

| | | | | | | | | | | | | | | | | | | | | |
|-----|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|--------|
| 80 | 0,5552 | 0,5552 | 0,5552 | 0,5552 | 0,5552 | 0,5552 | 0,5552 | 0,5552 | 0,5552 | 0,5552 | 0,5552 | 0,5428 | 0,5280 | 0,4985 | 0,4985 | 0,4985 | 0,4985 | 0,4985 | 0,4985 | 0,4985 |
| 81 | 0,5425 | 0,5425 | 0,5425 | 0,5425 | 0,5425 | 0,5425 | 0,5425 | 0,5425 | 0,5425 | 0,5425 | 0,5425 | 0,5287 | 0,5128 | 0,4821 | 0,4821 | 0,4821 | 0,4821 | 0,4821 | 0,4821 | 0,4821 |
| 82 | 0,5286 | 0,5286 | 0,5286 | 0,5286 | 0,5286 | 0,5286 | 0,5286 | 0,5286 | 0,5286 | 0,5286 | 0,5286 | 0,5136 | 0,4967 | 0,4650 | 0,4650 | 0,4650 | 0,4650 | 0,4650 | 0,4650 | 0,4650 |
| 83 | 0,5135 | 0,5135 | 0,5135 | 0,5135 | 0,5135 | 0,5135 | 0,5135 | 0,5135 | 0,5135 | 0,5135 | 0,5135 | 0,4974 | 0,4796 | 0,4471 | 0,4471 | 0,4471 | 0,4471 | 0,4471 | 0,4471 | 0,4471 |
| 84 | 0,4972 | 0,4972 | 0,4972 | 0,4972 | 0,4972 | 0,4972 | 0,4972 | 0,4972 | 0,4972 | 0,4972 | 0,4972 | 0,4801 | 0,4615 | 0,4284 | 0,4284 | 0,4284 | 0,4284 | 0,4284 | 0,4284 | 0,4284 |
| 85 | 0,4797 | 0,4797 | 0,4797 | 0,4797 | 0,4797 | 0,4797 | 0,4797 | 0,4797 | 0,4797 | 0,4797 | 0,4797 | 0,4616 | 0,4425 | 0,4089 | 0,4089 | 0,4089 | 0,4089 | 0,4089 | 0,4089 | 0,4089 |
| 86 | 0,4610 | 0,4610 | 0,4610 | 0,4610 | 0,4610 | 0,4610 | 0,4610 | 0,4610 | 0,4610 | 0,4610 | 0,4610 | 0,4421 | 0,4224 | 0,3886 | 0,3886 | 0,3886 | 0,3886 | 0,3886 | 0,3886 | 0,3886 |
| 87 | 0,4411 | 0,4411 | 0,4411 | 0,4411 | 0,4411 | 0,4411 | 0,4411 | 0,4411 | 0,4411 | 0,4411 | 0,4411 | 0,4215 | 0,4014 | 0,3676 | 0,3676 | 0,3676 | 0,3676 | 0,3676 | 0,3676 | 0,3676 |
| 88 | 0,4200 | 0,4200 | 0,4200 | 0,4200 | 0,4200 | 0,4200 | 0,4200 | 0,4200 | 0,4200 | 0,4200 | 0,4200 | 0,3998 | 0,3793 | 0,3458 | 0,3458 | 0,3458 | 0,3458 | 0,3458 | 0,3458 | 0,3458 |
| 89 | 0,3977 | 0,3977 | 0,3977 | 0,3977 | 0,3977 | 0,3977 | 0,3977 | 0,3977 | 0,3977 | 0,3977 | 0,3977 | 0,3770 | 0,3563 | 0,3232 | 0,3232 | 0,3232 | 0,3232 | 0,3232 | 0,3232 | 0,3232 |
| 90 | 0,3742 | 0,3742 | 0,3742 | 0,3742 | 0,3742 | 0,3742 | 0,3742 | 0,3742 | 0,3742 | 0,3742 | 0,3742 | 0,3531 | 0,3323 | 0,2998 | 0,2998 | 0,2998 | 0,2998 | 0,2998 | 0,2998 | 0,2998 |
| 91 | 0,3495 | 0,3495 | 0,3495 | 0,3495 | 0,3495 | 0,3495 | 0,3495 | 0,3495 | 0,3495 | 0,3495 | 0,3495 | 0,3281 | 0,3073 | 0,2756 | 0,2756 | 0,2756 | 0,2756 | 0,2756 | 0,2756 | 0,2756 |
| 92 | 0,3236 | 0,3236 | 0,3236 | 0,3236 | 0,3236 | 0,3236 | 0,3236 | 0,3236 | 0,3236 | 0,3236 | 0,3236 | 0,3019 | 0,2813 | 0,2507 | 0,2507 | 0,2507 | 0,2507 | 0,2507 | 0,2507 | 0,2507 |
| 93 | 0,2965 | 0,2965 | 0,2965 | 0,2965 | 0,2965 | 0,2965 | 0,2965 | 0,2965 | 0,2965 | 0,2965 | 0,2965 | 0,2747 | 0,2544 | 0,2250 | 0,2250 | 0,2250 | 0,2250 | 0,2250 | 0,2250 | 0,2250 |
| 94 | 0,2682 | 0,2682 | 0,2682 | 0,2682 | 0,2682 | 0,2682 | 0,2682 | 0,2682 | 0,2682 | 0,2682 | 0,2682 | 0,2464 | 0,2264 | 0,1985 | 0,1985 | 0,1985 | 0,1985 | 0,1985 | 0,1985 | 0,1985 |
| 95 | 0,2387 | 0,2387 | 0,2387 | 0,2387 | 0,2387 | 0,2387 | 0,2387 | 0,2387 | 0,2387 | 0,2387 | 0,2387 | 0,2170 | 0,1975 | 0,1712 | 0,1712 | 0,1712 | 0,1712 | 0,1712 | 0,1712 | 0,1712 |
| 96 | 0,2080 | 0,2080 | 0,2080 | 0,2080 | 0,2080 | 0,2080 | 0,2080 | 0,2080 | 0,2080 | 0,2080 | 0,2080 | 0,1865 | 0,1676 | 0,1431 | 0,1431 | 0,1431 | 0,1431 | 0,1431 | 0,1431 | 0,1431 |
| 97 | 0,1761 | 0,1761 | 0,1761 | 0,1761 | 0,1761 | 0,1761 | 0,1761 | 0,1761 | 0,1761 | 0,1761 | 0,1761 | 0,1549 | 0,1367 | 0,1143 | 0,1143 | 0,1143 | 0,1143 | 0,1143 | 0,1143 | 0,1143 |
| 98 | 0,1430 | 0,1430 | 0,1430 | 0,1430 | 0,1430 | 0,1430 | 0,1430 | 0,1430 | 0,1430 | 0,1430 | 0,1430 | 0,1222 | 0,1048 | 0,0847 | 0,0847 | 0,0847 | 0,0847 | 0,0847 | 0,0847 | 0,0847 |
| 99 | 0,1087 | 0,1087 | 0,1087 | 0,1087 | 0,1087 | 0,1087 | 0,1087 | 0,1087 | 0,1087 | 0,1087 | 0,1087 | 0,0885 | 0,0719 | 0,0543 | 0,0543 | 0,0543 | 0,0543 | 0,0543 | 0,0543 | 0,0543 |
| 100 | 0,0732 | 0,0732 | 0,0732 | 0,0732 | 0,0732 | 0,0732 | 0,0732 | 0,0732 | 0,0732 | 0,0732 | 0,0732 | 0,0536 | 0,0380 | 0,0231 | 0,0231 | 0,0231 | 0,0231 | 0,0231 | 0,0231 | 0,0231 |

