

**Female Road Running
Age Standard factors
2020**

Age	5 km	10 km
10	0.8545	0.8333
11	0.8768	0.8574
12	0.8977	0.8798
13	0.9172	0.9004
14	0.9353	0.9191
15	0.9520	0.9360
16	0.9680	0.9520
17	0.9840	0.9680
18	0.9960	0.9820
19	1.0000	0.9920
20	1.0000	0.9980
21	1.0000	1.0000
22	1.0000	1.0000
23	1.0000	1.0000
24	1.0000	1.0000
25	1.0000	1.0000
26	1.0000	1.0000
27	1.0000	1.0000
28	1.0000	0.9998
29	1.0000	0.9991
30	1.0000	0.9980
31	0.9998	0.9964
32	0.9990	0.9944
33	0.9977	0.9920
34	0.9959	0.9891
35	0.9935	0.9857
36	0.9906	0.9819
37	0.9871	0.9777
38	0.9831	0.9730
39	0.9785	0.9679
40	0.9734	0.9623
41	0.9678	0.9563
42	0.9616	0.9499
43	0.9549	0.9429
44	0.9476	0.9356
45	0.9398	0.9278
46	0.9314	0.9195
47	0.9225	0.9109
48	0.9131	0.9017
49	0.9034	0.8921
50	0.8937	0.8822
51	0.8840	0.8723
52	0.8743	0.8623
53	0.8645	0.8524
54	0.8548	0.8425
55	0.8451	0.8325
56	0.8354	0.8226
57	0.8257	0.8126
58	0.8160	0.8027
59	0.8063	0.7928
60	0.7966	0.7828
61	0.7869	0.7729
62	0.7772	0.7629
63	0.7674	0.7530
64	0.7577	0.7431
65	0.7480	0.7331
66	0.7383	0.7232
67	0.7286	0.7132
68	0.7189	0.7033
69	0.7092	0.6934
70	0.6995	0.6834
71	0.6898	0.6735
72	0.6801	0.6635
73	0.6703	0.6536
74	0.6606	0.6437
75	0.6509	0.6337
76	0.6412	0.6234
77	0.6315	0.6123
78	0.6218	0.6005
79	0.6120	0.5879
80	0.6013	0.5745
81	0.5897	0.5604
82	0.5772	0.5455
83	0.5637	0.5299
84	0.5493	0.5135
85	0.5340	0.4963
86	0.5177	0.4784
87	0.5004	0.4597
88	0.4823	0.4403
89	0.4632	0.4201
90	0.4431	0.3991

**Male Road Running Age
Standard factors 2020**

Age	5 km	10 km
10	0.8362	0.8380
11	0.8702	0.8720
12	0.9002	0.9020
13	0.9262	0.9280
14	0.9482	0.9500
15	0.9662	0.9680
16	0.9802	0.9820
17	0.9922	0.9920
18	0.9996	0.9980
19	1.0000	1.0000
20	1.0000	1.0000
21	1.0000	1.0000
22	1.0000	1.0000
23	1.0000	1.0000
24	1.0000	1.0000
25	1.0000	1.0000
26	1.0000	1.0000
27	1.0000	1.0000
28	1.0000	1.0000
29	1.0000	1.0000
30	0.9999	1.0000
31	0.9989	0.9996
32	0.9969	0.9985
33	0.9937	0.9967
34	0.9894	0.9942
35	0.9841	0.9909
36	0.9776	0.9869
37	0.9706	0.9822
38	0.9636	0.9767
39	0.9566	0.9705
40	0.9496	0.9636
41	0.9426	0.9561
42	0.9356	0.9486
43	0.9286	0.9411
44	0.9216	0.9336
45	0.9146	0.9261
46	0.9076	0.9186
47	0.9006	0.9111
48	0.8936	0.9036
49	0.8866	0.8961
50	0.8796	0.8886
51	0.8726	0.8811
52	0.8656	0.8736
53	0.8586	0.8661
54	0.8516	0.8586
55	0.8446	0.8511
56	0.8376	0.8436
57	0.8306	0.8361
58	0.8236	0.8286
59	0.8166	0.8211
60	0.8096	0.8136
61	0.8026	0.8061
62	0.7956	0.7986
63	0.7886	0.7911
64	0.7816	0.7836
65	0.7746	0.7761
66	0.7676	0.7686
67	0.7606	0.7611
68	0.7533	0.7536
69	0.7454	0.7461
70	0.7369	0.7386
71	0.7278	0.7308
72	0.7182	0.7223
73	0.7079	0.7131
74	0.6970	0.7033
75	0.6856	0.6928
76	0.6735	0.6816
77	0.6609	0.6697
78	0.6477	0.6572
79	0.6338	0.6440
80	0.6194	0.6301
81	0.6044	0.6156
82	0.5888	0.6004
83	0.5726	0.5845
84	0.5558	0.5680
85	0.5384	0.5508
86	0.5204	0.5329
87	0.5018	0.5143
88	0.4826	0.4951
89	0.4629	0.4752
90	0.4425	0.4546