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TABLE 9TABLE 9.2 FITNESSGRAM Standards For
Healthy Fitness Zone GIRLS IS-meter PACER 20-meter
(Use V02max PACER Conversion (mi' Kg-I. (Enter #
Laps Chart; Enter One-mile Run Walk Test Body Mass
Age Min-I) Insoftware) Software)t (min:sec) (V°2max)
Percent Fat Index 5 Participation In Run. Completion 32
17 21 16.2 6 Lap Count Standards Not Jan 9th,
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