Compiled by Alan Jones, 3717 Wildwood Drive, Endwell, NY 13760, 607-786-5866

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With lots of help from Rex Harvey

July 8, 2004

Female Road Age Standards in H:MM:SS WMA 2010

| 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 | 50 km | 50 Mile | 100 km | 150 km | 100 Mile | 200 km |
|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|---------|---------|---------|----------|----------|----------|
| OC sec | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| OC | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 5 | 0:20:25 | 0:24:40 | 0:26:32 | 0:33:13 | 0:33:23 | 0:41:50 | 0:50:34 | 1:03:43 | 1:08:32 | 1:25:56 | 1:30:48 | 1:48:19 | 2:10:57 | 3:06:47 | 3:45:45 | 6:48:17 | 9:02:19 | 15:12:39 | 16:40:00 | |
| 6 | 0:19:32 | 0:23:36 | 0:25:23 | 0:31:47 | 0:31:56 | 0:40:05 | 0:48:47 | 1:03:05 | 1:09:02 | 1:28:56 | 1:34:50 | 1:55:15 | 2:21:58 | 3:26:28 | 4:09:32 | 7:31:17 | 9:59:27 | 16:48:48 | 18:25:21 | |
| 7 | 0:18:46 | 0:22:41 | 0:24:23 | 0:30:32 | 0:30:41 | 0:38:31 | 0:46:51 | 1:00:23 | 1:05:57 | 1:24:41 | 1:30:12 | 1:49:22 | 2:14:23 | 3:14:57 | 3:55:38 | 7:06:09 | 9:26:03 | 15:52:35 | 17:23:46 | 23:02:05 |
| 8 | 0:18:07 | 0:21:53 | 0:23:32 | 0:29:28 | 0:29:37 | 0:37:10 | 0:45:10 | 0:58:04 | 1:03:18 | 1:21:03 | 1:26:14 | 1:44:21 | 2:07:58 | 3:05:13 | 3:43:52 | 6:44:52 | 8:57:48 | 15:05:02 | 16:31:39 | 21:53:05 |
| 9 | 0:17:33 | 0:21:12 | 0:22:48 | 0:28:33 | 0:28:42 | 0:36:00 | 0:43:44 | 0:56:04 | 1:01:01 | 1:17:55 | 1:22:50 | 1:40:03 | 2:02:28 | 2:56:55 | 3:33:50 | 6:26:44 | 8:33:42 | 14:24:28 | 15:47:13 | 20:54:15 |
| 10 | 0:17:04 | 0:20:37 | 0:22:10 | 0:27:46 | 0:27:54 | 0:35:00 | 0:42:29 | 0:54:21 | 0:59:03 | 1:15:14 | 1:19:55 | 1:36:22 | 1:57:44 | 2:49:48 | 3:25:13 | 6:11:10 | 8:13:01 | 13:49:41 | 15:09:05 | 20:03:46 |
| 11 | 0:16:38 | 0:20:06 | 0:21:38 | 0:27:05 | 0:27:13 | 0:34:08 | 0:41:24 | 0:52:52 | 0:57:21 | 1:12:54 | 1:17:23 | 1:33:10 | 1:53:40 | 2:43:40 | 3:17:49 | 5:57:45 | 7:55:12 | 13:19:42 | 14:36:14 | 19:20:16 |
| 12 | 0:16:17 | 0:19:40 | 0:21:09 | 0:26:29 | 0:26:37 | 0:33:24 | 0:40:29 | 0:51:35 | 0:55:54 | 1:10:54 | 1:15:12 | 1:30:25 | 1:50:09 | 2:38:22 | 3:11:24 | 5:46:10 | 7:39:49 | 12:53:47 | 14:07:51 | 18:42:41 |
| 13 | 0:15:58 | 0:19:18 | 0:20:45 | 0:25:59 | 0:26:07 | 0:32:45 | 0:39:42 | 0:50:29 | 0:54:38 | 1:09:10 | 1:13:19 | 1:28:02 | 1:47:06 | 2:33:47 | 3:05:51 | 5:36:08 | 7:26:30 | 12:31:23 | 13:43:18 | 18:10:10 |
| 14 | 0:15:43 | 0:18:59 | 0:20:25 | 0:25:34 | 0:25:42 | 0:32:13 | 0:39:02 | 0:49:33 | 0:53:33 | 1:07:41 | 1:11:42 | 1:25:59 | 1:44:28 | 2:29:49 | 3:01:04 | 5:27:28 | 7:14:59 | 12:12:01 | 13:22:05 | 17:42:04 |
| 15 | 0:15:30 | 0:18:44 | 0:20:08 | 0:25:13 | 0:25:20 | 0:31:47 | 0:38:28 | 0:48:46 | 0:52:39 | 1:06:25 | 1:10:19 | 1:24:13 | 1:42:13 | 2:26:24 | 2:56:56 | 5:20:00 | 7:05:04 | 11:55:19 | 13:03:47 | 17:17:50 |
| 16 | 0:15:18 | 0:18:30 | 0:19:53 | 0:24:54 | 0:25:02 | 0:31:23 | 0:37:58 | 0:48:03 | 0:51:49 | 1:05:16 | 1:09:04 | 1:22:37 | 1:40:10 | 2:23:18 | 2:53:12 | 5:13:14 | 6:56:04 | 11:40:11 | 12:47:12 | 16:55:52 |
| 17 | 0:15:07 | 0:18:16 | 0:19:39 | 0:24:36 | 0:24:43 | 0:30:59 | 0:37:29 | 0:47:22 | 0:51:01 | 1:04:09 | 1:07:51 | 1:21:05 | 1:38:12 | 2:20:20 | 2:49:36 | 5:06:44 | 6:47:27 | 11:25:40 | 12:31:18 | 16:34:49 |
| 18 | 0:14:58 | 0:18:05 | 0:19:26 | 0:24:21 | 0:24:28 | 0:30:40 | 0:37:05 | 0:46:47 | 0:50:21 | 1:03:14 | 1:06:51 | 1:19:49 | 1:36:35 | 2:17:53 | 2:46:39 | 5:01:24 | 6:40:21 | 11:13:44 | 12:18:13 | 16:17:30 |
| 19 | 0:14:51 | 0:17:57 | 0:19:19 | 0:24:11 | 0:24:18 | 0:30:27 | 0:36:49 | 0:46:25 | 0:49:55 | 1:02:38 | 1:06:12 | 1:18:59 | 1:35:31 | 2:16:17 | 2:44:43 | 4:57:54 | 6:35:43 | 11:05:56 | 12:09:40 | 16:06:11 |
| 20 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:06 | 0:24:13 | 0:30:21 | 0:36:41 | 0:46:13 | 0:49:42 | 1:02:20 | 1:05:52 | 1:18:35 | 1:35:00 | 2:15:31 | 2:43:47 | 4:56:12 | 6:33:28 | 11:02:08 | 12:05:30 | 16:00:40 |
