

ANNEXURE-B2
MPED Physical Fitness Test
PERFORMANCE CONVERSION TABLE

1000 METERS RUN / WALK

Men				Women			
Timing (Sec)	Points	Timing (Sec)	Points	Timing (Sec)	Points	Timing (Sec)	Points
2:50 & Below	100	3:31-3:32	59	3:50 & Below	100	4:31-4:32	59
2:51	99	3:33-3:34	58	3:51	99	4:33-4:34	58
2:52	98	3:35-3:36	57	3:52	98	4:35-4:36	57
2:53	97	3:37-3:38	56	3:53	97	4:37-4:38	56
2:54	96	3:39-3:40	55	3:54	96	4:39-4:40	55
2:55	95	3:41-3:42	54	3:55	95	4:41-4:42	54
2:56	94	3:43-3:44	53	3:56	94	4:43-4:44	53
2:57	93	3:45-3:46	52	3:57	93	4:45-4:46	52
2:58	92	3:47-3:48	51	3:58	92	4:47-4:48	51
2:59	91	3:49-3:50	50	3:59	91	4:49-4:50	50
3:00	90	3:51-3:52	49	4:00	90	4:51-4:52	49
3:01	89	3:53-3:54	48	4:01	89	4:53-4:54	48
3:02	88	3:55-3:56	47	4:02	88	4:55-4:56	47
3:03	87	3:57-3:58	46	4:03	87	4:57-4:58	46
3:04	86	3:59-4:00	45	4:04	86	4:59-5:00	45
3:05	85	4:01-4:02	44	4:05	85	5:01-5:02	44
3:06	84	4:03-4:04	43	4:06	84	5:03-5:04	43
3:07	83	4:05-4:06	42	4:07	83	5:05-5:06	42
3:08	82	4:07-4:08	41	4:08	82	5:07-5:08	41
3:09	81	4:09-4:10	40	4:09	81	5:09-5:10	40
3:10	80	4:11-4:12	39	4:10	80	5:11-5:12	39
3:11	79	4:13-4:14	38	4:11	79	5:13-5:14	38
3:12	78	4:15-4:16	37	4:12	78	5:15-5:16	37
3:13	77	4:17-4:18	36	4:13	77	5:17-5:18	36
3:14	76	4:19-4:20	35	4:14	76	5:19-5:20	35
3:15	75	4:21-4:22	34	4:15	75	5:21-5:22	34
3:16	74	4:23-4:24	33	4:16	74	5:23-5:24	33
3:17	73	4:25-4:26	32	4:17	73	5:25-5:26	32
3:18	72	4:27-4:28	31	4:18	72	5:27-5:28	31
3:19	71	4:29-4:30	30	4:19	71	5:29-5:30	30
3:20	70	4:31-4:33	29	4:20	70	5:31-5:33	29
3:21	69	4:34-4:36	28	4:21	69	5:34-5:36	28
3:22	68	4:37-4:39	27	4:22	68	5:37-5:39	27
3:23	67	4:40-4:42	26	4:23	67	5:40-5:42	26
3:24	66	4:43-4:45	25	4:24	66	5:43-5:45	25
3:25	65	4:46-4:48	24	4:25	65	5:46-5:48	24
3:26	64	4:49-4:51	23	4:26	64	5:49-5:51	23
3:27	63	4:52-4:54	22	4:27	63	5:52-5:54	22
3:28	62	4:55-4:57	21	4:28	62	5:55-5:57	21
3:29	61	4:58-5:00	20	4:29	61	5:58-6:00	20
3:30	60	5:01 and Above	19	4:30	60	6:01 and Above	19

June
Co-ordinator
M.P. Ed. Admission-2018
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Chairman
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