

Army Fitness Test Score Tables

Max Deadlift (MDL) - Three-Repetitions (LBS)	
1	100
2	100
3	100
4	100
5	100
6	100
7	100
8	100
9	100
10	100
11	100
12	100
13	100
14	100
15	100
16	100
17	100
18	100
19	100
20	100
21	100
22	100
23	100
24	100
25	100
26	100
27	100
28	100
29	100
30	100
31	100
32	100
33	100
34	100
35	100
36	100
37	100
38	100
39	100
40	100
41	100
42	100
43	100
44	100
45	100
46	100
47	100
48	100
49	100
50	100
51	100
52	100
53	100
54	100
55	100
56	100
57	100
58	100
59	100
60	100
61	100
62	100
63	100
64	100
65	100
66	100
67	100
68	100
69	100
70	100
71	100
72	100
73	100
74	100
75	100
76	100
77	100
78	100
79	100
80	100
81	100
82	100
83	100
84	100
85	100
86	100
87	100
88	100
89	100
90	100
91	100
92	100
93	100
94	100
95	100
96	100
97	100
98	100
99	100
100	100

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
340	220	350	230	350	240	350	230	350	220	350	210	340	200	330	190	250	170	230	170
---	---	340	---	---	230	340	220	340	210	340	---	330	---	320	---	240	160	220	160
330	210	---	220	340	220	---	---	---	---	---	200	---	190	---	180	230	---	210	---
---	200	330	210	330	---	330	210	330	200	330	---	320	---	310	---	220	---	---	---
320	---	---	---	---	210	---	---	---	---	---	190	---	180	---	---	210	---	---	---
---	---	320	200	320	200	320	200	320	190	320	---	310	---	300	170	---	---	200	---
310	190	---	---	---	---	---	---	---	---	---	---	---	---	---	---	200	---	190	---
---	---	310	190	310	---	310	190	310	---	310	180	300	170	290	---	190	---	180	---
300	---	---	---	---	190	---	---	---	180	300	---	---	---	---	---	---	---	170	---
---	180	300	---	300	---	300	---	300	---	---	---	290	---	280	160	180	---	---	---
---	---	---	---	---	---	---	180	---	---	290	170	---	---	---	---	150	---	---	150
290	---	290	180	290	180	290	---	290	170	---	---	280	160	270	---	170	---	---	---
---	170	---	---	---	---	---	---	---	---	280	---	---	---	---	---	---	---	---	---
280	---	280	---	280	---	280	170	280	---	---	---	---	---	---	---	---	---	---	---
---	---	---	170	---	170	---	---	---	---	270	160	270	---	260	---	---	---	---	---
270	---	270	---	270	---	270	---	270	160	---	---	---	---	---	150	---	---	---	---
---	160	---	---	---	---	---	---	---	---	260	---	260	150	250	---	---	---	---	---
260	---	260	---	260	---	260	160	260	---	---	---	---	---	---	---	---	---	---	---
---	---	---	160	---	160	---	---	---	---	250	150	250	---	240	---	---	---	160	---
250	---	250	---	250	---	250	---	250	---	---	---	---	---	---	---	---	---	---	---
---	150	---	---	---	---	---	---	---	150	---	---	240	---	230	---	---	140	---	140
240	---	240	---	240	---	240	150	240	---	240	---	---	140	---	140	160	---	---	---
---	---	---	150	---	150	---	---	---	---	230	---	230	---	220	---	---	---	---	---
230	---	230	---	230	---	230	---	230	---	---	---	---	---	---	---	---	---	---	---
---	---	---	---	---	---	---	---	---	---	220	140	220	---	210	---	---	---	---	---
220	140	220	---	220	---	220	---	220	140	---	---	---	---	---	---	---	---	---	---
---	---	---	---	---	---	---	140	---	---	210	---	210	---	200	---	---	---	---	---
210	---	210	140	210	140	210	---	210	---	---	---	---	130	---	---	---	---	---	---
---	---	---	---	---	---	---	---	---	---	200	---	200	---	190	130	---	---	150	130
---	---	200	---	200	---	200	---	200	---	---	---	---	---	---	---	150	130	---	---
200	---	190	---	190	---	190	---	190	---	190	130	190	---	180	---	---	---	---	---
190	---	---	---	---	---	---	---	---	130	---	---	---	---	---	---	---	---	---	---
---	130	---	---	---	---	---	130	---	---	180	---	180	---	---	---	---	---	---	---
180	---	180	130	180	130	180	---	180	---	---	---	---	---	170	---	---	---	---	---
---	---	---	---	---	---	---	---	---	---	170	---	170	---	---	---	---	---	---	---
170	---	170	---	170	---	170	---	170	---	---	---	---	---	160	---	---	---	---	---
---	---	---	---	---	---	---	---	---	---	160	---	160	---	---	---	---	---	---	---
160	---	160	---	160	---	160	---	160	---	---	---	---	---	150	---	---	---	---	---
---	---	---	---	---	---	---	---	150	---	150	---	150	---	---	---	---	---	---	---
---	---	---	---	---	---	150	---	---	---	---	---	---	---	---	---	---	---	---	---
150	120	150	120	150	120	140	120	140	120	140	120	140	120	140	120	140	120	140	120
130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110
120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100
110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90
100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80
90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70
80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60

Approved: 1 May 2025 Effective: 1 June 2025

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		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	
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
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	3:59	3:16	3:59	3:20	4:06	3:25	4:11	3:29	4:26	3:37	4:35	3:44	4:47	3:56	5:32	4:00	5:32	16
15	3:13	4:00	3:16	4:00	3:17	4:00	3:21	4:07	3:26	4:12	3:30	4:27	3:38	4:36	3:45	4:48	3:57	5:33	4:01	5:33	15
14	3:14	4:01	3:17	4:01	3:18	4:01	3:22	4:08	3:27	4:13	3:31	4:28	3:39	4:37	3:46	4:49	3:58	5:34	4:02	5:34	14
13	3:15	4:02	3:18	4:02	3:19	4:02	3:23	4:09	3:28	4:14	3:32	4:29	3:40	4:38	3:47	4:50	3:59	5:35	4:03	5:35	13
12	3:16	4:03	3:19	4:03	3:20	4:03	3:24	4:10	3:29	4:15	3:33	4:30	3:41	4:39	3:48	4:51	4:00	5:36	4:04	5:36	12
11	3:17	4:04	3:20	4:04	3:21	4:04	3:25	4:11	3:30	4:16	3:34	4:31	3:42	4:40	3:49	4:52	4:01	5:37	4:05	5:37	11
10	3:18	4:05	3:21	4:05	3:22	4:05	3:26	4:12	3:31	4:17	3:35	4:32	3:43	4:41	3:50	4:53	4:02	5:38	4:06	5:38	10
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8	3:20	4:07	3:23	4:07	3:24	4:07	3:28	4:14	3:33	4:19	3:37	4:34	3:45	4:43	3:52	4:55	4:04	5:40	4:08		

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

	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	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			
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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			
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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			
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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			
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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	24:15	25:32	24:15	25:47	25:01	26:17	25:47	27:05	25:47	27:17	13			
12	22:11	25:15	21:59	25:05	21:59	25:05	22:58	25:10	22:58	25:19	2													

		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																			