| 21 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 22 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 23 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 24 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 25 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 26 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 27 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |

| | | | | | | | | | | | | | | | | | | | | |
|----|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|
| 28 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 29 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 30 | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:21 | 0:36:41 | 0:46:13 | 0:49:42 | 1:02:19 | 1:05:51 | 1:18:33 | 1:34:58 | 2:15:28 | 2:43:44 | 4:56:07 | 6:33:20 | 11:01:56 | 12:05:17 | 16:00:23 |
| 31 | 0:14:49 | 0:17:54 | 0:19:15 | 0:24:07 | 0:24:14 | 0:30:22 | 0:36:42 | 0:46:15 | 0:49:44 | 1:02:22 | 1:05:54 | 1:18:38 | 1:35:03 | 2:15:39 | 2:43:57 | 4:56:30 | 6:33:51 | 11:02:48 | 12:06:14 | 16:01:38 |
| 32 | 0:14:50 | 0:17:56 | 0:19:17 | 0:24:08 | 0:24:15 | 0:30:24 | 0:36:45 | 0:46:19 | 0:49:48 | 1:02:27 | 1:06:00 | 1:18:44 | 1:35:13 | 2:15:56 | 2:44:17 | 4:57:08 | 6:34:41 | 11:04:11 | 12:07:46 | 16:03:40 |
| 33 | 0:14:52 | 0:17:58 | 0:19:19 | 0:24:11 | 0:24:18 | 0:30:28 | 0:36:50 | 0:46:24 | 0:49:54 | 1:02:34 | 1:06:07 | 1:18:54 | 1:35:26 | 2:16:20 | 2:44:46 | 4:58:00 | 6:35:50 | 11:06:08 | 12:09:53 | 16:06:29 |
| 34 | 0:14:54 | 0:18:00 | 0:19:22 | 0:24:15 | 0:24:22 | 0:30:32 | 0:36:55 | 0:46:30 | 0:50:01 | 1:02:43 | 1:06:16 | 1:19:07 | 1:35:43 | 2:16:51 | 2:45:24 | 4:59:08 | 6:37:21 | 11:08:41 | 12:12:42 | 16:10:11 |
| 35 | 0:14:57 | 0:18:03 | 0:19:25 | 0:24:19 | 0:24:26 | 0:30:38 | 0:37:01 | 0:46:39 | 0:50:10 | 1:02:54 | 1:06:28 | 1:19:22 | 1:36:04 | 2:17:30 | 2:46:11 | 5:00:32 | 6:39:13 | 11:11:49 | 12:16:07 | 16:14:43 |
| 36 | 0:15:00 | 0:18:07 | 0:19:29 | 0:24:24 | 0:24:31 | 0:30:44 | 0:37:09 | 0:46:49 | 0:50:20 | 1:03:07 | 1:06:42 | 1:19:40 | 1:36:29 | 2:18:15 | 2:47:06 | 5:02:12 | 6:41:25 | 11:15:31 | 12:20:10 | 16:20:06 |
| 37 | 0:15:03 | 0:18:12 | 0:19:34 | 0:24:30 | 0:24:37 | 0:30:51 | 0:37:18 | 0:47:00 | 0:50:33 | 1:03:23 | 1:06:58 | 1:20:02 | 1:36:58 | 2:19:09 | 2:48:10 | 5:04:09 | 6:44:01 | 11:19:53 | 12:24:58 | 16:26:26 |
| 38 | 0:15:08 | 0:18:17 | 0:19:39 | 0:24:37 | 0:24:44 | 0:31:00 | 0:37:28 | 0:47:13 | 0:50:46 | 1:03:40 | 1:07:17 | 1:20:26 | 1:37:30 | 2:20:11 | 2:49:26 | 5:06:25 | 6:47:01 | 11:24:57 | 12:30:31 | 16:33:47 |
| 39 | 0:15:12 | 0:18:22 | 0:19:46 | 0:24:44 | 0:24:52 | 0:31:10 | 0:37:40 | 0:47:28 | 0:51:02 | 1:04:00 | 1:07:38 | 1:20:54 | 1:38:09 | 2:21:20 | 2:50:49 | 5:08:57 | 6:50:23 | 11:30:36 | 12:36:42 | 16:41:59 |
| 40 | 0:15:18 | 0:18:29 | 0:19:52 | 0:24:53 | 0:25:00 | 0:31:21 | 0:37:53 | 0:47:44 | 0:51:20 | 1:04:22 | 1:08:01 | 1:21:24 | 1:38:50 | 2:22:39 | 2:52:24 | 5:11:49 | 6:54:11 | 11:37:00 | 12:43:43 | 16:51:16 |
| 41 | 0:15:23 | 0:18:36 | 0:20:00 | 0:25:03 | 0:25:10 | 0:31:32 | 0:38:08 | 0:48:02 | 0:51:40 | 1:04:47 | 1:08:27 | 1:21:59 | 1:39:37 | 2:24:07 | 2:54:11 | 5:15:02 | 6:58:27 | 11:44:12 | 12:51:36 | 17:01:43 |
| 42 | 0:15:30 | 0:18:43 | 0:20:08 | 0:25:13 | 0:25:20 | 0:31:46 | 0:38:23 | 0:48:22 | 0:52:01 | 1:05:14 | 1:08:56 | 1:22:37 | 1:40:29 | 2:25:44 | 2:56:08 | 5:18:33 | 7:03:09 | 11:52:05 | 13:00:14 | 17:13:09 |
| 43 | 0:15:37 | 0:18:52 | 0:20:17 | 0:25:24 | 0:25:32 | 0:32:00 | 0:38:41 | 0:48:44 | 0:52:25 | 1:05:43 | 1:09:27 | 1:23:18 | 1:41:25 | 2:27:28 | 2:58:14 | 5:22:20 | 7:08:10 | 12:00:32 | 13:09:30 | 17:25:25 |
| 44 | 0:15:44 | 0:19:01 | 0:20:27 | 0:25:37 | 0:25:44 | 0:32:16 | 0:39:00 | 0:49:08 | 0:52:51 | 1:06:16 | 1:10:01 | 1:24:03 | 1:42:28 | 2:29:14 | 3:00:22 | 5:26:12 | 7:13:18 | 12:09:11 | 13:18:59 | 17:37:58 |
| 45 | 0:15:53 | 0:19:11 | 0:20:38 | 0:25:51 | 0:25:58 | 0:32:33 | 0:39:21 | 0:49:35 | 0:53:19 | 1:06:51 | 1:10:39 | 1:24:53 | 1:43:36 | 2:31:03 | 3:02:34 | 5:30:10 | 7:18:35 | 12:18:03 | 13:28:42 | 17:50:50 |
