

VO₂max Conversion -- from 20 meter PACER Test					
Level	Lap	VO₂ Max	Level	Lap	VO₂ Max
4	25	26.8	7	53	37.1
4	26	27.2	7	54	37.5
4	27	27.6	7	55	37.8
4	28	28.0	7	56	38.2
4	29	28.3	7	57	38.5
4	30	28.7	7	58	38.9
4	31	29.1	7	59	39.2
4	32	29.5	7	60	39.6
5	33	29.9	8	61	39.9
5	34	30.2	8	62	40.2
5	35	30.6	8	63	40.5
5	36	31.0	8	64	40.8
5	37	31.4	8	65	41.1
5	38	31.8	8	66	41.5
5	39	32.2	8	67	41.8
5	40	32.6	8	68	42.1
5	41	32.9	8	69	42.4
6	42	33.3	8	70	42.7
6	43	33.6	9	71	43.0
6	44	34.0	9	72	43.3
6	45	34.3	9	73	43.6
6	46	34.0	9	74	43.9
6	47	35.0	9	75	44.2
6	48	35.4	9	76	44.5
6	49	35.7	9	77	44.9
6	50	36.1	9	78	45.2
7	51	36.4	9	79	45.5
7	52	36.8	9	80	45.8

Level	Lap	VO2 Max	Level	Lap	VO2 Max
9	81	46.2	12	111	55.1
10	82	46.5	12	112	55.4
10	83	46.8	12	113	55.7
10	84	47.1	12	114	56.0
10	85	47.4	12	115	56.3
10	86	47.7	12	116	56.5
10	87	48.0	13	117	56.8
10	88	48.4	13	118	57.1
10	89	48.7	13	119	57.4
10	90	49.0	13	120	57.6
10	91	49.3	13	121	57.9
10	92	49.6	13	122	58.2
11	93	49.9	13	123	58.5
11	94	50.2	13	124	58.7
11	95	50.5	13	125	59.0
11	96	50.8	13	126	59.3
11	97	51.1	13	127	59.6
11	98	51.4	13	128	59.8
11	99	51.7	13	129	60.1
11	100	51.9	14	130	60.4
11	101	52.2	14	131	60.6
11	102	52.5	14	132	60.9
11	103	52.8	14	133	61.1
11	104	53.1	14	134	61.4
12	105	53.4	14	135	61.7
12	106	53.8	14	136	62.0
12	107	54.0	14	137	62.2
12	108	54.3	14	138	62.5
12	109	54.6	14	139	62.7
12	110	54.8	14	140	63.0

Level	Lap	VO2 Max	Level	Lap	VO2 Max
14	141	63.2	17	171	70.9
14	142	63.5	17	172	71.2
15	143	63.8	17	173	71.4
15	144	64.0	17	174	71.7
15	145	64.3	17	175	71.9
15	146	64.6	17	176	72.2
15	147	64.9	17	177	72.4
15	148	65.1	17	178	72.7
15	149	65.4	17	179	72.9
15	150	65.6	17	180	73.2
15	151	65.9	17	181	73.4
15	152	66.2	17	182	73.7
15	153	66.5	17	183	73.9
15	154	66.7	18	184	74.2
15	155	67.0	18	185	74.4
16	156	67.3	18	186	74.6
16	157	67.5	18	187	74.8
16	158	67.8	18	188	75.1
16	159	68.0	18	189	75.3
16	160	68.3	18	190	75.6
16	161	68.5	18	191	75.8
16	162	68.8	18	192	76.0
16	163	69.0	18	193	76.2
16	164	69.3	18	194	76.5
16	165	69.5	18	195	76.7
16	166	69.7	18	196	77.0
16	167	69.9	18	197	77.2
16	168	70.2	18	198	77.4
16	169	70.5	19	199	77.7
17	170	70.7	19	200	77.9

Level	Lap	VO2 Max	Level	Lap	VO2 Max
19	201	78.1	20	225	83.5
19	202	78.3	20	226	83.7
19	203	78.6	20	227	83.9
19	204	78.8	20	228	84.1
19	205	79.0	20	229	84.3
19	206	79.2	21	230	84.6
19	207	79.5	21	231	84.8
19	208	79.7	21	232	85.0
19	209	80.0	21	233	85.2
19	210	80.2	21	234	85.4
19	211	80.4	21	235	85.6
19	212	80.6	21	236	85.9
19	213	80.8	21	237	86.1
20	214	81.1	21	238	86.3
20	215	81.3	21	239	86.5
20	216	81.6	21	240	86.7
20	217	81.8	21	241	86.9
20	218	82.0	21	242	87.2
20	219	82.2	21	243	87.4
20	220	82.4	21	244	87.6
20	221	82.6	21	245	87.8
20	222	82.8	21	246	88.0
20	223	83.0	21	247	88.2
20	224	83.3			