

Army Fitness Test (AFT) Score Chart 2025

Official AFT score tables (Effective: 1 June 2025)

Events: MDL • HRP • SDC • PLK • 2MR

Army Fitness Test Score Tables																					
Max Deadlift (MDL) - Three-Repetitions (LBS)																					
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	340	220	350	230	350	240	350	230	350	220	350	210	340	200	330	190	250	170	230	170	100
99	---	---	340	---	---	230	340	220	340	210	340	---	330	---	320	---	240	160	220	160	99
98	330	210	---	220	340	220	---	---	---	---	---	200	---	190	---	180	230	---	210	---	98
97	---	200	330	210	330	---	330	210	330	200	330	---	320	---	310	---	220	---	---	---	97
96	320	---	---	---	---	210	---	---	---	---	---	190	---	180	---	---	210	---	---	---	96
95	---	---	320	200	320	200	320	200	320	190	320	---	310	---	300	170	---	---	200	---	95
94	310	190	---	---	---	---	---	---	---	---	---	---	---	---	---	---	200	---	190	---	94
93	---	---	310	190	310	---	310	190	310	---	310	180	300	170	290	---	190	---	180	---	93
92	300	---	---	---	---	190	---	---	---	180	300	---	---	---	---	---	---	---	170	---	92
91	---	180	300	---	300	---	300	---	300	---	---	---	290	---	280	160	180	---	---	---	91
90	---	---	---	---	---	---	---	180	---	---	290	170	---	---	---	---	---	150	---	150	90
89	290	---	290	180	290	180	290	---	290	170	---	---	280	160	270	---	170	---	---	---	89
88	---	170	---	---	---	---	---	---	---	---	280	---	---	---	---	---	---	---	---	---	88
87	280	---	280	---	280	---	280	170	280	---	---	---	---	---	---	---	---	---	---	---	87
86	---	---	---	170	---	170	---	---	---	---	270	160	270	---	260	---	---	---	---	---	86
85	270	---	270	---	270	---	270	---	270	160	---	---	---	---	---	150	---	---	---	---	85
84	---	160	---	---	---	---	---	---	---	---	260	---	260	150	250	---	---	---	---	---	84
83	260	---	260	---	260	---	260	160	260	---	---	---	---	---	---	---	---	---	---	---	83
82	---	---	---	160	---	160	---	---	---	---	250	150	250	---	240	---	---	---	160	---	82
81	250	---	250	---	250	---	250	---	250	---	---	---	---	---	---	---	---	---	---	---	81
80	---	150	---	---	---	---	---	---	---	150	---	---	240	---	230	---	---	140	---	140	80
79	240	---	240	---	240	---	240	150	240	---	240	---	---	140	---	140	160	---	---	---	79
78	---	---	---	150	---	150	---	---	---	---	230	---	230	---	220	---	---	---	---	---	78
77	230	---	230	---	230	---	230	---	230	---	---	---	---	---	---	---	---	---	---	---	77
76	---	---	---	---	---	---	---	---	---	---	220	140	220	---	210	---	---	---	---	---	76
75	220	140	220	---	220	---	220	---	220	140	---	---	---	---	---	---	---	---	---	---	75
74	---	---	---	---	---	---	---	140	---	---	210	---	210	---	200	---	---	---	---	---	74
73	210	---	210	140	210	140	210	---	210	---	---	---	---	130	---	---	---	---	---	---	73
72	---	---	---	---	---	---	---	---	---	---	200	---	200	---	190	130	---	---	150	130	72
71	---	---	200	---	200	---	200	---	200	---	---	---	---	---	---	---	150	130	---	---	71
70	200	---	190	---	190	---	190	---	190	---	190	130	190	---	180	---	---	---	---	---	70
69	190	---	---	---	---	---	---	---	---	130	---	---	---	---	---	---	---	---	---	---	69
68	---	130	---	---	---	---	---	130	---	---	180	---	180	---	---	---	---	---	---	---	68
67	180	---	180	130	180	130	180	---	180	---	---	---	---	---	170	---	---	---	---	---	67
66	---	---	---	---	---	---	---	---	---	---	170	---	170	---	---	---	---	---	---	---	66
65	170	---	170	---	170	---	170	---	170	---	---	---	---	---	160	---	---	---	---	---	65
64	---	---	---	---	---	---	---	---	---	---	160	---	160	---	---	---	---	---	---	---	64
63	160	---	160	---	160	---	160	---	160	---	---	---	---	---	150	---	---	---	---	---	63
62	---	---	---	---	---	---	---	---	150	---	150	---	150	---	---	---	---	---	---	---	62
61	---	---	---	---	---	---	150	---	---	---	---	---	---	---	---	---	---	---	---	---	61
60	150	120	150	120	150	120	140	120	140	120	140	120	140	120	140	120	140	120	140	120	60
50	130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110	130	110	50
40	120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100	120	100	40
30	110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90	110	90	30
20	100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80	100	80	20
10	90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70	90	70	10
0	80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60	80	60	0
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																					
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	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	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
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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
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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
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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
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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
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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
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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
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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				