| 46 | 0:16:02 | 0:19:22 | 0:20:50 | 0:26:05 | 0:26:13 | 0:32:51 | 0:39:43 | 0:50:03 | 0:53:49 | 1:07:29 | 1:11:19 | 1:25:46 | 1:44:49 | 2:32:55 | 3:04:49 | 5:34:14 | 7:23:58 | 12:27:08 | 13:38:39 | 18:04:01 |
| 47 | 0:16:12 | 0:19:34 | 0:21:03 | 0:26:21 | 0:26:29 | 0:33:11 | 0:40:07 | 0:50:33 | 0:54:22 | 1:08:10 | 1:12:02 | 1:26:44 | 1:46:06 | 2:34:49 | 3:07:07 | 5:38:24 | 7:29:30 | 12:36:27 | 13:48:51 | 18:17:31 |
| 48 | 0:16:22 | 0:19:47 | 0:21:17 | 0:26:38 | 0:26:46 | 0:33:33 | 0:40:34 | 0:51:06 | 0:54:58 | 1:08:55 | 1:12:49 | 1:27:47 | 1:47:24 | 2:36:46 | 3:09:28 | 5:42:40 | 7:35:11 | 12:46:00 | 13:59:19 | 18:31:22 |
| 49 | 0:16:34 | 0:20:01 | 0:21:31 | 0:26:57 | 0:27:05 | 0:33:56 | 0:41:02 | 0:51:42 | 0:55:36 | 1:09:43 | 1:13:40 | 1:28:52 | 1:48:45 | 2:38:46 | 3:11:54 | 5:47:03 | 7:41:00 | 12:55:47 | 14:10:02 | 18:45:34 |
| 50 | 0:16:46 | 0:20:15 | 0:21:47 | 0:27:17 | 0:27:25 | 0:34:22 | 0:41:32 | 0:52:20 | 0:56:17 | 1:10:34 | 1:14:34 | 1:29:59 | 1:50:07 | 2:40:50 | 3:14:23 | 5:51:33 | 7:46:58 | 13:05:50 | 14:21:03 | 19:00:09 |
| 51 | 0:16:58 | 0:20:31 | 0:22:04 | 0:27:37 | 0:27:45 | 0:34:47 | 0:42:03 | 0:52:59 | 0:56:59 | 1:11:27 | 1:15:30 | 1:31:07 | 1:51:32 | 2:42:56 | 3:16:56 | 5:56:09 | 7:53:05 | 13:16:08 | 14:32:20 | 19:15:06 |
| 52 | 0:17:11 | 0:20:46 | 0:22:20 | 0:27:58 | 0:28:06 | 0:35:14 | 0:42:35 | 0:53:40 | 0:57:42 | 1:12:21 | 1:16:28 | 1:32:17 | 1:52:59 | 2:45:06 | 3:19:33 | 6:00:53 | 7:59:22 | 13:26:43 | 14:43:56 | 19:30:27 |
| 53 | 0:17:25 | 0:21:02 | 0:22:37 | 0:28:20 | 0:28:28 | 0:35:41 | 0:43:08 | 0:54:21 | 0:58:27 | 1:13:17 | 1:17:27 | 1:33:29 | 1:54:28 | 2:47:20 | 3:22:14 | 6:05:45 | 8:05:50 | 13:37:35 | 14:55:50 | 19:46:13 |
| 54 | 0:17:38 | 0:21:19 | 0:22:55 | 0:28:42 | 0:28:50 | 0:36:09 | 0:43:42 | 0:55:03 | 0:59:12 | 1:14:14 | 1:18:27 | 1:34:43 | 1:55:59 | 2:49:37 | 3:25:00 | 6:10:44 | 8:12:28 | 13:48:44 | 15:08:04 | 20:02:24 |

| | | | | | | | | | | | | | | | | | | | | |
|----|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|----------|----------|
| 55 | 0:17:52 | 0:21:35 | 0:23:13 | 0:29:05 | 0:29:13 | 0:36:37 | 0:44:16 | 0:55:47 | 0:59:59 | 1:15:13 | 1:19:29 | 1:35:58 | 1:57:33 | 2:51:57 | 3:27:50 | 6:15:52 | 8:19:17 | 14:00:13 | 15:20:38 | 20:19:03 |
| 56 | 0:18:06 | 0:21:53 | 0:23:32 | 0:29:28 | 0:29:36 | 0:37:07 | 0:44:51 | 0:56:31 | 1:00:47 | 1:16:13 | 1:20:32 | 1:37:16 | 1:59:09 | 2:54:22 | 3:30:45 | 6:21:09 | 8:26:17 | 14:12:00 | 15:33:33 | 20:36:09 |
| 57 | 0:18:21 | 0:22:10 | 0:23:51 | 0:29:52 | 0:30:00 | 0:37:37 | 0:45:28 | 0:57:17 | 1:01:36 | 1:17:15 | 1:21:38 | 1:38:36 | 2:00:49 | 2:56:51 | 3:33:45 | 6:26:34 | 8:33:30 | 14:24:08 | 15:46:51 | 20:53:45 |
| 58 | 0:18:36 | 0:22:29 | 0:24:10 | 0:30:16 | 0:30:25 | 0:38:08 | 0:46:05 | 0:58:04 | 1:02:27 | 1:18:18 | 1:22:45 | 1:39:58 | 2:02:31 | 2:59:24 | 3:36:50 | 6:32:09 | 8:40:55 | 14:36:37 | 16:00:31 | 21:11:52 |
| 59 | 0:18:52 | 0:22:47 | 0:24:31 | 0:30:41 | 0:30:50 | 0:38:39 | 0:46:44 | 0:58:53 | 1:03:19 | 1:19:24 | 1:23:54 | 1:41:22 | 2:04:15 | 3:02:02 | 3:40:01 | 6:37:54 | 8:48:33 | 14:49:27 | 16:14:36 | 21:30:30 |
| 60 | 0:19:08 | 0:23:07 | 0:24:51 | 0:31:07 | 0:31:16 | 0:39:12 | 0:47:23 | 0:59:42 | 1:04:12 | 1:20:31 | 1:25:05 | 1:42:49 | 2:06:03 | 3:04:45 | 3:43:17 | 6:43:49 | 8:56:24 | 15:02:41 | 16:29:05 | 21:49:41 |
| 61 | 0:19:24 | 0:23:26 | 0:25:13 | 0:31:34 | 0:31:43 | 0:39:46 | 0:48:04 | 1:00:34 | 1:05:07 | 1:21:40 | 1:26:18 | 1:44:18 | 2:07:54 | 3:07:32 | 3:46:39 | 6:49:55 | 9:04:30 | 15:16:19 | 16:44:01 | 22:09:27 |
| 62 | 0:19:41 | 0:23:47 | 0:25:35 | 0:32:02 | 0:32:11 | 0:40:20 | 0:48:46 | 1:01:26 | 1:06:04 | 1:22:51 | 1:27:33 | 1:45:50 | 2:09:49 | 3:10:24 | 3:50:08 | 6:56:12 | 9:12:51 | 15:30:21 | 16:59:24 | 22:29:50 |
| 63 | 0:19:58 | 0:24:08 | 0:25:57 | 0:32:30 | 0:32:39 | 0:40:56 | 0:49:29 | 1:02:20 | 1:07:02 | 1:24:04 | 1:28:50 | 1:47:25 | 2:11:47 | 3:13:22 | 3:53:43 | 7:02:41 | 9:21:27 | 15:44:50 | 17:15:16 | 22:50:50 |
