

Male Road Running Age Standard factors 2020

Age	5 km	6 km	4 Mile	8 km	5 Mile	10 km	12 km	15 km	10 Mile	20 km	H. Mar	25 km	30 km	Marathon
Distance	5	6	6.4374	8	8.0467	10	12	15	16.09344	20	21.0975	25	30	42.195
OC sec	771	933	1003	1257	1264	1584	1923	2436	2625	3298	3481	4170	5070	7299
OC	00:12:51	00:15:33	00:16:43	00:20:57	00:21:04	00:26:24	00:32:03	00:40:36	00:43:45	00:54:58	00:58:01	01:09:30	01:24:30	02:01:39
5	0.6062	0.6056	0.6056	0.6056	0.6056	0.6080	0.6056	0.6056	0.6056	0.6056	0.6056	0.6056	0.6056	0.6056
6	0.6602	0.6596	0.6596	0.6596	0.6596	0.6620	0.6596	0.6596	0.6596	0.6596	0.6596	0.6596	0.6596	0.6596
7	0.7102	0.7096	0.7096	0.7096	0.7096	0.7120	0.7096	0.7096	0.7096	0.7096	0.7096	0.7096	0.7096	0.7096
8	0.7562	0.7556	0.7556	0.7556	0.7556	0.7580	0.7556	0.7556	0.7556	0.7556	0.7556	0.7556	0.7556	0.7556
9	0.7982	0.7976	0.7976	0.7976	0.7976	0.8000	0.7976	0.7976	0.7976	0.7976	0.7976	0.7976	0.7976	0.7976
10	0.8362	0.8356	0.8356	0.8356	0.8356	0.8380	0.8356	0.8356	0.8356	0.8356	0.8356	0.8356	0.8356	0.8356
11	0.8702	0.8696	0.8696	0.8696	0.8696	0.8720	0.8696	0.8696	0.8696	0.8696	0.8696	0.8696	0.8696	0.8696
12	0.9002	0.8996	0.8996	0.8996	0.8996	0.9020	0.8996	0.8996	0.8996	0.8996	0.8996	0.8996	0.8996	0.8996
13	0.9262	0.9256	0.9256	0.9256	0.9256	0.9280	0.9256	0.9256	0.9256	0.9256	0.9256	0.9256	0.9256	0.9256
14	0.9482	0.9476	0.9476	0.9476	0.9476	0.9500	0.9476	0.9476	0.9476	0.9476	0.9476	0.9476	0.9476	0.9476
15	0.9662	0.9656	0.9656	0.9656	0.9656	0.9680	0.9656	0.9656	0.9656	0.9656	0.9656	0.9656	0.9656	0.9656
16	0.9802	0.9796	0.9796	0.9796	0.9796	0.9820	0.9796	0.9796	0.9796	0.9796	0.9796	0.9796	0.9796	0.9796
17	0.9922	0.9916	0.9916	0.9916	0.9916	0.9920	0.9916	0.9916	0.9916	0.9916	0.9916	0.9916	0.9916	0.9916
18	0.9996	0.9993	0.9993	0.9993	0.9993	0.9980	0.9993	0.9993	0.9993	0.9993	0.9993	0.9993	0.9993	0.9993
19	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
20	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
21	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
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	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
29	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
30	0.9999	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