Army Fitness Test Score Tables																					
Plank (PLK) (maintain proper straightline position (Time: minutes and seconds))																					
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	3:40	3:40	3:35	3:35	3:30	3:30	3:25	3:25	3:20	3:20	3:20	3:20	3:20	3:20	3:20	3:20	3:20	3:20	3:20	3:20	100
99	3:37	3:37	3:32	3:32	3:27	3:27	3:22	3:22	3:17	3:17	3:17	3:17	3:17	3:17	3:17	3:17	3:17	3:17	3:17	3:17	99
98	3:34	3:34	3:29	3:29	3:24	3:24	3:19	3:19	3:14	3:14	3:14	3:14	3:14	3:14	3:14	3:14	3:14	3:14	3:14	3:14	98
97	3:30	3:30	3:25	3:25	3:20	3:20	3:15	3:15	3:10	3:10	3:10	3:10	3:10	3:10	3:10	3:10	3:10	3:10	3:10	3:10	97
96	3:27	3:27	3:22	3:22	3:17	3:17	3:12	3:12	3:07	3:07	3:07	3:07	3:07	3:07	3:07	3:07	3:07	3:07	3:07	3:07	96
95	3:24	3:24	3:19	3:19	3:14	3:14	3:09	3:09	3:04	3:04	3:04	3:04	3:04	3:04	3:04	3:04	3:04	3:04	3:04	3:04	95
94	3:21	3:21	3:16	3:16	3:11	3:11	3:06	3:06	3:01	3:01	3:01	3:01	3:01	3:01	3:01	3:01	3:01	3:01	3:01	3:01	94
93	3:17	3:17	3:12	3:12	3:07	3:07	3:02	3:02	2:57	2:57	2:57	2:57	2:57	2:57	2:57	2:57	2:57	2:57	2:57	2:57	93
92	3:14	3:14	3:09	3:09	3:04	3:04	2:59	2:59	2:54	2:54	2:54	2:54	2:54	2:54	2:54	2:54	2:54	2:54	2:54	2:54	92
91	3:11	3:11	3:06	3:06	3:01	3:01	2:56	2:56	2:51	2:51	2:51	2:51	2:51	2:51	2:51	2:51	2:51	2:51	2:51	2:51	91
90	3:08	3:08	3:03	3:03	2:58	2:58	2:53	2:53	2:47	2:47	2:47	2:47	2:47	2:47	2:47	2:47	2:47	2:47	2:47	2:47	90
89	3:04	3:04	2:59	2:59	2:54	2:54	2:49	2:49	2:44	2:44	2:44	2:44	2:44	2:44	2:44	2:44	2:44	2:44	2:44	2:44	89
88	3:01	3:01	2:56	2:56	2:51	2:51	2:46	2:46	2:41	2:41	2:41	2:41	2:41	2:41	2:41	2:41	2:41	2:41	2:41	2:41	88
87	2:58	2:58	2:53	2:53	2:48	2:48	2:43	2:43	2:38	2:38	2:38	2:38	2:38	2:38	2:38	2:38	2:38	2:38	2:38	2:38	87
86	2:55	2:55	2:50	2:50	2:45	2:45	2:40	2:40	2:35	2:35	2:35	2:35	2:35	2:35	2:35	2:35	2:35	2:35	2:35	2:35	86
85	2:51	2:51	2:46	2:46	2:41	2:41	2:36	2:36	2:31	2:31	2:31	2:31	2:31	2:31	2:31	2:31	2:31	2:31	2:31	2:31	85
84	2:48	2:48	2:43	2:43	2:38	2:38	2:33	2:33	2:28	2:28	2:28	2:28	2:28	2:28	2:28	2:28	2:28	2:28	2:28	2:28	84
83	2:45	2:45	2:40	2:40	2:35	2:35	2:30	2:30	2:25	2:25	2:25	2:25	2:25	2:25	2:25	2:25	2:25	2:25	2:25	2:25	83
82	2:41	2:41	2:37	2:37	2:31	2:31	2:27	2:27	2:22	2:22	2:22	2:22	2:22	2:22	2:22	2:22	2:22	2:22	2:22	2:22	82
81	2:38	2:38	2:33	2:33	2:28	2:28	2:23	2:23	2:18	2:18	2:18	2:18	2:18	2:18	2:18	2:18	2:18	2:18	2:18	2:18	81