| 64 | 0:20:16 | 0:24:29 | 0:26:20 | 0:32:59 | 0:33:08 | 0:41:32 | 0:50:13 | 1:03:16 | 1:08:02 | 1:25:19 | 1:30:09 | 1:49:03 | 2:13:48 | 3:16:26 | 3:57:24 | 7:09:22 | 9:30:20 | 15:59:46 | 17:31:38 | 23:12:31 |
| 65 | 0:20:35 | 0:24:52 | 0:26:44 | 0:33:29 | 0:33:39 | 0:42:10 | 0:50:59 | 1:04:14 | 1:09:04 | 1:26:37 | 1:31:31 | 1:50:43 | 2:15:53 | 3:19:35 | 4:01:13 | 7:16:15 | 9:39:29 | 16:15:11 | 17:48:32 | 23:34:53 |
| 66 | 0:20:54 | 0:25:15 | 0:27:09 | 0:34:00 | 0:34:10 | 0:42:49 | 0:51:46 | 1:05:13 | 1:10:08 | 1:27:57 | 1:32:56 | 1:52:27 | 2:18:03 | 3:22:50 | 4:05:09 | 7:23:23 | 9:48:57 | 16:31:07 | 18:05:59 | 23:57:59 |
| 67 | 0:21:13 | 0:25:38 | 0:27:34 | 0:34:32 | 0:34:42 | 0:43:29 | 0:52:34 | 1:06:14 | 1:11:14 | 1:29:19 | 1:34:23 | 1:54:14 | 2:20:16 | 3:26:12 | 4:09:14 | 7:30:44 | 9:58:44 | 16:47:34 | 18:24:00 | |
| 68 | 0:21:33 | 0:26:03 | 0:28:01 | 0:35:05 | 0:35:15 | 0:44:11 | 0:53:24 | 1:07:17 | 1:12:22 | 1:30:44 | 1:35:53 | 1:56:04 | 2:22:34 | 3:29:41 | 4:13:26 | 7:38:21 | 10:08:50 | 17:04:34 | 18:42:38 | |
| 69 | 0:21:54 | 0:26:28 | 0:28:28 | 0:35:39 | 0:35:49 | 0:44:54 | 0:54:16 | 1:08:22 | 1:13:32 | 1:32:12 | 1:37:26 | 1:57:58 | 2:24:56 | 3:33:17 | 4:17:47 | 7:46:13 | 10:19:17 | 17:22:10 | 19:01:55 | |
| 70 | 0:22:16 | 0:26:54 | 0:28:56 | 0:36:14 | 0:36:24 | 0:45:38 | 0:55:09 | 1:09:30 | 1:14:44 | 1:33:43 | 1:39:02 | 1:59:56 | 2:27:23 | 3:37:01 | 4:22:17 | 7:54:22 | 10:30:06 | 17:40:22 | 19:21:52 | |
| 71 | 0:22:38 | 0:27:21 | 0:29:25 | 0:36:50 | 0:37:01 | 0:46:23 | 0:56:04 | 1:10:39 | 1:15:59 | 1:35:16 | 1:40:41 | 2:01:58 | 2:29:56 | 3:40:52 | 4:26:57 | 8:02:48 | 10:41:18 | 17:59:13 | 19:42:31 | |
| 72 | 0:23:01 | 0:27:49 | 0:29:55 | 0:37:27 | 0:37:38 | 0:47:10 | 0:57:01 | 1:11:51 | 1:17:16 | 1:36:53 | 1:42:23 | 2:04:04 | 2:32:33 | 3:44:52 | 4:31:47 | 8:11:32 | 10:52:55 | 18:18:45 | 20:03:55 | |
| 73 | 0:23:25 | 0:28:18 | 0:30:26 | 0:38:06 | 0:38:17 | 0:47:59 | 0:58:00 | 1:13:05 | 1:18:36 | 1:38:34 | 1:44:09 | 2:06:14 | 2:35:16 | 3:49:01 | 4:36:47 | 8:20:36 | 11:04:57 | 18:39:00 | 20:26:07 | |
| 74 | 0:23:49 | 0:28:47 | 0:30:58 | 0:38:46 | 0:38:57 | 0:48:50 | 0:59:02 | 1:14:22 | 1:19:59 | 1:40:17 | 1:45:59 | 2:08:29 | 2:38:05 | 3:53:21 | 4:42:02 | 8:30:05 | 11:17:33 | 19:00:13 | 20:49:21 | |
| 75 | 0:24:15 | 0:29:18 | 0:31:31 | 0:39:28 | 0:39:39 | 0:49:42 | 1:00:05 | 1:15:42 | 1:21:24 | 1:42:05 | 1:47:52 | 2:10:49 | 2:41:01 | 3:58:09 | 4:47:50 | 8:40:35 | 11:31:30 | 19:23:41 | 21:15:04 | |
| 76 | 0:24:41 | 0:29:50 | 0:32:05 | 0:40:11 | 0:40:22 | 0:50:36 | 1:01:10 | 1:17:05 | 1:22:53 | 1:43:56 | 1:49:50 | 2:13:15 | 2:44:03 | 4:03:31 | 4:54:19 | 8:52:17 | 11:47:02 | 19:49:50 | 21:43:43 | |
| 77 | 0:25:09 | 0:30:23 | 0:32:41 | 0:40:55 | 0:41:07 | 0:51:33 | 1:02:18 | 1:18:30 | 1:24:25 | 1:45:52 | 1:51:52 | 2:15:45 | 2:47:17 | 4:09:26 | 5:01:28 | 9:05:13 | 12:04:14 | 20:18:46 | 22:15:25 | |
| 78 | 0:25:37 | 0:30:58 | 0:33:18 | 0:41:42 | 0:41:54 | 0:52:31 | 1:03:29 | 1:19:59 | 1:26:01 | 1:47:52 | 1:53:59 | 2:18:23 | 2:50:58 | 4:16:02 | 5:09:27 | 9:19:39 | 12:23:24 | 20:51:01 | | |
| 79 | 0:26:07 | 0:31:33 | 0:33:56 | 0:42:30 | 0:42:42 | 0:53:32 | 1:04:42 | 1:21:31 | 1:27:40 | 1:49:56 | 1:56:10 | 2:21:19 | 2:55:07 | 4:23:24 | 5:18:21 | 9:35:46 | 12:44:48 | 21:27:02 | | |
| 80 | 0:26:39 | 0:32:13 | 0:34:39 | 0:43:23 | 0:43:35 | 0:54:38 | 1:06:03 | 1:23:13 | 1:29:29 | 1:52:13 | 1:58:35 | 2:24:41 | 2:59:48 | 4:31:39 | 5:28:19 | 9:53:47 | 13:08:44 | 22:07:19 | | |
| 81 | 0:27:17 | 0:32:58 | 0:35:27 | 0:44:24 | 0:44:36 | 0:55:55 | 1:07:35 | 1:25:10 | 1:31:35 | 1:54:50 | 2:01:21 | 2:28:32 | 3:05:08 | 4:40:53 | 5:39:29 | 10:13:59 | 13:35:34 | | | |

| | | | | | | | | | | | | | | | | | | | | |
|-----|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|----------|----------|----------|----------|----------|----------|----------|--|--|--|
| 82 | 0:28:00 | 0:33:50 | 0:36:23 | 0:45:34 | 0:45:47 | 0:57:23 | 1:09:22 | 1:27:24 | 1:33:59 | 1:57:52 | 2:04:33 | 2:32:54 | 3:11:08 | 4:51:13 | 5:51:58 | 10:36:34 | 14:05:33 | | | |
