21:29	23:46	22:49	24:02	22:49	24:17	23:35	24:47	24:21	25:35	24:21	25:47		44				
43	20:44	23:44	20:32	23:34	20:32	23:34	21:31	23:39	21:31	23:48	22:51	24:04	22:51	24:19	23:37	24:49	24:23	25:37	24:23	25:49		43				
42	20:47	23:47	20:35	23:37	20:35	23:37	21:34	23:42	21:34	23:51	22:54	24:07	22:54	24:22	23:40	24:52	24:26	25:40	24:26	25:52		42				
41	20:50	23:50	20:38	23:40	20:38	23:40	21:37	23:45	21:37	23:54	22:57	24:10	22:57	24:25	23:43	24:55	24:29	25:43	24:29	25:55		41				
40	20:53	23:53	20:41	23:43	20:41	23:43	21:40	23:48	21:40	23:57	23:00	24:13	23:00	24:28	23:46	24:58	24:32	25:46	24:32	25:58		40				
39	20:56	23:56	20:44	23:46	20:44	23:46	21:43	23:51	21:43	24:00	23:03	24:16	23:03	24:31	23:49	25:01	24:35	25:49	24:35	26:01		39				
38	20:58	23:59	20:46	23:49	20:46	23:49	21:45	23:54	21:45	24:03	23:05	24:19	23:05	24:34	23:51	25:04	24:37	25:52	24:37	26:04		38				
37	21:01	24:02	20:49	23:52	20:49	23:52	21:48	23:57	21:48	24:06	23:08	24:22	23:08	24:37	23:54	25:07	24:40	25:55	24:40	26:07		37				
36	21:04	24:05	20:52	23:55	20:52	23:55	21:51	24:00	21:51	24:09	23:11	24:25	23:11	24:40	23:57	25:10	24:43	25:58	24:43	26:10		36				
35	21:07	24:08	20:55	23:58	20:55	23:58	21:54	24:03	21:54	24:12	23:14	24:28	23:14	24:43	24:00	25:13	24:46	26:01	24:46	26:13		35				
34	21:10	24:11	20:58	24:01	20:58	24:01	21:57	24:06	21:57	24:15	23:17	24:31	23:17	24:46	24:03	25:16	24:49	26:04	24:49	26:16		34				
33	21:12	24:14	21:00	24:04	21:00	24:04	21:59	24:09	21:59	24:18	23:19	24:34	23:19	24:49	24:05	25:19	24:51	26:07	24:51	26:19		33				
32	21:15	24:16	21:03	24:06	21:03	24:06	22:02	24:11	22:02	24:20	23:22	24:36	23:22	24:51	24:08	25:21	24:54	26:09	24:54	26:21		32				
31	21:18	24:19	21:06	24:09	21:06	24:09	22:05	24:14	22:05	24:23	23:25	24:39	23:25	24:54	24:11	25:24	24:57	26:12	24:57	26:24		31				
30	21:21	24:22	21:09	24:12	21:09	24:12	22:08	24:17	22:08	24:26	23:28	24:42	23:28	24:57	24:14	25:27	25:00	26:15	25:00	26:27		30				
29	21:24	24:25	21:12	24:15	21:12	24:15	22:11	24:20	22:11	24:29	23:31	24:45	23:31	25:00	24:17	25:30	25:03	26:18	25:03	26:30		29				
28	21:26	24:28	21:14	24:18	21:14	24:18	22:13	24:23	22:13	24:32	23:33	24:48	23:33	25:03	24:19	25:33	25:05	26:21	25:05	26:33		28				
27	21:29	24:31	21:17	24:21	21:17	24:21	22:16	24:26	22:16	24:35	23:36	24:51	23:36	25:06	24:22	25:36	25:08	26:24	25:08	26:36		27				
26	21:32	24:34	21:20	24:24	21:20	24:24	22:19	24:29	22:19	24:38	23:39	24:54	23:39	25:09	24:25	25:39	25:11	26:27	25:11	26:39		26				
25	21:35	24:37	21:23	24:27	21:23	24:27	22:22	24:32	22:22	24:41	23:42	24:57	23:42	25:12	24:28	25:42	25:14	26:30	25:14	26:42		25				