80	2:35	2:35	2:30	2:30	2:25	2:25	2:20	2:20	2:15	2:15	2:15	2:15	2:15	2:15	2:15	2:15	2:15	2:15	2:15	2:15	80
79	2:32	2:32	2:27	2:27	2:22	2:22	2:17	2:17	2:12	2:12	2:12	2:12	2:12	2:12	2:12	2:12	2:12	2:12	2:12	2:12	79
78	2:29	2:29	2:23	2:23	2:18	2:18	2:13	2:13	2:08	2:08	2:08	2:08	2:08	2:08	2:08	2:08	2:08	2:08	2:08	2:08	78
77	2:25	2:25	2:20	2:20	2:15	2:15	2:10	2:10	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	2:05	77
76	2:22	2:22	2:17	2:17	2:12	2:12	2:07	2:07	2:02	2:02	2:02	2:02	2:02	2:02	2:02	2:02	2:02	2:02	2:02	2:02	76
75	2:19	2:19	2:14	2:14	2:09	2:09	2:04	2:04	1:59	1:59	1:59	1:59	1:59	1:59	1:59	1:59	1:59	1:59	1:59	1:59	75
74	2:15	2:15	2:10	2:10	2:06	2:06	2:00	2:00	1:56	1:56	1:56	1:56	1:56	1:56	1:56	1:56	1:56	1:56	1:56	1:56	74
73	2:12	2:12	2:07	2:07	2:02	2:02	1:57	1:57	1:52	1:52	1:52	1:52	1:52	1:52	1:52	1:52	1:52	1:52	1:52	1:52	73
72	2:09	2:09	2:04	2:04	1:59	1:59	1:54	1:54	1:49	1:49	1:49	1:49	1:49	1:49	1:49	1:49	1:49	1:49	1:49	1:49	72
71	2:06	2:06	2:01	2:01	1:56	1:56	1:51	1:51	1:46	1:46	1:46	1:46	1:46	1:46	1:46	1:46	1:46	1:46	1:46	1:46	71
70	2:02	2:02	1:58	1:58	1:52	1:52	1:47	1:47	1:42	1:42	1:42	1:42	1:42	1:42	1:42	1:42	1:42	1:42	1:42	1:42	70
69	1:59	1:59	1:54	1:54	1:49	1:49	1:44	1:44	1:39	1:39	1:39	1:39	1:39	1:39	1:39	1:39	1:39	1:39	1:39	1:39	69
68	1:56	1:56	1:51	1:51	1:46	1:46	1:41	1:41	1:36	1:36	1:36	1:36	1:36	1:36	1:36	1:36	1:36	1:36	1:36	1:36	68
67	1:53	1:53	1:48	1:48	1:43	1:43	1:38	1:38	1:33	1:33	1:33	1:33	1:33	1:33	1:33	1:33	1:33	1:33	1:33	1:33	67
66	1:49	1:49	1:45	1:45	1:39	1:39	1:35	1:35	1:30	1:30	1:30	1:30	1:30	1:30	1:30	1:30	1:30	1:30	1:30	1:30	66
65	1:46	1:46	1:41	1:41	1:36	1:36	1:31	1:31	1:26	1:26	1:26	1:26	1:26	1:26	1:26	1:26	1:26	1:26	1:26	1:26	65
64	1:43	1:43	1:38	1:38	1:33	1:33	1:28	1:28	1:23	1:23	1:23	1:23	1:23	1:23	1:23	1:23	1:23	1:23	1:23	1:23	64
63	1:40	1:40	1:35	1:35	1:30	1:30	1:25	1:25	1:20	1:20	1:20	1:20	1:20	1:20	1:20	1:20	1:20	1:20	1:20	1:20	63
62	1:37	1:37	1:32	1:32	1:26	1:26	1:22	1:22	1:16	1:16	1:16	1:16	1:16	1:16	1:16	1:16	1:16	1:16	1:16	1:16	62
61	1:33	1:33	1:28	1:28	1:23	1:23	1:18	1:18	1:13	1:13	1:13	1:13	1:13	1:13	1:13	1:13	1:13	1:13	1:13	1:13	61
60	1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	60
Approved: 1 May 2025 Effective: 1 June 2025																					

