Female Road Running Age Standard factors 2020

Age	5 km	6 km	4 Mile	8 km	5 Mlle	10 km	12 km	15 km	10 Mile	20 km	H. Mar	25 km	30 km	Marathon
Distance	5	6	6.437376	8	8.0467	10	12	15	16.09344	20	21.0975	25	30	42.195
OC sec	884	1062	1140	1422	1430	1783	2160	2735	2940	3690	3898	4640	5625	8044
OC	00:14:44	00:17:42	00:19:00	00:23:42	00:23:50	00:29:43	00:36:00	00:45:35	00:49:00	01:01:30	01:04:58	01:17:20	01:33:45	02:14:04
5	0.7220	0.7070	0.7010	0.6850	0.6850	0.6850	0.6813	0.6727	0.6673	0.6417	0.6335	0.6335	0.6540	0.6770
6	0.7513	0.7392	0.7343	0.7198	0.7198	0.7183	0.7151	0.7070	0.7018	0.6775	0.6698	0.6698	0.6882	0.7103
7	0.7792	0.7696	0.7658	0.7526	0.7526	0.7498	0.7471	0.7395	0.7345	0.7114	0.7043	0.7043	0.7206	0.7418
8	0.8057	0.7984	0.7954	0.7835	0.7835	0.7794	0.7772	0.7701	0.7654	0.7436	0.7369	0.7369	0.7514	0.7714
9	0.8308	0.8254	0.8232	0.8124	0.8124	0.8072	0.8055	0.7989	0.7944	0.7739	0.7677	0.7677	0.7804	0.7992
10	0.8545	0.8508	0.8493	0.8393	0.8393	0.8333	0.8321	0.8260	0.8216	0.8024	0.7968	0.7968	0.8078	0.8253
11	0.8768	0.8744	0.8734	0.8642	0.8642	0.8574	0.8567	0.8511	0.8470	0.8291	0.8239	0.8239	0.8334	0.8494
12	0.8977	0.8964	0.8958	0.8871	0.8871	0.8798	0.8796	0.8745	0.8706	0.8540	0.8493	0.8493	0.8574	0.8718
13	0.9172	0.9166	0.9164	0.9080	0.9080	0.9004	0.9007	0.8961	0.8923	0.8770	0.8729	0.8729	0.8796	0.8924
14	0.9353	0.9352	0.9351	0.9270	0.9270	0.9191	0.9199	0.9158	0.9122	0.8983	0.8946	0.8946	0.9002	0.9111
15	0.9520	0.9520	0.9520	0.9440	0.9440	0.9360	0.9373	0.9337	0.9303	0.9177	0.9145	0.9145	0.9190	0.9280
16	0.9680	0.9680	0.9680	0.9600	0.9600	0.9520	0.9538	0.9507	0.9475	0.9362	0.9335	0.9335	0.9370	0.9440
17	0.9840	0.9840	0.9840	0.9760	0.9760	0.9680	0.9703	0.9677	0.9647	0.9547	0.9525	0.9525	0.9550	0.9600
18	0.9960	0.9960	0.9960	0.9893	0.9893	0.9820	0.9845	0.9825	0.9798	0.9713	0.9696	0.9696	0.9712	0.9744
19	1.0000	1.0000	1.0000	0.9973	0.9973	0.9920	0.9941	0.9928	0.9907	0.9841	0.9829	0.9829	0.9838	0.9856
20	1.0000	1.0000	1.0000	1.0000	1.0000	0.9980	0.9992	0.9986	0.9975	0.9932	0.9924	0.9924	0.9928	0.9936
21	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	0.9985	0.9981	0.9981	0.9982	0.9984
22	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
23	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
24	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
25	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
26	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
27	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
