

# 2000 Meter **MAXIMUM** Allowed Time

Download the VO2 Max Time Calculator  
and Follow the Steps Below to  
Determine the **MAXIMUM** Amount of  
Time You Have to Complete the Test.

# How to Calculate Your Maximum Allowed Time

VO2 Max Time Calculator				
Select Sex	Male			
Enter Weight in lbs	200			
Equivalent Weight in kgs	90.72			
Select Age	<29			
VO2 Max (for age and weight)	53			
Enter Target VO2 Max Percentage	50%			
Calculated Target VO2 Max	26.5			
Target Time	9	minutes	13.06	seconds
Enter Earned Time	8	minutes	8	seconds
Earned VO2 Max	37.26			
Earned VO2 Max Percentage	70.30%			

Select Your Gender

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Earned VO2 Max	37.26			
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Enter Your Weight



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Select Your Age Range



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Enter 50%

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Earned VO2 Max Percentage	70.30%			

This is the MAXIMUM Amount of Time you have to complete the 2000 meter row. In this example: 9 minutes and 13.06 seconds.