24	21:38	24:40	21:26	24:30	21:26	24:30	22:25	24:35	22:25	24:44	23:45	25:00	23:45	25:15	24:31	25:45	25:17	26:33	25:17	26:45		24				
23	21:40	24:43	21:28	24:33	21:28	24:33	22:27	24:38	22:27	24:47	23:47	25:03	23:47	25:18	24:33	25:48	25:19	26:36	25:19	26:48		23				
22	21:43	24:46	21:31	24:36	21:31	24:36	22:30	24:41	22:30	24:50	23:50	25:06	23:50	25:21	24:36	25:51	25:22	26:39	25:22	26:51		22				
21	21:46	24:48	21:34	24:38	21:34	24:38	22:33	24:43	22:33	24:52	23:53	25:08	23:53	25:23	24:39	25:53	25:25	26:41	25:25	26:53		21				
20	21:49	24:51	21:37	24:41	21:37	24:41	22:36	24:46	22:36	24:55	23:56	25:11	23:56	25:26	24:42	25:56	25:28	26:44	25:28	26:56		20				
19	21:52	24:54	21:40	24:44	21:40	24:44	22:39	24:49	22:39	24:58	23:59	25:14	23:59	25:29	24:45	25:59	25:31	26:47	25:31	26:59		19				
18	21:54	24:57	21:42	24:47	21:42	24:47	22:41	24:52	22:41	25:01	24:01	25:17	24:01	25:32	24:47	26:02	25:33	26:50	25:33	27:02		18				
17	21:57	25:00	21:45	24:50	21:45	24:50	22:44	24:55	22:44	25:04	24:04	25:20	24:04	25:35	24:50	26:05	25:36	26:53	25:36	27:05		17				
16	22:00	25:03	21:48	24:53	21:48	24:53	22:47	24:58	22:47	25:07	24:07	25:23	24:07	25:38	24:53	26:08	25:39	26:56	25:39	27:08		16				
15	22:03	25:06	21:51	24:56	21:51	24:56	22:50	25:01	22:50	25:10	24:10	25:26	24:10	25:41	24:56	26:11	25:42	26:59	25:42	27:11		15				
14	22:06	25:09	21:54	24:59	21:54	24:59	22:53	25:04	22:53	25:13	24:13	25:29	24:13	25:44	24:59	26:14	25:45	27:02	25:45	27:14		14				
13	22:08	25:12	21:56	25:02	21:56	25:02	22:55	25:07	22:55	25:16																

	Army Fitness Test Score Tables																													
	Alternate Events (Go/No-Go) (Overall time for required distance - minutes and seconds)																													
	17-21			22-26			27-31			32-36			37-41			42-46			47-51			52-56			57-61			Over 62		
	M C	F		M C	F		M C	F		M C	F		M C	F		M C	F		M C	F		M C	F		M C	F		M C	F	
2.5-mile Walk	31:00	34:00		30:45	33:30		30:30	33:00		30:45	33:30		31:00	34:00		31:00	34:00		32:00	35:00		32:00	35:00		33:00	36:00		33:00	36:00	
12 km Bike	26:25	28:58		26:12	28:31		26:00	28:07		26:12	28:31		26:25	28:58		26:25	28:58		27:16	29:50		27:16	29:50		28:07	30:41		28:07	30:41	
1 km Swim	30:48	33:48		30:30	33:18		30:20	32:48		30:30	33:18		30:48	33:48		30:48	33:48		31:48	34:48		31:48	34:48		32:50	35:48		32:50	35:48	
5 km Row	30:48	33:48		30:30	33:18		30:20	32:48		30:30	33:18		30:48	33:48		30:48	33:48		31:48	34:48		31:48	34:48		32:50	35:48		32:50	35:48	
	Approved: 1 May 2025 Effective: 1 June 2025																													