

VO₂max values for women

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	> 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
Good	42–46	41–44	38–42	36–40	34–37	32–35	30–32	28–30	25–27
Sufficient	37–41	36–40	34–37	32–35	30–33	28–31	26–29	24–27	22–24
Below average	32–36	31–35	30–33	28–31	26–29	24–27	23–25	21–23	19–21
Low	27–31	26–30	25–29	24–27	22–25	21–23	19–22	18–20	16–18
Poor	< 27	< 26	< 25	< 24	< 22	< 21	< 19	< 18	< 16