

VO₂max-Werte für Frauen

Bewertung der Ausdauer anhand des maximalen Sauerstoffverbrauchs (VO₂max ml/min/kg)

	Alter								
	20–24	25–29	30–34	35–39	40–44	45–49	50–54	55–59	60–65
Ausgezeichnet	> 51	> 49	> 46	> 44	> 41	> 38	> 36	> 33	> 30
Optimal	47–51	45–49	43–46	41–44	38–41	36–38	33–36	31–33	28–30
Gut	42–46	41–44	38–42	36–40	34–37	32–35	30–32	28–30	25–27
Ausreichend	37–41	36–40	34–37	32–35	30–33	28–31	26–29	24–27	22–24
Unterdurchschnittlich	32–36	31–35	30–33	28–31	26–29	24–27	23–25	21–23	19–21
Niedrig	27–31	26–30	25–29	24–27	22–25	21–23	19–22	18–20	16–18
Schlecht	< 27	< 26	< 25	< 24	< 22	< 21	< 19	< 18	< 16