

Tentative Running Standards for 1993-94, August 1, 1993

Event	10	9	8	7	6	5	4	3	2
M34 200m	20.0	21.0	22.2	23.5	25.0	26.6	28.5	30.7	33.3
M34 400m	44.1	46.4	49.0	51.8	55.1	58.8	1:03.0	1:07.8	1:13.5
M34 800m	1:43.3	1:48.7	1:54.7	2:01.5	2:09.1	2:17.7	2:27.5	2:38.9	2:52.1
M34 1500m	3:31.7	3:42.8	3:55.2	4:09.0	4:24.6	4:42.2	5:02.4	5:25.6	5:52.8
M34 3k	7:34.3	7:58.2	8:24.7	8:54.4	9:27.8	10:05.7	10:49.0	11:38.9	12:37.1
M34 5k	12:57.0	13:37.8	14:23.3	15:14.1	16:11.2	17:16.0	18:30.0	19:55.3	21:35.0
M34 8k	21:18.0	22:25.2	23:40.0	25:03.5	26:37.5	28:24.0	30:25.7	32:46.1	35:30.0
M34 10k	26:55.0	28:20.0	29:54.4	31:40.0	33:38.7	35:53.3	38:27.1	41:24.6	44:51.6
M34 15k	41:17.0	43:27.3	45:52.2	48:34.1	51:36.2	55:02.6	58:58.5	63:30.7	68:48.3

Event	10	9	8	7	6	5	4	3	2
M39 200m	20.5	21.5	22.7	24.1	25.6	27.3	29.2	31.5	34.1
M39 400m	45.6	48.0	50.6	53.6	57.0	1:00.8	1:05.1	1:10.1	1:16.0
M39 800m	1:46.3	1:51.8	1:58.1	2:05.0	2:12.8	2:21.7	2:31.8	2:43.5	2:57.1
M39 1500m	3:37.8	3:49.2	4:02.0	4:16.2	4:32.2	4:50.4	5:11.1	5:35.0	6:03.0
M39 3k	7:46.4	8:10.9	8:38.2	9:08.7	9:43.0	10:21.8	11:06.2	11:57.5	12:57.3
M39 5k	13:19.0	14:01.0	14:47.7	15:40.0	16:38.7	17:45.3	19:01.4	20:29.2	22:11.6
M39 8k	21:54.0	23:03.1	24:20.0	25:45.8	27:22.5	29:12.0	31:17.1	33:41.5	36:30.0
M39 10k	27:41.0	29:08.4	30:45.5	32:34.1	34:36.2	36:54.6	39:32.8	42:35.3	46:08.3
M39 15k	42:27.0	44:41.0	47:10.0	49:56.4	53:03.7	56:36.0	60:38.5	65:18.4	70:45.0

Event	10	9	8	7	6	5	4	3	2
M44 200m	21.1	22.2	23.4	24.8	26.3	28.1	30.1	32.4	35.1
M44 400m	47.2	49.6	52.4	55.5	59.0	1:02.9	1:07.4	1:12.6	1:18.6
M44 800m	1:49.6	1:55.3	2:01.7	2:08.9	2:17.0	2:26.1	2:36.5	2:48.6	3:02.6
M44 1500m	3:44.6	3:56.4	4:09.5	4:24.2	4:40.7	4:59.4	5:20.8	5:45.5	6:14.3
M44 3k	8:01.0	8:26.3	8:54.4	9:25.8	10:01.2	10:41.3	11:27.1	12:20.0	13:21.6
M44 5k	13:44.0	14:27.3	15:15.5	16:09.4	17:10.0	18:18.6	19:37.1	21:07.6	22:53.3
M44 8k	22:35.0	23:46.3	25:05.5	26:34.1	28:13.7	30:06.6	32:15.7	34:44.6	37:38.3
M44 10k	28:33.0	30:03.1	31:43.3	33:35.2	35:41.2	38:04.0	40:47.1	43:55.3	47:35.0
M44 15k	43:47.0	46:05.2	48:38.8	51:30.5	54:43.7	58:22.6	62:32.8	67:21.5	72:58.3