Army Fitness Test Score Tables

Plank (PLK) (maintain proper straightline position (Time: minutes and seconds))	
1	1:00
2	1:00
3	1:00
4	1:00
5	1:00
6	1:00
7	1:00
8	1:00
9	1:00
10	1:00
11	1:00
12	1:00
13	1:00
14	1:00
15	1:00
16	1:00
17	1:00
18	1:00
19	1:00
20	1:00
21	1:00
22	1:00
23	1:00
24	1:00
25	1:00
26	1:00
27	1:00
28	1:00
29	1:00
30	1:00
31	1:00
32	1:00
33	1:00
34	1:00
35	1:00
36	1:00
37	1:00
38	1:00
39	1:00
40	1:00
41	1:00
42	1:00
43	1:00
44	1:00
45	1:00
46	1:00
47	1:00
48	1:00
49	1:00
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54	1:00
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57	1:00
58	1:00
59	1:00
60	1:00
61	1:00
62	1:00
63	1:00
64	1:00
65	1:00
66	1:00
67	1:00
68	1:00
69	1:00
70	1:00
71	1:00
72	1:00
73	1:00
74	1:00
75	1:00
76	1:00
77	1:00
78	1:00
79	1:00
80	1:00
81	1:00
82	1:00
83	1:00
84	1:00
85	1:00
86	1:00
87	1:00
88	1:00
89	1:00
90	1:00
91	1:00
92	1:00
93	1:00
94	1:00
95	1:00
96	1:00
97	1:00
98	1:00
99	1:00
100	1:00

