

Valori di VO₂max per gli uomini

Valutazione della resistenza in base al consumo massimo di ossigeno (VO₂max ml/min/kg):

	Età								
	20–24	25–29	30–34	35–39	40–44	45–49	50–54	55–59	60–65
Eccellente	> 62	> 59	> 56	> 54	> 51	> 48	> 46	> 43	> 40
Ottimo	57–62	54–59	52–56	49–54	47–51	44–48	42–46	40–43	37–40
Buono	51–56	49–53	46–51	44–48	42–46	40–43	37–41	35–39	33–36
Sufficiente	44–50	43–48	41–45	39–43	36–41	35–39	33–36	31–34	29–32
Inferiore alla media	38–43	36–42	35–40	33–38	32–35	30–34	28–32	27–30	25–28
Basso	32–37	31–35	29–34	28–32	26–31	25–29	24–27	22–26	21–24
Insufficiente	< 32	< 31	< 29	< 28	< 26	< 25	< 24	< 22	< 21