Event	10	9	8	7	6	5	4	3	2
M49 200m	21.8	22.9	24.2	25.6	27.2	29.0	31.1	33.5	36.3
M49 400m	49.0	51.5	54.4	57.6	1:01.2	1:05.3	1:10.0	1:15.3	1:21.6
M49 800m	1:53.3	1:59.2	2:05.8	2:13.2	2:21.6	2:31.0	2:41.8	2:54.3	3:08.8
M49 1500m	3:52.1	4:04.3	4:17.8	4:33.0	4:50.1	5:09.4	5:31.5	5:57.0	6:26.8
M49 3k	8:17.1	8:43.2	9:12.3	9:44.8	10:21.3	11:02.8	11:50.1	12:44.7	13:48.5
M49 5k	14:12.0	14:56.8	15:46.6	16:42.3	17:45.0	18:56.0	20:17.1	21:50.7	23:40.0
M49 8k	23:21.0	24:34.7	25:56.6	27:28.2	29:11.2	31:08.0	33:21.4	35:55.3	38:55.0
M49 10k	29:30.0	31:03.1	32:46.6	34:42.3	36:52.5	39:20.0	42:08.5	45:23.0	49:10.0
M49 15k	45:15.0	47:37.8	50:16.6	53:14.1	56:33.7	60:20.0	64:38.5	69:36.9	75:25.0

Event	10	9	8	7	6	5	4	3	2
M54 200m	22.5	23.6	25.0	26.4	28.1	30.0	32.1	34.6	37.5
M54 400m	51.0	53.6	56.6	1:00.0	1:03.7	1:08.0	1:12.8	1:18.4	1:25.0
M54 800m	1:57.4	2:03.5	2:10.4	2:18.1	2:26.7	2:36.5	2:47.7	3:00.6	3:15.6
M54 1500m	4:00.6	4:13.2	4:27.3	4:43.0	5:00.7	5:20.8	5:43.7	6:10.1	6:41.0
M54 3k	8:35.2	9:02.3	9:32.4	10:06.1	10:44.0	11:26.9	12:16.0	13:12.6	14:18.6
M54 5k	14:43.0	15:29.4	16:21.1	17:18.8	18:23.7	19:37.3	21:01.4	22:38.4	24:31.6
M54 8k	24:12.0	25:28.4	26:53.3	28:28.2	30:15.0	32:16.0	34:34.2	37:13.8	40:20.0
M54 10k	30:34.0	32:10.5	33:57.7	35:57.6	38:12.5	40:45.3	43:40.0	47:01.5	50:56.6
M54 15k	46:53.0	49:21.0	52:05.5	55:09.4	58:36.2	62:30.6	66:58.5	72:07.6	78:08.3

Event	10	9	8	7	6	5	4	3	2
M59 200m	23.3	24.5	25.8	27.4	29.1	31.0	33.2	35.8	38.8
M59 400m	53.3	56.1	59.2	1:02.7	1:06.6	1:11.0	1:16.1	1:22.0	1:28.8
M59 800m	2:02.4	2:08.8	2:16.0	2:24.0	2:33.0	2:43.2	2:54.8	3:08.3	3:24.0
M59 1500m	4:10.9	4:24.1	4:38.7	4:55.1	5:13.6	5:34.5	5:58.4	6:26.0	6:58.1
M59 3k	8:57.3	9:25.5	9:57.0	10:32.1	11:11.6	11:56.4	12:47.5	13:46.6	14:55.5
M59 5k	15:21.0	16:09.4	17:03.3	18:03.5	19:11.2	20:28.0	21:55.7	23:36.9	25:35.0
M59 8k	25:14.0	26:33.6	28:02.2	29:41.1	31:32.5	33:38.6	36:02.8	38:49.2	42:03.3
M59 10k	31:53.0	33:33.6	35:25.5	37:30.5	39:51.2	42:30.6	45:32.8	49:03.0	53:08.3
M59 15k	48:54.0	51:28.4	54:20.0	57:31.7	61:07.5	65:12.0	69:51.4	75:13.8	81:30.0

Event	10	9	8	7	6	5	4	3	2
M64 200m	24.2	25.4	26.8	28.4	30.2	32.2	34.5	37.2	40.3
M64 400m	55.9	58.8	1:02.1	1:05.7	1:09.8	1:14.5	1:19.8	1:26.0	1:33.1
M64 800m	2:08.6	2:15.3	2:22.8	2:31.2	2:40.7	2:51.4	3:03.7	3:17.8	3:34.3
M64 1500m	4:23.5	4:37.3	4:52.7	5:10.0	5:29.3	5:51.3	6:16.4	6:45.3	7:19.1
M64 3k	9:24.2	9:53.8	10:26.8	11:03.7	11:45.2	12:32.2	13:26.0	14:28.0	15:40.3
M64 5k	16:07.0	16:57.8	17:54.4	18:57.6	20:08.7	21:29.3	23:01.4	24:47.6	26:51.6
M64 8k	26:29.0	27:52.6	29:25.5	31:09.4	33:06.2	35:18.6	37:50.0	40:44.6	44:08.3
M64 10k	33:29.0	35:14.7	37:12.2	39:23.5	41:51.2	44:38.6	47:50.0	51:30.7	55:48.3
M64 15k	51:22.0	54:04.2	57:04.4	60:25.8	64:12.5	68:29.3	73:22.8	79:01.5	85:36.6

