

I am 5K Modules	I am 5K Scores
<p>I am 5K Healthy Fit</p>	<p>The ability to walk a 5K briskly is a good marker of health. Generally speaking the ability to walk a 5K in 44-47 minutes for most ages is very good. This time is an average walking speed of greater than 4.0 mph. To meet the 'I am 5K Healthy Fit' desirable level your time should be under 55 minutes for a 5K. If you met the desirable time value you can consider yourself 'I am 5K Healthy' and if you like report your score.</p>
<p>I am 5K Fit</p>	<p>Female 'I am 5K Fit' desirable level reached for the 5K walk/run time (minutes) value is < 29:00 if 20-30 yrs old, < 31:30 if 30-40 yrs old, < 33:00 if 40-50 yrs old, < 36:00 if 50-60 yrs old. Male 'I am 5K Fit' desirable level reached if 5K walk/run time (minutes) value is < 25:45 if 20-30 yrs old, < 27:00 if 30-40 yrs old, < 29:00 if 40-50 yrs old, and < 31:05 if 50-60 yrs old. If you met the desirable time value you can consider yourself 'I am 5K Fit' and if you like report your score.</p>
<p>I am 5K xFit</p>	<p>Female 'I am 5K xFit' desirable level reached if 5K walk/run time (minutes) value is < 26:00 if 20-30 yrs old, < 28:30 if 30-40 yrs old, < 30:30 if 40-50 yrs old, and < 34:00 if 50-60 yrs old. Male 'I am 5K xFit' desirable level reached if 5K walk/run (minutes) time value is < 23:00 if 20-30 yrs old, < 24:00 if 30-40 yrs old, < 25:00 if 40-50 yrs old, and < 27:00 if 50-60 yrs old. If you met the desirable time value you can consider yourself 'I am 5K xFit' and if you like report your score.</p>
<p>I am 5K Silver Modules</p>	<p>I am 5K Silver is for those 60+ in age</p>
<p>I am 5K Healthy sFit</p>	<p>The ability to walk a 5K briskly is a good marker of health. Generally speaking the ability to walk a 5K in 60 minutes for most seniors is very good. This time is an average walking speed of greater than 3.0 mph. To meet the 'I am 5K Healthy sFit' desirable level your time should be under 60 minutes for a 5K. If you met the desirable time value you can consider yourself 'I am 5K Healthy' and if you like report your score.</p>
<p>I am 5K sFit</p>	<p>Female 'I am silver 5K Fit' desirable level reached for the 5K walk/run time (minutes) value is <44 if 60-65 yrs old, <54.19 if 65-70 yrs old, <60.22 if 70-75 yrs old, <62.00 if 75-80 yrs old. Male 'I am silver 5K Fit' desirable level reached for the 5K walk/run time (minutes) value is <39 if 60-65 yrs old, <44 if 65-70 yrs old, <54 if 70-75 yrs old, <59 if 75-80 yrs old. If you met the desirable time value you can consider yourself 'I am 5K sFit' and if you like report your score.</p>
<p>I am 5K sxFit</p>	<p>Female 'I am silver 5K Fit' desirable level reached for the 5K walk/run time (minutes) value is <38 if 60-65 yrs old, <42.5 if 65-70 yrs old, <49.5 if 70-75 yrs old. Male 'I am silver 5K Fit' desirable level reached for the 5K walk/run time (minutes) value is <32 if 60-65 yrs old, <38.5 if 65-70 yrs old, <43.5 if 70-75 yrs old. If you met the desirable time value you can consider yourself 'I am 5K sxFit' and if you like report your score.</p>

Minute Miles and 5K Times

Minute Miles	Minute Miles
6:30	20:15
6:45	20:58
7:00	21:44
7:15	20:32
7:30	23:20
7:45	24:05
8:00	24:51
8:15	25:38
8:30	26:21
8:45	27:06
9:00	27:50
9:15	28:42
9:30	29:30
9:45	30:18
10:00	31:05
10:15	31:44
10:30	32:36
10:45	33:20
11:00	34:10
11:15	34:53
11:30	35:42
11:45	36:33
12:00	37:30
12:30	38:50
13:00	40:30
13:30	41:55