| 83 | 0:28:49 | 0:34:50 | 0:37:27 | 0:46:54 | 0:47:08 | 0:59:04 | 1:11:24 | 1:29:58 | 1:36:45 | 2:01:19 | 2:08:12 | 2:37:53 | 3:17:57 | 5:02:53 | 6:06:04 | 11:02:03 | 14:39:24 | | | |
| 84 | 0:29:46 | 0:35:58 | 0:38:41 | 0:48:26 | 0:48:40 | 1:01:00 | 1:13:45 | 1:32:55 | 1:39:56 | 2:05:18 | 2:12:24 | 2:43:35 | 3:25:42 | 5:16:06 | 6:22:03 | 11:30:57 | 15:17:48 | | | |
| 85 | 0:30:51 | 0:37:17 | 0:40:06 | 0:50:12 | 0:50:27 | 1:03:14 | 1:16:26 | 1:36:19 | 1:43:34 | 2:09:52 | 2:17:14 | 2:50:08 | 3:34:32 | 5:31:10 | 6:40:16 | 12:03:54 | 16:01:34 | | | |
| 86 | 0:32:06 | 0:38:48 | 0:41:43 | 0:52:14 | 0:52:30 | 1:05:48 | 1:19:32 | 1:40:13 | 1:47:46 | 2:15:08 | 2:22:48 | 2:57:38 | 3:44:45 | 5:48:28 | 7:01:10 | 12:41:43 | 16:51:48 | | | |
| 87 | 0:33:33 | 0:40:33 | 0:43:36 | 0:54:36 | 0:54:52 | 1:08:46 | 1:23:08 | 1:44:44 | 1:52:38 | 2:21:14 | 2:29:15 | 3:06:19 | 3:56:30 | 6:08:23 | 7:25:14 | 13:25:13 | 17:49:36 | | | |
| 88 | 0:35:14 | 0:42:35 | 0:45:48 | 0:57:20 | 0:57:37 | 1:12:13 | 1:27:18 | 1:50:00 | 1:58:18 | 2:28:20 | 2:36:45 | 3:16:26 | 4:10:17 | 6:31:36 | 7:53:18 | 14:15:59 | 18:57:02 | | | |
| 89 | 0:37:13 | 0:44:58 | 0:48:22 | 1:00:33 | 1:00:51 | 1:16:16 | 1:32:12 | 1:56:10 | 2:04:56 | 2:36:39 | 2:45:32 | 3:28:19 | 4:26:27 | 6:58:59 | 8:26:24 | 15:15:50 | 20:16:32 | | | |
| 90 | 0:39:33 | 0:47:47 | 0:51:24 | 1:04:22 | 1:04:40 | 1:21:04 | 1:37:59 | 2:03:28 | 2:12:46 | 2:46:29 | 2:55:56 | 3:42:25 | 4:45:41 | 7:31:41 | 9:05:55 | 16:27:19 | 21:51:29 | | | |
| 91 | 0:42:21 | 0:51:10 | 0:55:02 | 1:08:54 | 1:09:15 | 1:26:47 | 1:44:55 | 2:12:11 | 2:22:09 | 2:58:15 | 3:08:22 | 3:59:21 | 5:08:56 | 8:11:21 | 9:53:51 | 17:54:01 | 23:46:39 | | | |
| 92 | 0:45:44 | 0:55:16 | 0:59:26 | 1:14:25 | 1:14:47 | 1:33:44 | 1:53:19 | 2:22:46 | 2:33:32 | 3:12:31 | 3:23:26 | 4:20:08 | 5:37:29 | 9:00:09 | 10:52:50 | 19:40:42 | | | | |
| 93 | 0:49:55 | 1:00:19 | 1:04:52 | 1:21:14 | 1:21:37 | 1:42:18 | 2:03:40 | 2:35:49 | 2:47:34 | 3:30:07 | 3:42:02 | 4:45:53 | 6:13:10 | 10:01:51 | 12:07:24 | 21:55:33 | | | | |
| 94 | 0:55:11 | 1:06:41 | 1:11:43 | 1:29:48 | 1:30:14 | 1:53:06 | 2:16:43 | 2:52:16 | 3:05:15 | 3:52:17 | 4:05:28 | 5:18:43 | 6:59:19 | 11:22:12 | 13:44:31 | 0:51:11 | | | | |
| 95 | 1:02:00 | 1:14:55 | 1:20:35 | 1:40:54 | 1:41:23 | 2:07:05 | 2:33:37 | 3:13:33 | 3:28:08 | 4:21:00 | 4:35:48 | 6:01:54 | 8:00:41 | 13:10:59 | 15:56:00 | 4:48:58 | | | | |
| 96 | 1:11:09 | 1:25:59 | 1:32:28 | 1:55:47 | 1:56:21 | 2:25:50 | 2:56:17 | 3:42:07 | 3:58:52 | 4:59:31 | 5:16:30 | 7:01:05 | 9:26:26 | 15:46:18 | 19:03:43 | | | | | |
| 97 | 1:24:03 | 1:41:33 | 1:49:13 | 2:16:46 | 2:17:25 | 2:52:15 | 3:28:13 | 4:22:21 | 4:42:08 | 5:53:47 | 6:13:50 | 8:27:00 | 11:34:28 | 19:44:45 | 23:51:54 | | | | | |
| 98 | 1:43:30 | 2:05:03 | 2:14:30 | 2:48:25 | 2:49:14 | 3:32:07 | 4:16:25 | 5:23:05 | 5:47:26 | 7:15:40 | 7:40:22 | 10:42:40 | 15:05:51 | 2:38:47 | 8:12:19 | | | | | |
| 99 | 2:16:09 | 2:44:31 | 2:56:56 | 3:41:33 | 3:42:38 | 4:39:03 | 5:37:19 | 7:05:01 | 7:37:04 | 9:33:08 | 10:05:39 | 14:47:23 | 22:00:21 | 17:33:52 | 2:14:07 | | | | | |
| 100 | 3:22:11 | 4:04:18 | 4:22:45 | 5:29:00 | 5:30:36 | 6:54:23 | 8:20:55 | 10:31:09 | 11:18:44 | 14:11:06 | 14:59:22 | 0:25:10 | 17:38:15 | 1:42:12 | 22:05:08 | | | | | |

Female Road Age Standards in Seconds WMA 2010

| 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 | 50 km | 50 Mile | 100 km | 150 km | 100 Mile | 200 km |
|--------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|---------|---------|---------|----------|----------|----------|
| OC sec | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| OC | 0:14:48 | 0:17:53 | 0:19:14 | 0:24:05 | 0:24:12 | 0:30:20 | 0:36:40 | 0:46:12 | 0:49:41 | 1:02:18 | 1:05:50 | 1:18:32 | 1:34:56 | 2:15:25 | 2:43:40 | 4:56:00 | 6:33:11 | 11:01:40 | 12:05:00 | 16:00:00 |
| 5 | 1225 | 1480 | 1592 | 1993 | 2003 | 2510 | 3034 | 3823 | 4112 | 5156 | 5448 | 6499 | 7857 | 11207 | 13545 | 24497 | 32539 | 54759 | 60000 | 79448 |
