

VO₂max values for men

Endurance assessment based on maximum oxygen consumption (VO₂max ml/min/kg):

	Age								
	20–24	25–29	30–34	35–39	40–44	45–49	50–54	55–59	60–65
Excellent	> 62	> 59	> 56	> 54	> 51	> 48	> 46	> 43	> 40
Optimal	57–62	54–59	52–56	49–54	47–51	44–48	42–46	40–43	37–40
Good	51–56	49–53	46–51	44–48	42–46	40–43	37–41	35–39	33–36
Sufficient	44–50	43–48	41–45	39–43	36–41	35–39	33–36	31–34	29–32
Below average	38–43	36–42	35–40	33–38	32–35	30–34	28–32	27–30	25–28
Low	32–37	31–35	29–34	28–32	26–31	25–29	24–27	22–26	21–24
Poor	< 32	< 31	< 29	< 28	< 26	< 25	< 24	< 22	< 21