Event	10	9	8	7	6	5	4	3	2
M69 200m	25.3	26.6	28.1	29.7	31.6	33.7	36.1	38.9	42.1
M69 400m	58.8	1:01.8	1:05.3	1:09.1	1:13.5	1:18.4	1:24.0	1:30.4	1:38.0
M69 800m	2:15.6	2:22.7	2:30.6	2:39.5	2:49.5	3:00.8	3:13.7	3:28.6	3:46.0
M69 1500m	4:37.9	4:52.5	5:08.7	5:26.9	5:47.3	6:10.5	6:37.0	7:07.5	7:43.1
M69 3k	9:55.1	10:26.4	11:01.2	11:40.1	12:23.8	13:13.4	14:10.1	15:15.5	16:31.8
M69 5k	16:59.0	17:52.6	18:52.2	19:58.8	21:13.7	22:38.6	24:15.7	26:07.6	28:18.3
M69 8k	27:56.0	29:24.2	31:02.2	32:51.7	34:55.0	37:14.6	39:54.2	42:58.4	46:33.3
M69 10k	35:18.0	37:09.4	39:13.3	41:31.7	44:07.5	47:04.0	50:25.7	54:18.4	58:50.0
M69 15k	54:09.0	57:00.0	60:10.0	63:42.3	67:41.2	72:12.0	77:21.4	83:18.4	90:15.0

Event	10	9	8	7	6	5	4	3	2
M74 200m	26.5	27.8	29.4	31.1	33.1	35.3	37.8	40.7	44.1
M74 400m	1:02.1	1:05.3	1:09.0	1:13.0	1:17.6	1:22.8	1:28.7	1:35.5	1:43.5
M74 800m	2:23.7	2:31.2	2:39.6	2:49.0	2:59.6	3:11.6	3:25.2	3:41.0	3:59.5
M74 1500m	4:54.4	5:09.8	5:27.1	5:46.3	6:08.0	6:32.5	7:00.5	7:32.9	8:10.6
M74 3k	10:30.6	11:03.7	11:40.6	12:21.8	13:08.2	14:00.8	15:00.8	16:10.1	17:31.0
M74 5k	18:00.0	18:56.8	20:00.0	21:10.5	22:30.0	24:00.0	25:42.8	27:41.5	30:00.0
M74 8k	29:36.0	31:09.4	32:53.3	34:49.4	37:00.0	39:28.0	42:17.1	45:32.3	49:20.0
M74 10k	37:25.0	39:23.1	41:34.4	44:01.1	46:46.2	49:53.3	53:27.1	57:33.8	62:21.6
M74 15k	57:24.0	60:25.2	63:46.6	67:31.7	71:45.0	76:32.0	82:00.0	88:18.4	95:40.0

Event	10	9	8	7	6	5	4	3	2
F34 200m	22.0	23.1	24.4	25.8	27.5	29.3	31.4	33.8	36.6
F34 400m	48.8	51.3	54.2	57.4	1:01.0	1:05.0	1:09.7	1:15.0	1:21.3
F34 800m	1:54.8	2:00.8	2:07.5	2:15.0	2:23.5	2:33.0	2:44.0	2:56.6	3:11.3
F34 1500m	3:55.3	4:07.6	4:21.4	4:36.8	4:54.1	5:13.7	5:36.1	6:02.0	6:32.1
F34 3k	8:24.5	8:51.0	9:20.5	9:53.5	10:30.6	11:12.6	12:00.7	12:56.1	14:00.8
F34 5k	14:22.0	15:07.3	15:57.7	16:54.1	17:57.5	19:09.3	20:31.4	22:06.1	23:56.6
F34 8k	23:39.0	24:53.6	26:16.6	27:49.4	29:33.7	31:32.0	33:47.1	36:23.0	39:25.0
F34 10k	29:53.0	31:27.3	33:12.2	35:09.4	37:21.2	39:50.6	42:41.4	45:58.4	49:48.3
F34 15k	45:49.0	48:13.6	50:54.4	53:54.1	57:16.2	61:05.3	65:27.1	70:29.2	76:21.6

