

Benchmark Mile Grading

Students will have a benchmark mile time based on previous times they have ran.

If the students reach the benchmark time exactly, they will receive a 95%.

For every 5 seconds they improve, the percentage will raise 1%.

For every 5 seconds slower, the percentage will drop 1%.

-25 or more:	100%	+2:05:	69%
-20 sec:	99%	+2:10:	68%
-15 sec:	98%	+2:15:	67%
-10 sec:	97%	+2:20:	66%
-5 sec:	96%	+2:25:	65%
Benchmark;	95%	+2:30:	64%
+5 sec:	94%	+2:35:	63%
+10 sec:	93%	+2:40:	62%
+15 sec:	92%	+2:45:	61%
+20 sec:	91%	+2:50:	60%
+25 sec:	90%	+2:55:	59%
+30 sec:	89%	+3:00:	58%
+35 sec:	88%	+3:05:	57%
+40 sec:	87%	+3:10:	56%
+45 sec:	86%	+3:15:	55%
+50 sec:	84%	+3:20:	54%
+55 sec:	83%	+3:25:	53%
+ 1 min:	82%	+3:30:	52%
+ 1:05:	81%	+3:35:	51%
+1:10:	80%	+3:40 & >:	50%
+1:15:	79%		
+1:20:	78%		
+1:25:	77%		
+1:30:	76%		
+1:35:	75%		
+1:40:	74%		
+1:45:	73%		
+1:50:	72%		
+1:55:	71%		
+2:00:	70%		

The benchmark percentage will then be averaged with the percentage on the mile scale.