

THESE ARE THE STANDARDS / 991-92

November 12, 1991 Noontime Runners

CLS	EVNT	WREC	6 85%	5 80%	4 75%	3 70%	2 65%
M39	200M	20.6	24.2	25.7	27.4	29.4	31.6
M39	400M	46.4	54.5	58.0	1:01.8	1:06.2	1:11.3
M39	800M	1:49	2:08.2	2:16.2	2:25.3	2:35.7	2:47.6
M39	1500M	3:33	4:10.5	4:26.2	4:44.0	5:04.2	5:27.6
M39	3K	7:48	9:10.5	9:45.0	10:24.0	11:08.5	12:00.0
M39	5K	13:16	15:36.4	16:35.0	17:41.3	18:57.1	20:24.6
M39	10K	27:17	32:05.8	34:06.2	36:22.6	38:58.5	41:58.4
M39	15K	44:47	52:41.1	55:58.7	59:42.6	63:58.5	68:53.8
M44	200M	21.9	25.7	27.3	29.2	31.2	33.6
M44	400M	48.4	56.9	1:00.5	1:04.5	1:9.1	1:14.4
M44	800M	1:52	2:11.7	2:20.0	2:29.3	2:40.0	2:52.3
M44	1500M	3:50	4:30.5	4:47.5	5:06.6	5:28.5	5:53.8
M44	3K	8:17	9:44.7	10:21.2	11:02.6	11:50.0	12:44.6
M44	5K	13:45	16:10.5	17:11.2	18:20.0	19:38.5	21:9.2
M44	10K	28:33	33:35.2	35:41.2	38:04.0	40:47.1	43:55.3
M44	15K	45:58	54:04.7	57:27.5	61:17.3	65:40.0	70:43.0
M49	200M	22.3	26.2	27.8	29.7	31.8	34.3
M49	400M	50.5	59.4	1:03.1	1:07.3	1:12.1	1:17.6
M49	800M	1:57	2:17.6	2:26.2	2:36.0	2:47.1	3:00.0
M49	1500M	4:01	4:43.5	5:01.2	5:21.3	5:44.2	6:10.7
M49	3K	8:36	10:07.0	10:45.0	11:28.0	12:17.1	13:13.8
M49	5K	14:23	16:55.2	17:58.7	19:10.6	20:32.8	22:07.6
M49	10K	30:03	35:21.1	37:33.7	40:04.0	42:55.7	46:13.8
M49	15K	47:28	55:50.5	59:20.0	63:17.3	67:48.5	73:01.5
M54	200M	22.9	26.9	28.6	30.5	32.7	35.2
M54	400M	51.8	1:00.9	1:04.7	1:9.0	1:14.0	1:19.6
M54	800M	2:01	2:22.3	2:31.2	2:41.3	2:52.8	3:06.1
M54	1500M	4:06	4:49.4	5:07.5	5:28.0	5:51.4	6:18.4
M54	3K	8:54	10:28.2	11:07.5	11:52.0	12:42.8	13:41.5
M54	5K	15:31	18:15.2	19:23.7	20:41.3	22:10.0	23:52.3
M54	10K	32:00	37:38.8	40:00.0	42:40.0	45:42.8	49:13.8
M54	15K	49:15	57:56.4	61:33.7	65:40.0	70:21.4	75:46.1
M59	200M	23.6	27.7	29.5	31.4	33.7	36.3
M59	400M	52.6	1:01.8	1:05.7	1:10.1	1:15.1	1:20.9
M59	800M	2:06	2:28.2	2:37.5	2:48.0	3:00.0	3:13.8
M59	1500M	4:18	5:03.5	5:22.5	5:44.0	6:08.5	6:36.9
M59	3K	9:13	10:50.5	11:31.2	12:17.3	13:10.0	14:10.7
M59	5K	15:52	18:40.0	19:50.0	21:9.3	22:40.0	24:24.6
M59	10K	33:01	38:50.5	41:16.2	44:01.3	47:10.0	50:47.6
M59	15K	50:57	59:56.4	63:41.2	67:56.0	72:47.1	78:23.0
M64	200M	24.9	29.2	31.1	33.2	35.5	38.3
M64	400M	57.7	1:07.8	1:12.1	1:16.9	1:22.4	1:28.7
M64	800M	2:13	2:36.4	2:46.2	2:57.3	3:10.0	3:24.6
M64	1500M	4:29	5:16.4	5:36.2	5:58.6	6:24.2	6:53.8
M64	3K	9:41	11:23.5	12:06.2	12:54.6	13:50.0	14:53.8
M64	5K	16:33	19:28.2	20:41.2	22:04.0	23:38.5	25:27.6
M64	10K	34:23	40:27.0	42:58.7	45:50.6	49:07.1	52:53.8
M64	15K	54:23	63:58.8	67:58.7	72:30.6	77:41.4	83:40.0
M69	200M	25.6	30.1	32.0	34.1	36.5	39.3
M69	400M	61.3	1:12.1	1:16.6	1:21.7	1:27.5	1:34.3