28	1.0000	1.0000	1.0000	1.0000	1.0000	0.9998	0.9999	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
29	1.0000	1.0000	1.0000	0.9998	0.9998	0.9991	0.9995	0.9998	0.9999	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	0.9999	0.9997	0.9991	0.9990	0.9980	0.9985	0.9991	0.9993	0.9997	0.9997	1.0000	1.0000	1.0000
31	0.9998	0.9992	0.9990	0.9979	0.9978	0.9964	0.9971	0.9979	0.9982	0.9988	0.9989	0.9995	0.9999	1.0000
32	0.9990	0.9981	0.9977	0.9962	0.9962	0.9944	0.9953	0.9963	0.9965	0.9974	0.9976	0.9984	0.9992	0.9999
33	0.9977	0.9965	0.9959	0.9941	0.9940	0.9920	0.9929	0.9941	0.9944	0.9955	0.9958	0.9968	0.9979	0.9993
34	0.9959	0.9943	0.9936	0.9915	0.9914	0.9891	0.9902	0.9914	0.9919	0.9931	0.9934	0.9947	0.9960	0.9981
35	0.9935	0.9916	0.9909	0.9884	0.9884	0.9857	0.9869	0.9883	0.9888	0.9901	0.9904	0.9919	0.9935	0.9961
36	0.9906	0.9884	0.9876	0.9849	0.9848	0.9819	0.9832	0.9847	0.9852	0.9866	0.9870	0.9886	0.9904	0.9935
37	0.9871	0.9847	0.9838	0.9809	0.9808	0.9777	0.9790	0.9806	0.9811	0.9826	0.9830	0.9848	0.9867	0.9902
38	0.9831	0.9805	0.9795	0.9764	0.9763	0.9730	0.9743	0.9760	0.9765	0.9781	0.9785	0.9804	0.9824	0.9862
39	0.9785	0.9758	0.9747	0.9714	0.9713	0.9679	0.9692	0.9709	0.9714	0.9731	0.9735	0.9754	0.9775	0.9815
40	0.9734	0.9706	0.9695	0.9660	0.9659	0.9623	0.9636	0.9653	0.9658	0.9675	0.9679	0.9699	0.9720	0.9762
41	0.9678	0.9648	0.9637	0.9601	0.9600	0.9563	0.9576	0.9592	0.9597	0.9614	0.9618	0.9638	0.9659	0.9702
42	0.9616	0.9586	0.9574	0.9537	0.9536	0.9499	0.9511	0.9527	0.9532	0.9548	0.9552	0.9571	0.9593	0.9635

43	0.9549	0.9518	0.9506	0.9468	0.9467	0.9429	0.9441	0.9456	0.9461	0.9476	0.9480	0.9499	0.9520	0.9562
44	0.9476	0.9445	0.9433	0.9395	0.9394	0.9356	0.9367	0.9381	0.9385	0.9399	0.9403	0.9421	0.9441	0.9482
45	0.9398	0.9367	0.9355	0.9317	0.9316	0.9278	0.9288	0.9300	0.9304	0.9318	0.9321	0.9338	0.9357	0.9395
46	0.9314	0.9284	0.9272	0.9234	0.9233	0.9195	0.9204	0.9215	0.9219	0.9230	0.9233	0.9249	0.9266	0.9301
47	0.9225	0.9195	0.9184	0.9147	0.9146	0.9109	0.9116	0.9125	0.9128	0.9138	0.9140	0.9154	0.9169	0.9200
48	0.9131	0.9102	0.9091	0.9055	0.9054	0.9017	0.9023	0.9030	0.9033	0.9040	0.9042	0.9054	0.9067	0.9093
49	0.9034	0.9005	0.8993	0.8958	0.8957	0.8921	0.8925	0.8930	0.8932	0.8938	0.8939	0.8949	0.8960	0.8982
50	0.8937	0.8907	0.8895	0.8859	0.8858	0.8822	0.8825	0.8828	0.8830	0.8834	0.8835	0.8843	0.8852	0.8872
51	0.8840	0.8809	0.8798	0.8761	0.8760	0.8723	0.8724	0.8727	0.8727	0.8730	0.8731	0.8737	0.8745	0.8761