31	0.9989	0.9992	0.9993	0.9995	0.9995	0.9996	0.9998	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	0.9969	0.9975	0.9977	0.9982	0.9982	0.9985	0.9989	0.9994	0.9995	0.9997	0.9998	0.9998	0.9998	0.9998
33	0.9937	0.9948	0.9951	0.9960	0.9960	0.9967	0.9973	0.9980	0.9982	0.9987	0.9988	0.9988	0.9988	0.9988
34	0.9894	0.9911	0.9917	0.9931	0.9931	0.9942	0.9949	0.9958	0.9961	0.9969	0.9971	0.9971	0.9971	0.9971
35	0.9841	0.9865	0.9873	0.9893	0.9894	0.9909	0.9918	0.9929	0.9933	0.9943	0.9945	0.9945	0.9945	0.9945
36	0.9776	0.9810	0.9820	0.9848	0.9848	0.9869	0.9880	0.9892	0.9896	0.9909	0.9911	0.9911	0.9911	0.9911
37	0.9706	0.9744	0.9758	0.9794	0.9795	0.9822	0.9834	0.9848	0.9853	0.9866	0.9870	0.9870	0.9870	0.9870
38	0.9636	0.9673	0.9688	0.9732	0.9733	0.9767	0.9780	0.9796	0.9801	0.9816	0.9820	0.9820	0.9820	0.9820

39	0.9566	0.9602	0.9616	0.9662	0.9663	0.9705	0.9719	0.9736	0.9742	0.9758	0.9762	0.9762	0.9762	0.9762
40	0.9496	0.9531	0.9544	0.9589	0.9590	0.9636	0.9651	0.9669	0.9674	0.9692	0.9696	0.9696	0.9696	0.9696
41	0.9426	0.9459	0.9473	0.9515	0.9516	0.9561	0.9576	0.9594	0.9600	0.9618	0.9623	0.9623	0.9623	0.9623
42	0.9356	0.9388	0.9401	0.9442	0.9443	0.9486	0.9500	0.9517	0.9523	0.9540	0.9545	0.9545	0.9545	0.9545
43	0.9286	0.9317	0.9329	0.9368	0.9369	0.9411	0.9424	0.9441	0.9446	0.9463	0.9467	0.9467	0.9467	0.9467
44	0.9216	0.9245	0.9257	0.9295	0.9296	0.9336	0.9349	0.9364	0.9369	0.9385	0.9389	0.9389	0.9389	0.9389
45	0.9146	0.9174	0.9185	0.9222	0.9223	0.9261	0.9273	0.9288	0.9293	0.9308	0.9311	0.9311	0.9311	0.9311
46	0.9076	0.9103	0.9113	0.9148	0.9149	0.9186	0.9197	0.9211	0.9216	0.9230	0.9234	0.9234	0.9234	0.9234
47	0.9006	0.9031	0.9042	0.9075	0.9076	0.9111	0.9122	0.9135	0.9139	0.9152	0.9156	0.9156	0.9156	0.9156
48	0.8936	0.8960	0.8970	0.9001	0.9002	0.9036	0.9046	0.9058	0.9062	0.9075	0.9078	0.9078	0.9078	0.9078
49	0.8866	0.8889	0.8898	0.8928	0.8929	0.8961	0.8970	0.8982	0.8985	0.8997	0.9000	0.9000	0.9000	0.9000
50	0.8796	0.8817	0.8826	0.8855	0.8855	0.8886	0.8895	0.8905	0.8909	0.8920	0.8922	0.8922	0.8922	0.8922
51	0.8726	0.8746	0.8754	0.8781	0.8782	0.8811	0.8819	0.8829	0.8832	0.8842	0.8845	0.8845	0.8845	0.8845
52	0.8656	0.8675	0.8683	0.8708	0.8709	0.8736	0.8743	0.8752	0.8755	0.8764	0.8767	0.8767	0.8767	0.8767
53	0.8586	0.8604	0.8611	0.8634	0.8635	0.8661	0.8668	0.8676	0.8678	0.8687	0.8689	0.8689	0.8689	0.8689
54	0.8516	0.8532	0.8539	0.8561	0.8562	0.8586	0.8592	0.8599	0.8602	0.8609	0.8611	0.8611	0.8611	0.8611