Standard 91-92

Grade
Age
Event WK

6 5 4 3 2

M69	800M	2:21	2:45.8	2:56.2	3:08.0	3:21.4	3:36.9
M69	1500M	4:42	5:31.7	5:52.5	6:16.0	6:42.8	7:13.8
M69	3K	10:11	11:58.8	12:43.7	13:34.6	14:32.8	15:40.0
M69	5K	17:43	20:50.5	22:08.7	23:37.3	25:18.5	27:15.3
M69	10K	36:05	42:27.0	45:06.2	48:06.6	51:32.8	55:30.7
M69	15K	55:16	65:01.1	69:05.0	73:41.3	78:57.1	85:01.5
M74	200M	26.8	31.5	33.5	35.7	38.2	41.2
M74	400M	62.2	1:13.1	1:17.7	1:22.9	1:28.8	1:35.6
M74	800M	2:35	3:02.3	3:13.7	3:26.6	3:41.4	3:58.4
M74	1500M	5:10	6:04.7	6:27.5	6:53.3	7:22.8	7:56.9
M74	3K	11:47	13:51.7	14:43.7	15:42.6	16:50.0	18:07.6
M74	5K	18:47	22:05.8	23:28.7	25:02.6	26:50.0	28:53.8
M74	10K	38:27	45:14.1	48:03.7	51:16.0	54:55.7	59:9.2
M74	15K	58:30	68:49.4	73:07.5	78:00.0	83:34.2	90:00.0
F39	200M	22.5	26.4	28.1	30.0	32.1	34.6
F39	400M	50.6	59.5	1:03.2	1:07.4	1:12.2	1:17.8
F39	800M	1:57	2:17.6	2:26.2	2:36.0	2:47.1	3:00.0
F39	1500M	3:58	4:40.0	4:57.5	5:17.3	5:40.0	6:06.1
F39	3K	8:28	9:57.6	10:35.0	11:17.3	12:05.7	13:01.5
F39	5K	15:15	17:56.4	19:03.7	20:20.0	21:47.1	23:27.6
F39	10K	31:28	37:01.1	39:20.0	41:57.3	44:57.1	48:24.6
F39	15K	51:57	61:07.0	64:56.2	69:16.0	74:12.8	79:55.3
F44	200M	24.9	29.2	31.1	33.2	35.5	38.3
F44	400M	55.3	1:05.0	1:9.1	1:13.7	1:19.0	1:25.0
F44	800M	2:07	2:29.4	2:38.7	2:49.3	3:01.4	3:15.3
F44	1500M	4:21	5:07.0	5:26.2	5:48.0	6:12.8	6:41.5
F44	3K	9:12	10:49.4	11:30.0	12:16.0	13:08.5	14:9.2
F44	5K	16:03	18:52.9	20:03.7	21:24.0	22:55.7	24:41.5
F44	10K	33:01	38:50.5	41:16.2	44:01.3	47:10.0	50:47.6
F44	15K	52:40	61:57.6	65:50.0	70:13.3	75:14.2	81:01.5
F49	200M	26.	30.5	32.5	34.6	37.1	40.0
F49	400M	57.8	1:08.0	1:12.2	1:17.0	1:22.5	1:28.9
F49	800M	2:20	2:44.7	2:55.0	3:06.6	3:20.0	3:35.3
F49	1500M	4:46	5:36.4	5:57.5	6:21.3	6:48.5	7:20.0
F49	3K	10:20	12:9.4	12:55.0	13:46.6	14:45.7	15:53.8
F49	5K	17:45	20:52.9	22:11.2	23:40.0	25:21.4	27:18.4
F49	10K	37:35	44:12.9	46:58.7	50:06.6	53:41.4	57:49.2
F49	15K	55:52	65:43.5	69:50.0	74:29.3	79:48.5	85:56.9
F54	200M	27.3	32.1	34.1	36.4	39.0	42.0
F54	400M	63.2	1:14.3	1:19.0	1:24.2	1:30.2	1:37.2
F54	800M	2:24	2:49.4	3:00.0	3:12.0	3:25.7	3:41.5
F54	1500M	4:55	5:47.0	6:08.7	6:33.3	7:01.4	7:33.8
F54	3K	10:24	12:14.1	13:00.0	13:52.0	14:51.4	16:00.0
F54	5K	17:46	20:54.1	22:12.5	23:41.3	25:22.8	27:20.0
F54	10K	36:52	43:22.3	46:05.0	49:9.3	52:40.0	56:43.0
F54	15K	57:52	68:04.7	72:20.0	77:9.3	82:40.0	89:01.5
F59	200M	28.5	33.5	35.6	38.0	40.7	43.8
F59	400M	67.	1:18.8	1:23.7	1:29.3	1:35.7	1:43.0
F59	800M	2:42	3:10.5	3:22.5	3:36.0	3:51.4	4:9.2
F59	1500M	5:16	6:11.7	6:35.0	7:01.3	7:31.4	8:06.1
F59	3K	11:21	13:21.1	14:11.2	15:08.0	16:12.8	17:27.6
F59	5K	18:49	22:08.2	23:31.2	25:05.3	26:52.8	28:56.9
F59	10K	38:39	45:28.2	48:18.7	51:32.0	55:12.8	59:27.6
F59	15K	63:28	74:40.0	79:20.0	84:37.3	90:40.0	97:38.4

