

## Valori di VO<sub>2</sub>max per le donne

Valutazione della resistenza in base al consumo massimo di ossigeno (VO<sub>2</sub>max ml/min/kg)

	Età								
	20–24	25–29	30–34	35–39	40–44	45–49	50–54	55–59	60–65
<b>Eccellente</b>	> 51	> 49	> 46	> 44	> 41	> 38	> 36	> 33	> 30
<b>Ottimo</b>	47–51	45–49	43–46	41–44	38–41	36–38	33–36	31–33	28–30
<b>Buono</b>	42–46	41–44	38–42	36–40	34–37	32–35	30–32	28–30	25–27
<b>Sufficiente</b>	37–41	36–40	34–37	32–35	30–33	28–31	26–29	24–27	22–24
<b>Inferiore alla media</b>	32–36	31–35	30–33	28–31	26–29	24–27	23–25	21–23	19–21
<b>Basso</b>	27–31	26–30	25–29	24–27	22–25	21–23	19–22	18–20	16–18
<b>Insufficiente</b>	< 27	< 26	< 25	< 24	< 22	< 21	< 19	< 18	< 16