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
1:30	1:30	1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10	1:10
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:29	1:29	1:24	1:24	1:19	1:19	1:14	1:14	1:09	1:09	1:09	1:09	1:09	1:09	1:09	1:09	1:09	1:09	1:09	1:09
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:28	1:28	1:23	1:23	1:18	1:18	1:13	1:13	1:08	1:08	1:08	1:08	1:08	1:08	1:08	1:08	1:08	1:08	1:08	1:08
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:27	1:27	1:22	1:22	1:17	1:17	1:12	1:12	1:07	1:07	1:07	1:07	1:07	1:07	1:07	1:07	1:07	1:07	1:07	1:07
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:26	1:26	1:21	1:21	1:16	1:16	1:11	1:11	1:06	1:06	1:06	1:06	1:06	1:06	1:06	1:06	1:06	1:06	1:06	1:06
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:25	1:25	1:20	1:20	1:15	1:15	1:10	1:10	1:05	1:05	1:05	1:05	1:05	1:05	1:05	1:05	1:05	1:05	1:05	1:05
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:24	1:24	1:19	1:19	1:14	1:14	1:09	1:09	1:04	1:04	1:04	1:04	1:04	1:04	1:04	1:04	1:04	1:04	1:04	1:04
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:23	1:23	1:18	1:18	1:13	1:13	1:08	1:08	1:03	1:03	1:03	1:03	1:03	1:03	1:03	1:03	1:03	1:03	1:03	1:03
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:22	1:22	1:17	1:17	1:12	1:12	1:07	1:07	1:02	1:02	1:02	1:02	1:02	1:02	1:02	1:02	1:02	1:02	1:02	1:02
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:21	1:21	1:16	1:16	1:11	1:11	1:06	1:06	1:01	1:01	1:01	1:01	1:01	1:01	1:01	1:01	1:01	1:01	1:01	1:01
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:20	1:20	1:15	1:15	1:10	1:10	1:05	1:05	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00	1:00
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:19	1:19	1:14	1:14	1:09	1:09	1:04	1:04	0:59	0:59	0:59	0:59	0:59	0:59	0:59	0:59	0:59	0:59	0:59	0:59
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:18	1:18	1:13	1:13	1:08	1:08	1:03	1:03	0:58	0:58	0:58	0:58	0:58	0:58	0:58	0:58	0:58	0:58	0:58	0:58
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:17	1:17	1:12	1:12	1:07	1:07	1:02	1:02	0:57	0:57	0:57	0:57	0:57	0:57	0:57	0:57	0:57	0:57	0:57	0:57
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:16	1:16	1:11	1:11	1:06	1:06	1:01	1:01	0:56	0:56	0:56	0:56	0:56	0:56	0:56	0:56	0:56	0:56	0:56	0:56
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:15	1:15	1:10	1:10	1:05	1:05	1:00	1:00	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55	0:55
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:14	1:14	1:09	1:09	1:04	1:04	0:59	0:59	0:54	0:54	0:54	0:54	0:54	0:54	0:54	0:54	0:54	0:54	0:54	0:54
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:13	1:13	1:08	1:08	1:03	1:03	0:58	0:58	0:53	0:53	0:53	0:53	0:53	0:53	0:53	0:53	0:53	0:53	0:53	0:53
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:12	1:12	1:07	1:07	1:02	1:02	0:57	0:57	0:52	0:52	0:52	0:52	0:52	0:52	0:52	0:52	0:52	0:52	0:52	0:52
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:11	1:11	1:06	1:06	1:01	1:01	0:56	0:56	0:51	0:51	0:51	0:51	0:51	0:51	0:51	0:51	0:51	0:51	0:51	0:51
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:10	1:10	1:05	1:05	1:00	1:00	0:55	0:55	0:50	0:50	0:50	0:50	0:50	0:50	0:50	0:50	0:50	0:50	0:50	0:50
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:09	1:09	1:04	1:04	0:59	0:59	0:54	0:54	0:49	0:49	0:49	0:49	0:49	0:49	0:49	0:49	0:49	0:49	0:49	0:49
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:08	1:08	1:03	1:03	0:58	0:58	0:53	0:53	0:48	0:48	0:48	0:48	0:48	0:48	0:48	0:48	0:48	0:48	0:48	0:48
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:07	1:07	1:02	1:02	0:57	0:57	0:52	0:52	0:47	0:47	0:47	0:47	0:47	0:47	0:47	0:47	0:47	0:47	0:47	0:47
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:06	1:06	1:01	1:01	0:56	0:56	0:51	0:51	0:46	0:46	0:46	0:46	0:46	0:46	0:46	0:46	0:46	0:46	0:46	0:46
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:05	1:05	1:00	1:00	0:55	0:55	0:50	0:50	0:45	0:45	0:45	0:45	0:45	0:45	0:45	0:45	0:45	0:45	0:45	0:45
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:04	1:04	0:59	0:59	0:54	0:54	0:49	0:49	0:44	0:44	0:44	0:44	0:44	0:44	0:44	0:44	0:44	0:44	0:44	0:44
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:03	1:03	0:58	0:58	0:53	0:53	0:48	0:48	0:43	0:43	0:43	0:43	0:43	0:43	0:43	0:43	0:43	0:43	0:43	0:43
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:02	1:02	0:57	0:57	0:52	0:52	0:47	0:47	0:42	0:42	0:42	0:42	0:42	0:42	0:42	0:42	0:42	0:42	0:42	0:42
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:01	1:01	0:56	0:56	0:51	0:51	0:46	0:46	0:41	0:41	0:41	0:41	0:41	0:41	0:41	0:41	0:41	0:41	0:41	0:41
---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---	---
1:00	1:00	0:55	0:55	0:50	0:50	0:45	0:45	0:40	0:40	0:40	0:40	0:40	0:40	0:40	0:40	0:40	0:40	0:40	0:40

Approved: 1 May 2025 Effective: 1 June 2025

Army Fitness Test Score Tables																					
Two-Mile Run (2MR) (Overall time: minutes and seconds)																					
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	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
73	18:09	20:35	18:12	20:35	18:21	20:42	18:15	20:49	18:31	20:53	18:54	21:06	19:20	21:29	20:10	22:14	20:41	21:03	20:41	21:03	73
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
Approved: 1 May 2025 Effective: 1 June 2025																					

	Army Fitness Test Score Tables																				Points
	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
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