52	0.8743	0.8712	0.8700	0.8662	0.8661	0.8623	0.8624	0.8625	0.8625	0.8627	0.8627	0.8632	0.8637	0.8651
53	0.8645	0.8614	0.8602	0.8563	0.8562	0.8524	0.8523	0.8523	0.8523	0.8523	0.8523	0.8526	0.8530	0.8540
54	0.8548	0.8516	0.8504	0.8465	0.8464	0.8425	0.8423	0.8421	0.8420	0.8419	0.8419	0.8420	0.8423	0.8429
55	0.8451	0.8418	0.8406	0.8366	0.8365	0.8325	0.8322	0.8319	0.8318	0.8316	0.8315	0.8315	0.8315	0.8319
56	0.8354	0.8321	0.8308	0.8268	0.8266	0.8226	0.8222	0.8217	0.8216	0.8212	0.8211	0.8209	0.8208	0.8208
57	0.8257	0.8223	0.8210	0.8169	0.8168	0.8126	0.8121	0.8115	0.8113	0.8108	0.8107	0.8104	0.8101	0.8098
58	0.8160	0.8125	0.8112	0.8070	0.8069	0.8027	0.8021	0.8013	0.8011	0.8005	0.8003	0.7998	0.7993	0.7987
59	0.8063	0.8028	0.8014	0.7972	0.7970	0.7928	0.7920	0.7911	0.7909	0.7901	0.7899	0.7892	0.7886	0.7876
60	0.7966	0.7930	0.7916	0.7873	0.7872	0.7828	0.7820	0.7809	0.7806	0.7797	0.7795	0.7787	0.7779	0.7766
61	0.7869	0.7832	0.7818	0.7774	0.7773	0.7729	0.7719	0.7708	0.7704	0.7694	0.7691	0.7681	0.7671	0.7655
62	0.7772	0.7735	0.7720	0.7676	0.7674	0.7629	0.7618	0.7606	0.7602	0.7590	0.7587	0.7576	0.7564	0.7545
63	0.7674	0.7637	0.7622	0.7577	0.7576	0.7530	0.7518	0.7504	0.7499	0.7486	0.7483	0.7470	0.7457	0.7434
64	0.7577	0.7539	0.7524	0.7478	0.7477	0.7431	0.7417	0.7402	0.7397	0.7383	0.7379	0.7364	0.7349	0.7323
65	0.7480	0.7441	0.7426	0.7380	0.7378	0.7331	0.7317	0.7300	0.7295	0.7279	0.7275	0.7259	0.7242	0.7213
66	0.7383	0.7344	0.7328	0.7281	0.7280	0.7232	0.7216	0.7198	0.7192	0.7175	0.7171	0.7153	0.7135	0.7102
67	0.7286	0.7246	0.7230	0.7182	0.7181	0.7132	0.7116	0.7096	0.7090	0.7072	0.7067	0.7047	0.7027	0.6992
68	0.7189	0.7148	0.7133	0.7084	0.7082	0.7033	0.7015	0.6994	0.6988	0.6968	0.6963	0.6942	0.6920	0.6881
69	0.7092	0.7051	0.7035	0.6985	0.6984	0.6934	0.6915	0.6892	0.6885	0.6864	0.6859	0.6836	0.6812	0.6770
70	0.6995	0.6953	0.6937	0.6886	0.6885	0.6834	0.6814	0.6791	0.6783	0.6761	0.6755	0.6731	0.6705	0.6660
71	0.6898	0.6855	0.6839	0.6788	0.6786	0.6735	0.6714	0.6689	0.6681	0.6657	0.6651	0.6625	0.6598	0.6549
72	0.6801	0.6757	0.6741	0.6689	0.6688	0.6635	0.6613	0.6587	0.6578	0.6553	0.6547	0.6519	0.6490	0.6439
73	0.6703	0.6660	0.6643	0.6590	0.6589	0.6536	0.6513	0.6485	0.6476	0.6450	0.6443	0.6414	0.6383	0.6328
74	0.6606	0.6562	0.6545	0.6492	0.6490	0.6437	0.6412	0.6383	0.6374	0.6346	0.6339	0.6308	0.6276	0.6217
75	0.6509	0.6464	0.6447	0.6393	0.6392	0.6337	0.6312	0.6281	0.6271	0.6242	0.6235	0.6203	0.6168	0.6103
76	0.6412	0.6367	0.6349	0.6294	0.6293	0.6234	0.6209	0.6178	0.6168	0.6139	0.6131	0.6096	0.6056	0.5980
