Percentile Norms for the 1-Mile Walk/Run for Boys

Age	10	11	12	13	14	15	16	17+
Percentile	**Time (In minutes and seconds)**							
90	8:13	7:25	7:13	6:48	6:27	6:23	6:13	6:08
80	8:35	7:52	7:41	7:07	6:58	6:43	6:31	6:31
70	9:02	8:12	8:03	7:24	7:18	7:00	6:50	6:46
60	9:26	8:38	8:23	6:46	7:34	7:13	7:07	7:10
50	9:52	9:03	8:48	8:04	7:51	7:30	7:27	7:03
40	10:15	9:25	9:17	8:26	8:14	7:50	7:48	7:59
30	10:44	10:17	9:57	8:54	8:46	8:18	8:04	8:24
20	11:25	10:55	10:38	9:20	9:28	8:50	8:34	8:55
10	12:26	12:07	11:48	10:38	10:34	10:13	9:36	10:43

Source: The National Children and Youth Fitness Study

Percentile Norms for the 1-Mile Walk/Run for Girls

Age	10	11	12	13	14	15	16	17+
Percentile	**Time (In minutes and seconds)**							
90	9:09	8:45	8:34	8:27	8:11	8:23	8:28	8:20
80	9:56	9:35	9:30	9:13	8:49	9:04	9:06	9:10
70	10:27	10:10	10:05	9:48	9:31	9:49	9:41	9:41
60	10:51	10:35	10:32	10:22	10:04	10:20	10:15	10:16
50	11:14	11:15	10:58	10:52	10:32	10:46	10:34	10:34
40	11:54	11:46	11:26	11:22	10:58	11:20	11:08	10:59
30	12:27	12:33	12:03	11:55	11:35	11:53	11:49	11:43
20	13:12	13:17	12:53	12:43	12:10	12:48	12:32	12:30
10	14:20	14.35	14:07	13:45	13:13	14:07	13:42	13:46

Source: The National Children and Youth Fitness Study