

NORMY WYNIKÓW BEEP TESTU [Poziom/Odcinek] I MAKSYMALNEGO POBORU TLENU - VO2max [ml/kg/min] DLA OSÓB DOROSŁYCH:

KOBIETY

Wiek	Bardzo słabo		Słabo		Zadawalająco		Przeciętnie		Dobrze		Bardzo dobrze		Wspaniale	
	P/O	VO2max	P/O	VO2max	P/O	VO2max	P/O	VO2max	P/O	VO2max	P/O	VO2max	P/O	VO2max
18-25 lat	< 4/5	< 28	4/5-5/7	28-32	5/8-7/2	33-37	7/3-8/6	38-41	8/7-10/1	42-46	10/2-12/7	47-56	> 12/7	> 56
26-35 lat	< 3/8	< 26	3/8-5/2	26-30	5/3-6/5	31-34	6/6-7/7	35-38	7/8-9/4	39-44	9/5-11/5	45-52	> 11/5	> 52
36-45 lat	< 2/7	< 22	2/7- 3/7	22-26	3/8- 5/3	27-30	5/4-6/2	31-33	6/3-7/4	34-37	7/5-9/5	38-45	> 9/5	> 45
46-55 lat	< 2/5	< 20	2/5-3/5	20-24	3/6-4/4	25-27	4/5-5/3	28-30	5/4-6/2	31-33	6/3-8/1	34-40	> 8/1	> 40
56-65 lat	< 2/2	< 18	2/2-2/6	18-21	2/7-3/5	22-24	3/6-4/4	25-27	4/5-5/6	28-31	5/7-7/2	32-37	> 7/2	> 37
> 65 lat	< 1/5	< 17	1/5-2/1	17-18	2/2-2/6	19-21	2/7-3/4	22-24	3/5-4/3	25-27	4/4-5/7	28-32	> 5/7	> 32

MĘŻCZYŹNI

Wiek	Bardzo słabo		Słabo		Zadawalająco		Przeciętnie		Dobrze		Bardzo dobrze		Wspaniale	
	P/O	VO2max	P/O	VO2max	P/O	VO2max	P/O	VO2max	P/O	VO2max	P/O	VO2max	P/O	VO2max
18-25 lat	< 5/2	< 30	5/2-7/1	30-36	7/2-8/5	37-41	8/6-10/1	42-46	10/2-11/5	47-51	11/6-13/10	52-60	> 13/10	> 60
26-35 lat	< 5/2	< 30	5/2-6/5	30-34	6/6-7/9	35-39	7/10-8/9	40-42	8/10-10/6	43-48	10/7-12/9	49-56	> 12/9	> 56
36-45 lat	< 3/8	< 26	3/8-5/3	26-30	5/4-6/4	31-34	6/5-7/7	35-38	7/8-8/9	39-42	8/10-11/3	43-51	> 11/3	> 51
46-55 lat	< 3/6	< 25	3/6-4/6	25-28	4/7-5/5	29-31	5/6-6/6	32-35	6/7-7/7	36-38	7/8-9/5	39-45	> 9/5	> 45
56-65 lat	< 2/7	< 22	2/7-3/6	22-25	3/7-4/8	26-29	4/9-5/6	30-31	5/7-6/8	32-35	6/9-8/4	36-41	> 8/4	> 41
> 65 lat	< 2/2	< 20	2/2-2/5	20-21	2/6-3/7	22-25	3/8-4/8	26-28	4/9-6/1	29-32	6/2-7/2	33-37	> 7/2	> 37

Źródło: <http://www.topendsports.com>