

Female Road Running Age Standard factors 2020

Age	1 Mile	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	50 km	50 Mile	100 km	100,000	150 km	100 Mile	200 km	200,000	
Distance	1.609344	5	6	6.437376	8	8.0467	10	12	15	16.09344	20	21.0975	25	30	42.195	50.0000	50.4672	100.0000	150.0000	160.9344	200.0000	200.0000		
OC sec	253	884	1062	1140	1422	1430	1783	2160	2735	2940	3690	3871	4640	5625	8044	9780	17760	23591	39700	43500	57600			
OC	0.04:13	0:14.44	0:17.42	0:19.00	0:23.42	0:23.50	0:29.43	0:36.00	0:45.35	0:49.00	1:01.30	1:04.31	1:17.20	1:33.45	2:14.04	2:43.00	4:56.00	6:33.11	11:01.40	12:05.00	16:00.00			
5	0.7220	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	0.6770	0.6770	0.6770	0.6770	0.6770	0.6770	0.6770	0.6770	0.6770
6	0.7513	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	0.7103	0.7103	0.7103	0.7103	0.7103	0.7103	0.7103	0.7103	0.7103
7	0.7792	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	0.7418	0.7418	0.7418	0.7418	0.7418	0.7418	0.7418	0.7418	0.7418
8	0.8057	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	0.7714	0.7714	0.7714	0.7714	0.7714	0.7714	0.7714	0.7714	0.7714
9	0.8308	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	0.7992	0.7992	0.7992	0.7992	0.7992	0.7992	0.7992	0.7992	0.7992
10	0.8545	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	0.8253	0.8253	0.8253	0.8253	0.8253	0.8253	0.8253	0.8253	0.8253
11	0.8768	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	0.8494	0.8494	0.8494	0.8494	0.8494	0.8494	0.8494	0.8494	0.8494
12	0.8977	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	0.8718	0.8718	0.8718	0.8718	0.8718	0.8718	0.8718	0.8718	0.8718
13	0.9172	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	0.8924	0.8924	0.8924	0.8924	0.8924	0.8924	0.8924	0.8924	0.8924
14	0.9353	0.9353	0.9352	0.9351	0.9270	0.9270	0.9191	0.9199	0.9158	0.9122	0.8963	0.8946	0.8946	0.9002	0.9111	0.9111	0.9111	0.9111	0.9111	0.9111	0.9111	0.9111	0.9111	0.9111
15	0.9520	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	0.9280	0.9280	0.9280	0.9280	0.9280	0.9280	0.9280	0.9280	0.9280
16	0.9680	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	0.9440	0.9440	0.9440	0.9440	0.9440	0.9440	0.9440	0.9440	0.9440
17	0.9840	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	0.9600	0.9600	0.9600	0.9600	0.9600	0.9600	0.9600	0.9600	0.9600
18	0.9960	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	0.9744	0.9744	0.9744	0.9744	0.9744	0.9744	0.9744	0.9744	0.9744
19	1.0000	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	0.9856	0.9856	0.9856	0.9856	0.9856	0.9856	0.9856	0.9856	0.9856
20	1.0000	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	0.9936	0.9936	0.9936	0.9936	0.9936	0.9936	0.9936	0.9936	0.9936
21	1.0000	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	0.9984	0.9984	0.9984	0.9984	0.9984	0.9984	0.9984	0.9984	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	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	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	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	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	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	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	0.9998	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	1.0000	1.0000
29	1.0000	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	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
30	1.0000	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	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
31	0.9998	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	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000	1.0000
32	0.9990	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	0.9999	0.9999	0.9999	0.9999	0.9999	0.9999	0.9999	0.9999	0.9999
33	0.9977	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	0.9993	0.9993	0.9993	0.9993	0.9993	0.9993	0.9993	0.9993	0.9993
34	0.9959	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	0.9981	0.9981	0.9981	0.9981	0.9981	0.9981	0.9981	0.9981	0.9981
35	0.9935	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	0.9961	0.9961	0.9961	0.9961	0.9961	0.9961	0.9961	0.9961	0.9961
36	0.9906	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	0.9935	0.9935	0.9935	0.9935	0.9935	0.9935	0.9935	0.9935	0.9935
37	0.9871	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	0.9902	0.9902	0.9902	0.9902	0.9902	0.9902	0.9902	0.9902	0.9902
38	0.9831	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	0.9862	0.9862	0.9862	0.9862	0.9862	0.9862	0.9862	0.9862	0.9862
39	0.9785	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	0.9815	0.9815	0.9815	0.9815	0.9815	0.9815	0.9815	0.9815	0.9815
40	0.9734	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	0.9762	0.9762	0.9762	0.9762	0.9762	0.9762	0.9762	0.9762	0.9762
41	0.9678	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	0.9702	0.9702	0.9702	0.9702	0.9702	0.9702	0.9702	0.9702	0.9702
42	0.9616	0.9616	0.9586	0.9574																				