F64	200M	30.	35.2	37.5	40.0	42.8	46.1
F64	400M	69.	1:21.1	1:26.2	1:32.0	1:38.5	1:46.1
F64	800M	2:53	3:23.5	3:36.2	3:50.6	4:07.1	4:26.1
F64	1500M	5:45	6:45.8	7:11.2	7:40.0	8:12.8	8:50.7
F64	3K	12:27	14:38.8	15:33.7	16:36.0	17:47.1	19:9.2
F64	5K	19:15	22:38.8	24:03.7	25:40.0	27:30.0	29:36.9
F64	10K	43:59	51:44.7	54:58.7	58:38.6	62:50.0	67:40.0
F64	15K	67:33	79:28.2	84:26.2	90:04.0	96:30.0	103:55.3
F69	200M	31.6	37.1	39.5	42.1	45.1	48.6
F69	400M	73.8	1:26.8	1:32.2	1:38.4	1:45.4	1:53.5
F69	800M	3:04	3:36.4	3:50.0	4:05.3	4:22.8	4:43.0
F69	1500M	6:11	7:16.4	7:43.7	8:14.6	8:50.0	9:30.7
F69	3K	13:16	15:36.4	16:35.0	17:41.3	18:57.1	20:24.6
F69	5K	22:16	26:11.7	27:50.0	29:41.3	31:48.5	34:15.3
F69	10K	46:55	55:11.7	58:38.7	62:33.3	67:01.4	72:10.7
F69	15K	77:06	90:42.3	96:22.5	102:48.0	110:08.5	118:36.9
F74	200M	34.2	40.2	42.7	45.6	48.8	52.6
F74	400M	84.3	1:39.1	1:45.3	1:52.4	2:00.4	2:9.6
F74	800M	3:15	3:49.4	4:03.7	4:20.0	4:38.5	5:00.0
F74	1500M	6:39	7:49.4	8:18.7	8:52.0	9:30.0	10:13.8
F74	3K	14:26	16:58.8	18:02.5	19:14.6	20:37.1	22:12.3
F74	5K	24:53	29:16.4	31:06.2	33:10.6	35:32.8	38:16.9
F74	10K	50:28	59:22.3	63:05.0	67:17.3	72:05.7	77:38.4
F74	15K	77:06	90:42.3	96:22.5	102:48.0	110:08.5	118:36.9