

<b>I am 5K Fit Table</b>										
	<b>Female :</b> <b>&lt;30 yrs.</b>	<b>Male :</b> <b>&lt;30 yrs.</b>	<b>Female :</b> <b>30-39 yrs.</b>	<b>Male :</b> <b>30-39 yrs.</b>	<b>Female :</b> <b>40-49 yrs.</b>	<b>Male :</b> <b>40-49 yrs.</b>	<b>Female :</b> <b>50-59 yrs.</b>	<b>Male :</b> <b>50-59 yrs.</b>	<b>Female :</b> <b>60-64 yrs.</b>	<b>Male :</b> <b>60-64 yrs.</b>
<b>I am 5K Healthy Fit</b>	44-47 minutes	44-47 minutes	44-47 minutes	44-47 minutes	44-47 minutes	44-47 minutes	44-47 minutes	44-47 minutes	44-47 minutes	60 minutes 60 minutes
<b>I am 5K Fit</b>	< 29:00	< 25:45 minutes	< 31:30 minutes	< 27:00 minutes	< 33:00 minutes	< 29:00 minutes	< 36:00 minutes	< 31:05 minutes	<44 minutes	<39 minutes
<b>I am 5K xFit</b>	< 26:00 minutes	< 23:00 minutes	< 28:30 minutes	< 24:00 minutes	< 30:30 minutes	< 25:00 minutes	< 34:00 minutes	< 27:00 minutes	<38 minutes	<32 minutes