| 6 | 1172 | 1416 | 1523 | 1907 | 1916 | 2405 | 2927 | 3785 | 4142 | 5336 | 5690 | 6915 | 8518 | 12388 | 14972 | 27077 | 35967 | 60528 | 66321 | 87818 |
| 7 | 1126 | 1361 | 1463 | 1832 | 1841 | 2311 | 2811 | 3623 | 3957 | 5081 | 5412 | 6562 | 8063 | 11697 | 14138 | 25569 | 33963 | 57155 | 62626 | 82925 |
| 8 | 1087 | 1313 | 1412 | 1768 | 1777 | 2230 | 2710 | 3484 | 3798 | 4863 | 5174 | 6261 | 7678 | 11113 | 13432 | 24292 | 32268 | 54302 | 59499 | 78785 |
| 9 | 1053 | 1272 | 1368 | 1713 | 1722 | 2160 | 2624 | 3364 | 3661 | 4675 | 4970 | 6003 | 7348 | 10615 | 12830 | 23204 | 30822 | 51868 | 56833 | 75255 |
| 10 | 1024 | 1237 | 1330 | 1666 | 1674 | 2100 | 2549 | 3261 | 3543 | 4514 | 4795 | 5782 | 7064 | 10188 | 12313 | 22270 | 29581 | 49781 | 54545 | 72226 |
| 11 | 998 | 1206 | 1298 | 1625 | 1633 | 2048 | 2484 | 3172 | 3441 | 4374 | 4643 | 5590 | 6820 | 9820 | 11869 | 21465 | 28512 | 47982 | 52574 | 69616 |
| 12 | 977 | 1180 | 1269 | 1589 | 1597 | 2004 | 2429 | 3095 | 3354 | 4254 | 4512 | 5425 | 6609 | 9502 | 11484 | 20770 | 27589 | 46427 | 50871 | 67361 |
| 13 | 958 | 1158 | 1245 | 1559 | 1567 | 1965 | 2382 | 3029 | 3278 | 4150 | 4399 | 5282 | 6426 | 9227 | 11151 | 20168 | 26790 | 45083 | 49398 | 65410 |
| 14 | 943 | 1139 | 1225 | 1534 | 1542 | 1933 | 2342 | 2973 | 3213 | 4061 | 4302 | 5159 | 6268 | 8989 | 10864 | 19648 | 26099 | 43921 | 48125 | 63724 |
| 15 | 930 | 1124 | 1208 | 1513 | 1520 | 1907 | 2308 | 2926 | 3159 | 3985 | 4219 | 5053 | 6133 | 8784 | 10616 | 19200 | 25504 | 42919 | 47027 | 62270 |
| 16 | 918 | 1110 | 1193 | 1494 | 1502 | 1883 | 2278 | 2883 | 3109 | 3916 | 4144 | 4957 | 6010 | 8598 | 10392 | 18794 | 24964 | 42011 | 46032 | 60952 |
| 17 | 907 | 1096 | 1179 | 1476 | 1483 | 1859 | 2249 | 2842 | 3061 | 3849 | 4071 | 4865 | 5892 | 8420 | 10176 | 18404 | 24447 | 41140 | 45078 | 59689 |
| 18 | 898 | 1085 | 1166 | 1461 | 1468 | 1840 | 2225 | 2807 | 3021 | 3794 | 4011 | 4789 | 5795 | 8273 | 9999 | 18084 | 24021 | 40424 | 44293 | 58650 |
| 19 | 891 | 1077 | 1159 | 1451 | 1458 | 1827 | 2209 | 2785 | 2995 | 3758 | 3972 | 4739 | 5731 | 8177 | 9883 | 17874 | 23743 | 39956 | 43780 | 57971 |
| 20 | 888 | 1073 | 1154 | 1446 | 1453 | 1821 | 2201 | 2773 | 2982 | 3740 | 3952 | 4715 | 5700 | 8131 | 9827 | 17772 | 23608 | 39728 | 43530 | 57640 |
| 21 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| 22 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| 23 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| 24 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| 25 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| 26 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |

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|----|------|------|------|------|------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|
| 27 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| 28 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| 29 | 888 | 1073 | 1154 | 1445 | 1452 | 1820 | 2200 | 2772 | 2981 | 3738 | 3950 | 4712 | 5696 | 8125 | 9820 | 17760 | 23591 | 39700 | 43500 | 57600 |
| 30 | 888 | 1073 | 1154 | 1445 | 1452 | 1821 | 2201 | 2773 | 2982 | 3739 | 3951 | 4713 | 5698 | 8128 | 9824 | 17767 | 23600 | 39716 | 43517 | 57623 |
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| 39 | 912 | 1102 | 1186 | 1484 | 1492 | 1870 | 2260 | 2848 | 3062 | 3840 | 4058 | 4854 | 5889 | 8480 | 10249 | 18537 | 24623 | 41436 | 45402 | 60119 |
| 40 | 918 | 1109 | 1192 | 1493 | 1500 | 1881 | 2273 | 2864 | 3080 | 3862 | 4081 | 4884 | 5930 | 8559 | 10344 | 18709 | 24851 | 41820 | 45823 | 60676 |
| 41 | 923 | 1116 | 1200 | 1503 | 1510 | 1892 | 2288 | 2882 | 3100 | 3887 | 4107 | 4919 | 5977 | 8647 | 10451 | 18902 | 25107 | 42252 | 46296 | 61303 |
| 42 | 930 | 1123 | 1208 | 1513 | 1520 | 1906 | 2303 | 2902 | 3121 | 3914 | 4136 | 4957 | 6029 | 8744 | 10568 | 19113 | 25389 | 42725 | 46814 | 61989 |
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| 44 | 944 | 1141 | 1227 | 1537 | 1544 | 1936 | 2340 | 2948 | 3171 | 3976 | 4201 | 5043 | 6148 | 8954 | 10822 | 19572 | 25998 | 43751 | 47939 | 63478 |
