

Aerobic fitness

Maximal heart rate (Beats per minute)

Sex	Age (years)	Percentiles							n
		5%	10%	25%	50%	75%	90%	95%	
Men	18-24	174	181	186	193	198	205	209	152
	25-44	165	169	177	184	191	197	201	1,520
	45-64	148	155	164	172	181	188	193	2,201
	65+	133	139	150	160	169	177	181	604
	Total	147	155	165	176	186	194	199	4,477
Women	18-24	169	176	182	188	196	201	205	238
	25-44	160	165	172	180	186	193	196	2,324
	45-64	146	152	161	169	177	184	188	3,183
	65+	134	140	149	158	167	174	179	600
	Total	147	153	163	173	182	189	194	6,345

VO₂max (ml/min/kg) from indirect maximal test (Watt max)

Sex	Age (years)	Percentiles							n
		5%	10%	25%	50%	75%	90%	95%	
Men	18-24	31.0	35.3	39.6	45.0	48.5	52.8	55.6	178
	25-44	27.9	30.3	34.6	39.3	44.5	49.7	52.8	1,598
	45-64	24.2	26.3	30.1	34.6	40.1	45.4	47.7	2,257
	65+	20.7	23.3	25.8	29.5	33.4	36.9	38.9	605
	Total	24.1	26.4	30.7	35.9	41.7	47.1	50.3	4,638
Women	18-24	28.8	31.3	34.4	39.3	41.9	45.6	47.0	270
	25-44	23.5	25.6	29.7	34.2	39.1	43.4	45.8	2,389
	45-64	20.4	22.3	25.8	30.1	34.6	38.9	41.7	3,127
	65+	17.2	19.4	21.8	25.0	28.2	31.3	34.7	555
	Total	20.7	22.8	26.6	31.5	36.7	41.2	44.2	6,341

VO₂max (ml/min/kg) from indirect submaximal test (Astrand)

Sex	Age (years)	Percentiles							n
		5%	10%	25%	50%	75%	90%	95%	
Men	18-24	28.7	28.7	34.9	46.8	49.6	68.1	68.1	7
	25-44	20.9	23.4	26.7	32.4	37.7	47.8	51.6	125
	45-64	18.5	20.1	23.5	28.4	34.7	42.1	47.6	872
	65+	16.1	18.1	21.0	25.6	31.9	39.3	45.1	645
	Total	17.7	19.3	22.8	27.6	34.1	41.8	47.6	1,649
Women	18-24	17.5	17.8	25.9	32.0	42.8	55.2	56.9	27
	25-44	20.8	23.2	27.7	34.6	42.9	50.9	58.4	379
	45-64	18.2	19.7	23.0	28.3	35.0	43.3	48.6	1,553
	65+	16.7	18.3	20.8	25.1	30.6	37.5	41.2	761
	Total	17.7	19.4	22.6	27.8	35.1	43.4	49.0	2,720

The Danish Health Examination Survey 2007-2008 (DANHES 2007-2008) is one of the largest health examination surveys among the Danish adult population. The survey consisted of a questionnaire (n=76,484) and a health examination (n=18,065). The DANHES 2007-2008 was carried out by the National Institute of Public Health (NIPH), University of Southern Denmark, and was funded by the Ministry of the Interior and Health and the Tryg Foundation. The above results are based on non-weighted data.