55	0.8446	0.8461	0.8467	0.8488	0.8488	0.8511	0.8516	0.8523	0.8525	0.8532	0.8533	0.8533	0.8533	0.8533
56	0.8376	0.8390	0.8395	0.8414	0.8415	0.8436	0.8440	0.8446	0.8448	0.8454	0.8456	0.8456	0.8456	0.8456
57	0.8306	0.8318	0.8323	0.8341	0.8341	0.8361	0.8365	0.8370	0.8371	0.8376	0.8378	0.8378	0.8378	0.8378
58	0.8236	0.8247	0.8252	0.8268	0.8268	0.8286	0.8289	0.8293	0.8294	0.8299	0.8300	0.8300	0.8300	0.8300
59	0.8166	0.8176	0.8180	0.8194	0.8195	0.8211	0.8213	0.8217	0.8218	0.8221	0.8222	0.8222	0.8222	0.8222
60	0.8096	0.8104	0.8108	0.8121	0.8121	0.8136	0.8138	0.8140	0.8141	0.8144	0.8144	0.8144	0.8144	0.8144
61	0.8026	0.8033	0.8036	0.8047	0.8048	0.8061	0.8062	0.8063	0.8064	0.8066	0.8067	0.8067	0.8067	0.8067
62	0.7956	0.7962	0.7964	0.7974	0.7974	0.7986	0.7986	0.7987	0.7987	0.7988	0.7989	0.7989	0.7989	0.7989
63	0.7886	0.7890	0.7892	0.7901	0.7901	0.7911	0.7911	0.7910	0.7910	0.7911	0.7911	0.7911	0.7911	0.7911
64	0.7816	0.7819	0.7821	0.7827	0.7827	0.7836	0.7835	0.7834	0.7834	0.7833	0.7833	0.7833	0.7833	0.7833
65	0.7746	0.7748	0.7749	0.7754	0.7754	0.7761	0.7759	0.7757	0.7757	0.7756	0.7755	0.7755	0.7755	0.7755
66	0.7676	0.7676	0.7677	0.7680	0.7681	0.7686	0.7684	0.7681	0.7680	0.7678	0.7678	0.7678	0.7678	0.7678
67	0.7606	0.7605	0.7605	0.7607	0.7607	0.7611	0.7608	0.7604	0.7603	0.7600	0.7600	0.7600	0.7600	0.7600
68	0.7533	0.7534	0.7533	0.7534	0.7534	0.7536	0.7532	0.7528	0.7527	0.7523	0.7522	0.7522	0.7522	0.7522
69	0.7454	0.7458	0.7459	0.7460	0.7460	0.7461	0.7457	0.7451	0.7450	0.7445	0.7444	0.7444	0.7444	0.7444
70	0.7369	0.7376	0.7378	0.7384	0.7384	0.7386	0.7381	0.7375	0.7373	0.7368	0.7366	0.7366	0.7366	0.7366
71	0.7278	0.7288	0.7292	0.7301	0.7301	0.7308	0.7302	0.7295	0.7293	0.7287	0.7285	0.7285	0.7285	0.7286
72	0.7182	0.7194	0.7199	0.7212	0.7212	0.7223	0.7216	0.7208	0.7206	0.7199	0.7197	0.7197	0.7197	0.7198
73	0.7079	0.7094	0.7099	0.7116	0.7116	0.7131	0.7124	0.7115	0.7112	0.7104	0.7102	0.7102	0.7102	0.7104
74	0.6970	0.6987	0.6994	0.7014	0.7014	0.7033	0.7024	0.7015	0.7012	0.7003	0.7001	0.6999	0.6999	0.7002
75	0.6856	0.6875	0.6882	0.6905	0.6906	0.6928	0.6918	0.6908	0.6904	0.6895	0.6892	0.6890	0.6890	0.6893
76	0.6735	0.6756	0.6764	0.6790	0.6791	0.6816	0.6806	0.6794	0.6790	0.6779	0.6777	0.6774	0.6774	0.6778
77	0.6609	0.6631	0.6640	0.6668	0.6669	0.6697	0.6686	0.6673	0.6669	0.6658	0.6655	0.6650	0.6650	0.6655
