

## 12-MINUTE RUN TEST FOR WOMEN (KM)

Highest death risk (from any cause)		49% lower	64% lower	76% lower	80% lower
Age	Poor (lowest 25%)	Fair (25-49%)	Good (50-74%)	Excellent (75-91%)	Superior (top 2%)
18-19	<2.07*	2.08 → 2.24	2.25 → 2.53	2.54 → 2.85	>2.86
20-29	<1.75	1.76 → 2.06	2.07 → 2.30	2.31 → 2.73	>2.74
30-39	<1.70	1.71 → 1.97	1.98 → 2.20	2.21 → 2.64	>2.65
40-49	<1.66	1.67 → 1.90	1.91 → 2.12	2.13 → 2.58	>2.59
50-59	<1.60	1.61 → 1.77	1.78 → 2.06	2.07 → 2.53	>2.54
60-69	<1.44	1.45 → 1.59	1.60 → 1.83	1.84 → 2.24	>2.25
70-79	<1.28	1.29 → 1.43	1.44 → 1.59	1.60 → 2.06	>2.07
80+	<1.19	1.20 → 1.36	1.37 → 1.48	1.49 → 1.81	>1.82
77%		91%	93.5%	96%	97%
10-year survival rate (from middle age/50s)					

Sources: Cooper K, et al 1968, Mandsager, Harb, Cremer et al 2018

# Test Run

**Minjie Lin**



**Test Run:**

## Decoding **Test Run**: Revealing the Captivating Potential of Verbal Expression

In a time characterized by interconnectedness and an insatiable thirst for knowledge, the captivating potential of verbal expression has emerged as a formidable force. Its ability to evoke sentiments, stimulate introspection, and incite profound transformations is genuinely awe-inspiring. Within the pages of "**Test Run**," a mesmerizing literary creation penned by way of a celebrated wordsmith, readers set about an enlightening odyssey, unraveling the intricate significance of language and its enduring impact on our lives. In this appraisal, we shall explore the book's central themes, evaluate its distinctive writing style, and gauge its pervasive influence on the hearts and minds of its readership.

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