77	0.6315	0.6269	0.6251	0.6193	0.6191	0.6123	0.6098	0.6068	0.6059	0.6030	0.6022	0.5982	0.5937	0.5850
78	0.6218	0.6170	0.6151	0.6083	0.6081	0.6005	0.5980	0.5951	0.5941	0.5913	0.5906	0.5859	0.5809	0.5711
79	0.6120	0.6065	0.6041	0.5965	0.5962	0.5879	0.5855	0.5825	0.5816	0.5788	0.5781	0.5729	0.5673	0.5564
80	0.6013	0.5950	0.5924	0.5838	0.5836	0.5745	0.5721	0.5692	0.5683	0.5655	0.5648	0.5591	0.5529	0.5410
81	0.5897	0.5826	0.5797	0.5704	0.5701	0.5604	0.5580	0.5551	0.5542	0.5514	0.5507	0.5445	0.5377	0.5247
82	0.5772	0.5693	0.5662	0.5561	0.5559	0.5455	0.5431	0.5402	0.5393	0.5365	0.5359	0.5291	0.5218	0.5077
83	0.5637	0.5552	0.5518	0.5410	0.5408	0.5299	0.5275	0.5246	0.5237	0.5209	0.5202	0.5129	0.5050	0.4898
84	0.5493	0.5401	0.5365	0.5252	0.5248	0.5135	0.5110	0.5081	0.5072	0.5044	0.5037	0.4959	0.4874	0.4711
85	0.5340	0.5242	0.5203	0.5084	0.5081	0.4963	0.4939	0.4909	0.4900	0.4872	0.4865	0.4781	0.4690	0.4517
86	0.5177	0.5073	0.5033	0.4909	0.4906	0.4784	0.4759	0.4729	0.4720	0.4691	0.4684	0.4595	0.4498	0.4314

87	0.5004	0.4896	0.4854	0.4726	0.4722	0.4597	0.4572	0.4541	0.4532	0.4503	0.4496	0.4401	0.4299	0.4104
88	0.4823	0.4710	0.4666	0.4534	0.4530	0.4403	0.4377	0.4345	0.4336	0.4306	0.4299	0.4199	0.4091	0.3885
89	0.4632	0.4514	0.4470	0.4334	0.4330	0.4201	0.4174	0.4142	0.4132	0.4102	0.4094	0.3989	0.3875	0.3658
90	0.4431	0.4310	0.4264	0.4126	0.4122	0.3991	0.3964	0.3931	0.3920	0.3889	0.3882	0.3771	0.3651	0.3424
91	0.4221	0.4097	0.4050	0.3910	0.3906	0.3774	0.3745	0.3712	0.3701	0.3669	0.3661	0.3545	0.3420	0.3181
92	0.4002	0.3875	0.3828	0.3685	0.3682	0.3549	0.3520	0.3485	0.3474	0.3441	0.3433	0.3312	0.3180	0.2931
93	0.3773	0.3644	0.3596	0.3453	0.3449	0.3317	0.3286	0.3250	0.3239	0.3205	0.3196	0.3070	0.2932	0.2672
94	0.3535	0.3405	0.3356	0.3212	0.3208	0.3077	0.3045	0.3007	0.2996	0.2961	0.2952	0.2820	0.2677	0.2405
95	0.3288	0.3156	0.3107	0.2963	0.2959	0.2829	0.2796	0.2757	0.2745	0.2708	0.2700	0.2562	0.2413	0.2131
96	0.3031	0.2898	0.2849	0.2706	0.2702	0.2574	0.2540	0.2499	0.2486	0.2448	0.2439	0.2296	0.2141	0.1848
97	0.2764	0.2631	0.2583	0.2441	0.2437	0.2311	0.2276	0.2233	0.2220	0.2180	0.2171	0.2022	0.1862	0.1558
98	0.2489	0.2356	0.2307	0.2167	0.2164	0.2041	0.2004	0.1959	0.1946	0.1904	0.1894	0.1740	0.1574	0.1259
99	0.2204	0.2072	0.2023	0.1885	0.1882	0.1763	0.1724	0.1678	0.1664	0.1620	0.1610	0.1451	0.1278	0.0952
100	0.1909	0.1778	0.1731	0.1596	0.1592	0.1477	0.1437	0.1389	0.1374	0.1329	0.1318	0.1153	0.0975	0.0638