78	0.6477	0.6501	0.6510	0.6540	0.6541	0.6572	0.6560	0.6546	0.6542	0.6529	0.6526	0.6520	0.6520	0.6526

79	0.6338	0.6363	0.6374	0.6406	0.6407	0.6440	0.6427	0.6412	0.6407	0.6393	0.6390	0.6383	0.6383	0.6389
80	0.6194	0.6220	0.6231	0.6265	0.6266	0.6301	0.6288	0.6271	0.6266	0.6251	0.6247	0.6238	0.6238	0.6245
81	0.6044	0.6071	0.6082	0.6117	0.6118	0.6156	0.6141	0.6124	0.6118	0.6102	0.6098	0.6087	0.6087	0.6095
82	0.5888	0.5915	0.5927	0.5964	0.5965	0.6004	0.5988	0.5969	0.5964	0.5946	0.5942	0.5929	0.5929	0.5937
83	0.5726	0.5754	0.5765	0.5803	0.5804	0.5845	0.5828	0.5808	0.5802	0.5783	0.5779	0.5764	0.5764	0.5773
84	0.5558	0.5586	0.5598	0.5636	0.5638	0.5680	0.5662	0.5641	0.5634	0.5614	0.5609	0.5591	0.5591	0.5601
85	0.5384	0.5412	0.5424	0.5463	0.5464	0.5508	0.5489	0.5466	0.5459	0.5437	0.5432	0.5412	0.5412	0.5422
86	0.5204	0.5232	0.5244	0.5284	0.5285	0.5329	0.5309	0.5285	0.5277	0.5254	0.5249	0.5226	0.5226	0.5237
87	0.5018	0.5046	0.5058	0.5097	0.5099	0.5143	0.5122	0.5096	0.5088	0.5064	0.5058	0.5032	0.5032	0.5044
88	0.4826	0.4853	0.4865	0.4905	0.4906	0.4951	0.4928	0.4901	0.4893	0.4867	0.4861	0.4832	0.4832	0.4845
89	0.4629	0.4655	0.4666	0.4706	0.4707	0.4752	0.4728	0.4700	0.4691	0.4664	0.4657	0.4625	0.4625	0.4638
90	0.4425	0.4450	0.4462	0.4500	0.4501	0.4546	0.4521	0.4491	0.4482	0.4453	0.4446	0.4410	0.4410	0.4424
91	0.4215	0.4240	0.4250	0.4288	0.4289	0.4334	0.4308	0.4276	0.4266	0.4236	0.4229	0.4189	0.4189	0.4204
92	0.4000	0.4023	0.4033	0.4070	0.4071	0.4115	0.4087	0.4054	0.4044	0.4012	0.4004	0.3961	0.3961	0.3976
93	0.3778	0.3800	0.3809	0.3845	0.3846	0.3889	0.3860	0.3825	0.3815	0.3781	0.3773	0.3726	0.3726	0.3742
94	0.3551	0.3571	0.3580	0.3614	0.3615	0.3657	0.3626	0.3590	0.3579	0.3544	0.3535	0.3483	0.3483	0.3500
95	0.3318	0.3335	0.3344	0.3376	0.3377	0.3418	0.3386	0.3348	0.3336	0.3299	0.3290	0.3234	0.3234	0.3251
96	0.3078	0.3094	0.3102	0.3132	0.3133	0.3172	0.3139	0.3099	0.3086	0.3048	0.3039	0.2978	0.2978	0.2996
97	0.2833	0.2846	0.2853	0.2881	0.2882	0.2919	0.2885	0.2843	0.2830	0.2790	0.2780	0.2714	0.2714	0.2733
98	0.2582	0.2592	0.2598	0.2624	0.2625	0.2660	0.2624	0.2580	0.2567	0.2525	0.2515	0.2444	0.2444	0.2464
99	0.2325	0.2333	0.2338	0.2360	0.2361	0.2394	0.2356	0.2311	0.2297	0.2253	0.2242	0.2167	0.2167	0.2187
100	0.2062	0.2066	0.2071	0.2090	0.2091	0.2121	0.2082	0.2035	0.2020	0.1975	0.1963	0.1882	0.1882	0.1903