| 45 | 953 | 1151 | 1238 | 1551 | 1558 | 1953 | 2361 | 2975 | 3199 | 4011 | 4239 | 5093 | 6216 | 9063 | 10954 | 19810 | 26315 | 44283 | 48522 | 64250 |
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| 47 | 972 | 1174 | 1263 | 1581 | 1589 | 1991 | 2407 | 3033 | 3262 | 4090 | 4322 | 5204 | 6366 | 9289 | 11227 | 20304 | 26970 | 45387 | 49731 | 65851 |
| 48 | 982 | 1187 | 1277 | 1598 | 1606 | 2013 | 2434 | 3066 | 3298 | 4135 | 4369 | 5267 | 6444 | 9406 | 11368 | 20560 | 27311 | 45960 | 50359 | 66682 |
| 49 | 994 | 1201 | 1291 | 1617 | 1625 | 2036 | 2462 | 3102 | 3336 | 4183 | 4420 | 5332 | 6525 | 9526 | 11514 | 20823 | 27660 | 46547 | 51002 | 67534 |
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| | | | | | | | | | | | | | | | | | | | | |
|----|------|------|------|------|------|------|------|------|------|------|------|------|-------|-------|-------|-------|-------|-------|-------|--------|
| 53 | 1045 | 1262 | 1357 | 1700 | 1708 | 2141 | 2588 | 3261 | 3507 | 4397 | 4647 | 5609 | 6868 | 10040 | 12134 | 21945 | 29150 | 49055 | 53750 | 71173 |
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| 57 | 1101 | 1330 | 1431 | 1792 | 1800 | 2257 | 2728 | 3437 | 3696 | 4635 | 4898 | 5916 | 7249 | 10611 | 12825 | 23194 | 30810 | 51848 | 56811 | 75225 |
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| 59 | 1132 | 1367 | 1471 | 1841 | 1850 | 2319 | 2804 | 3533 | 3799 | 4764 | 5034 | 6082 | 7455 | 10922 | 13201 | 23874 | 31713 | 53367 | 58476 | 77430 |
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| 62 | 1181 | 1427 | 1535 | 1922 | 1931 | 2420 | 2926 | 3686 | 3964 | 4971 | 5253 | 6350 | 7789 | 11424 | 13808 | 24972 | 33171 | 55821 | 61164 | 80990 |
| 63 | 1198 | 1448 | 1557 | 1950 | 1959 | 2456 | 2969 | 3740 | 4022 | 5044 | 5330 | 6445 | 7907 | 11602 | 14023 | 25361 | 33687 | 56690 | 62116 | 82250 |
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| 65 | 1235 | 1492 | 1604 | 2009 | 2019 | 2530 | 3059 | 3854 | 4144 | 5197 | 5491 | 6643 | 8153 | 11975 | 14473 | 26175 | 34769 | 58511 | 64112 | 84893 |
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| 67 | 1273 | 1538 | 1654 | 2072 | 2082 | 2609 | 3154 | 3974 | 4274 | 5359 | 5663 | 6854 | 8416 | 12372 | 14954 | 27044 | 35924 | 60454 | 66240 | 87711 |
| 68 | 1293 | 1563 | 1681 | 2105 | 2115 | 2651 | 3204 | 4037 | 4342 | 5444 | 5753 | 6964 | 8554 | 12581 | 15206 | 27501 | 36530 | 61474 | 67358 | 89192 |
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| 73 | 1405 | 1698 | 1826 | 2286 | 2297 | 2879 | 3480 | 4385 | 4716 | 5914 | 6249 | 7574 | 9316 | 13741 | 16607 | 30036 | 39897 | 67140 | 73567 | 97412 |
| 74 | 1429 | 1727 | 1858 | 2326 | 2337 | 2930 | 3542 | 4462 | 4799 | 6017 | 6359 | 7709 | 9485 | 14001 | 16922 | 30605 | 40653 | 68413 | 74961 | 99259 |
| 75 | 1455 | 1758 | 1891 | 2368 | 2379 | 2982 | 3605 | 4542 | 4884 | 6125 | 6472 | 7849 | 9661 | 14289 | 17270 | 31235 | 41490 | 69821 | 76504 | 101301 |
| 76 | 1481 | 1790 | 1925 | 2411 | 2422 | 3036 | 3670 | 4625 | 4973 | 6236 | 6590 | 7995 | 9843 | 14611 | 17659 | 31937 | 42422 | 71390 | 78223 | 103578 |
| 77 | 1509 | 1823 | 1961 | 2455 | 2467 | 3093 | 3738 | 4710 | 5065 | 6352 | 6712 | 8145 | 10037 | 14966 | 18088 | 32713 | 43454 | 73126 | 80125 | 106097 |
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| | | | | | | | | | | | | | | | | | | | | |
|-----|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|-------|--------|--------|--------|--------|---------|---------|---------|---------|
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| 86 | 1926 | 2328 | 2503 | 3134 | 3150 | 3948 | 4772 | 6013 | 6466 | 8108 | 8568 | 10658 | 13485 | 20908 | 25270 | 45703 | 60708 | 102162 | 111940 | 148224 |
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| 100 | 12131 | 14658 | 15765 | 19740 | 19836 | 24863 | 30055 | 37869 | 40724 | 51066 | 53962 | 87910 | 149895 | 351732 | 425108 | 768831 | 1021255 | 1718615 | 1883117 | 2493506 |