

Revised AP Benchmarks (Metric)

APs	Time	Distance	Mass	Volume
-10	0.004 second	20 mm	10 g	10 ml/10 cm ³
-9	0.008 second	35 mm	15 g	15 ml/15 cm ³
-8	0.015 second	75 mm	35 g	35 ml/35 cm ³
-7	0.01 second	1.5 cm	75 g	75 ml/75 cm ³
-6	0.05 second	3 cm	150 g	150 ml/150 cm ³
-5	0.1 second	6 cm	300 g	300 ml/300 cm ³
-4	0.25 second	12 cm	600 g	600 ml/600 cm ³
-3	0.5 second	25 cm	1.25 kg	1.25 l/1250 cm ³
-2	1 second	50 cm	2.5 kg	2.5 l/2500 cm ³
-1	2 seconds	1 m	5 kg	5 l/5000 cm ³
0	4 seconds	2m	10 kg	10 l/10,000 cm ³
1	8 seconds	4m	20 kg	20 l/20,000 cm ³
2	16 seconds	7.5m	35 kg	35 l/35,000 cm ³
3	30 seconds	15m	75 kg	75 l/75,000 cm ³
4	1 minute	30m	150 kg	150 l/150,000 cm ³
5	2 minutes	60m	300 kg	300 l/300,000 cm ³
6	4 minutes	125m	625 kg	625 l/625,000 cm ³
7	8 minutes	250m	1250 kg	1.25 kl/1.25 m ³
8	15 minutes	500m	2500 kg	2.5 kl/2.5 m ³
9	30 minutes	1 km	5 mt	5 kl/5 m ³
10	1 hour	2 km	10 mt	10 kl/10 m ³
11	2 hours	3.5 km	20 mt	20 kl/20 m ³
12	4 hours	7.5 km	35 mt	35 kl/35 m ³
13	8 hours	15 km	75 mt	75 kl/75 m ³
14	16 hours	30 km	150 mt	150 kl/150 m ³
15	1 day	60 km	300 mt	300 kl/300 m ³
16	2 days	125 km	600 mt	600 kl/600 m ³
17	5 days	250 km	1250 mt	1250 kl/1250 m ³
18	1 week	500 km	2500 mt	2500 kl/2500 m ³
19	2 weeks	1000 km	5000 mt	5000 kl/5000 m ³
20	1 month	2000 km	10,000 mt	10,000 kl/10,000 m ³
21	3 months	3500 km	19,000 mt	19,000 kl/19,000 m ³
22	6 months	7500 km	35,000 mt	35,000 kl/35,000 m ³
23	1 year	15,000 km	75,000 mt	75,000 kl/75,000 m ³
24	2 years	30,000 km	150,000 mt	150,000 kl/150,000 m ³
25	4 years	60,000 km	300,000 mt	300,000 kl/300,000 m ³
26	8 years	125,000 km	600,000 mt	600,000 kl/600,000 m ³
27	15 years	250,000 km	1,250,000 mt	1,250,000 kl/1,250,000 m ³
28	30 years	500,000 km	2,500,000 mt	2,500,000 kl/2,500,000 m ³
29	60 years	1,000,000 km	5,000,000 mt	5,000,000 kl/5,000,000 m ³
30	125 years	2,000,000 km	10,000,000 mt	10,000,000 kl/10,000,000 m ³
31	250 years	3,500,000 km	19,000,000 mt	19,000,000 kl/19,000,000 m ³
32	500 years	7,500,000 km	35,000,000 mt	35,000,000 kl/35,000,000 m ³
33	1000 years	15,000,000 km	75,000,000 mt	75,000,000 kl/75,000,000 m ³
34	2000 years	30,000,000 km	150,000,000 mt	150,000,000 kl/150,000,000 m ³
35	4000 years	60,000,000 km	300,000,000 mt	300,000,000 kl/300,000,000 m ³
36	7500 years	125,000,000 km	600,000,000 mt	600,000,000 kl/600,000,000 m ³
37	15,000 years	250,000,000 km	1,250,000,000 mt	1,250,000,000 kl/1.25 km ³
38	30,000 years	500,000,000 km	2,500,000,000 mt	2,500,000,000 kl/2.5 km ³
39	60,000 years	1,000,000,000 km	5,000,000,000 mt	5,000,000,000 kl/5 km ³
40	125,000 years	2,000,000,000 km	10,000,000,000 mt	10,000,000,000 kl/10 km ³
41	250,000 years	3,500,000,000 km	19,000,000,000 mt	19,000,000,000 kl/19 km ³
42	500,000 years	7,500,000,000 km	35,000,000,000 mt	35,000,000,000 kl/35 km ³
43	1,000,000 years	15,000,000,000 km	75,000,000,000 mt	75,000,000,000 kl/75 km ³
44	2,000,000 years	30,000,000,000 km	150,000,000,000 mt	150,000,000,000 kl/150 km ³
45	4,000,000 years	60,000,000,000 km	300,000,000,000 mt	300,000,000,000 kl/300 km ³