

TABLE 3.—DURATION AND SEQUENCE OF SPECIFIC ACTIVITIES FOR TEST 3, IN MINUTES
[42 CFR part 84, subpart H]

Activity	Service time—							
	3 minutes	5 minutes	10 minutes	15 minutes	30 minutes	45 minutes	1 hour	2, 3 and 4 hours ¹
Sampling and readings	2	2	2	2	(²)
Walks at 4.8 km. (3 miles) per hour.	1	1	2	2	3
Runs at 9.7 km. (6 miles) per hour.	1	1	1	1	1	1	1
Pulls 20 kg. (45 pound) weight to 5 feet.	15 times in 1 minute.	30 times in 2 min-utes.	30 times in 2 min-utes.	30 times in 2 min-utes.	60 times in 6 min-utes.
Lies on side	1/2	1	1	2	3	4	5
Lies on back	1/2	1	1	2	2	3	3
Crawls on hands and knees	1	1	1	2	2	2	2
Sampling and readings	2	2	2	2
Runs at 9.7 km. (6 miles) per hour.	1	1	1	1
Walks at 4.8 km. (3 miles) per hour.	2	8	10
Pulls 20 kg. (45 pound) weight to 5 feet.	30 times in 2 min-utes.	60 times in 6 min-utes.	60 times in 6 min-utes.	60 times in 6 min-utes.
Sampling and readings	2	2	2
Walks at 4.8 km. (3 miles) per hour.	1	3	4	10
Lies on side	2	4
Lies on back	2	1
Sampling and readings	2	2	2

¹ Total test time for Test 3 for 2-hour, 3-hour, and 4-hour apparatus is 2 hours.

² Perform test No. 3 for 1 hr. apparatus; then perform test No. 1 for 1 hour apparatus.