Event	10	9	8	7	6	5	4	3	2
F39 200m	22.7	23.8	25.2	26.7	28.3	30.2	32.4	34.9	37.8
F39 400m	50.6	53.2	56.2	59.5	1:03.2	1:07.4	1:12.2	1:17.8	1:24.3
F39 800m	1:58.5	2:04.7	2:11.6	2:19.4	2:28.1	2:38.0	2:49.2	3:02.3	3:17.5
F39 1500m	4:02.7	4:15.4	4:29.6	4:45.5	5:03.3	5:23.6	5:46.7	6:13.3	6:44.5
F39 3k	8:39.4	9:06.7	9:37.1	10:11.0	10:49.2	11:32.5	12:22.0	13:19.0	14:25.6
F39 5k	14:49.0	15:35.7	16:27.7	17:25.8	18:31.2	19:45.3	21:10.0	22:47.6	24:41.6
F39 8k	24:23.0	25:40.0	27:05.5	28:41.1	30:28.7	32:30.6	34:50.0	37:30.7	40:38.3
F39 10k	30:49.0	32:26.3	34:14.4	36:15.2	38:31.2	41:05.3	44:01.4	47:24.6	51:21.6
F39 15k	47:15.0	49:44.2	52:30.0	55:35.2	59:03.7	63:00.0	67:30.0	72:41.5	78:45.0

Event	10	9	8	7	6	5	4	3	2
F44 200m	23.4	24.6	26.0	27.5	29.2	31.2	33.4	36.0	39.0
F44 400m	52.6	55.3	58.4	1:01.8	1:05.7	1:10.1	1:15.1	1:20.9	1:27.6
F44 800m	2:02.6	2:09.0	2:16.2	2:24.2	2:33.2	2:43.4	2:55.1	3:08.6	3:24.3
F44 1500m	4:11.1	4:24.3	4:39.0	4:55.4	5:13.8	5:34.8	5:58.7	6:26.3	6:58.5
F44 3k	8:57.3	9:25.5	9:57.0	10:32.1	11:11.6	11:56.4	12:47.5	13:46.6	14:55.5
F44 5k	15:20.0	16:08.4	17:02.2	18:02.3	19:10.0	20:26.6	21:54.2	23:35.3	25:33.3
F44 8k	25:14.0	26:33.6	28:02.2	29:41.1	31:32.5	33:38.6	36:02.8	38:49.2	42:03.3
F44 10k	31:53.0	33:33.6	35:25.5	37:30.5	39:51.2	42:30.6	45:32.8	49:03.0	53:08.3
F44 15k	48:53.0	51:27.3	54:18.8	57:30.5	61:06.2	65:10.6	69:50.0	75:12.3	81:28.3

Event	10	9	8	7	6	5	4	3	2
F49 200m	24.2	25.4	26.8	28.4	30.2	32.2	34.5	37.2	40.3
F49 400m	54.9	57.7	1:01.0	1:04.5	1:08.6	1:13.2	1:18.4	1:24.4	1:31.5
F49 800m	2:07.2	2:13.8	2:21.3	2:29.6	2:39.0	2:49.6	3:01.7	3:15.6	3:32.0
F49 1500m	4:20.4	4:34.1	4:49.3	5:06.3	5:25.5	5:47.2	6:12.0	6:40.6	7:14.0
F49 3k	9:17.3	9:46.6	10:19.2	10:55.6	11:36.6	12:23.0	13:16.1	14:17.3	15:28.8
F49 5k	15:54.0	16:44.2	17:40.0	18:42.3	19:52.5	21:12.0	22:42.8	24:27.6	26:30.0
F49 8k	26:10.0	27:32.6	29:04.4	30:47.0	32:42.5	34:53.3	37:22.8	40:15.3	43:36.6
F49 10k	33:04.0	34:48.4	36:44.4	38:54.1	41:20.0	44:05.3	47:14.2	50:52.3	55:06.6
F49 15k	50:43.0	53:23.1	56:21.1	59:40.0	63:23.7	67:37.3	72:27.1	78:01.5	84:31.6

Event	10	9	8	7	6	5	4	3	2
F54 200m	25.1	26.4	27.8	29.5	31.3	33.4	35.8	38.6	41.8
F54 400m	57.4	1:00.4	1:03.7	1:07.5	1:11.7	1:16.5	1:22.0	1:28.3	1:35.6
F54 800m	2:12.3	2:19.2	2:27.0	2:35.6	2:45.3	2:56.4	3:09.0	3:23.5	3:40.5
F54 1500m	4:31.0	4:45.2	5:01.1	5:18.8	5:38.7	6:01.3	6:27.1	6:56.9	7:31.6
F54 3k	9:39.9	10:10.4	10:44.3	11:22.2	12:04.8	12:53.2	13:48.4	14:52.1	16:06.5
F54 5k	16:33.0	17:25.2	18:23.3	19:28.2	20:41.2	22:04.0	23:38.5	25:27.6	27:35.0
F54 8k	27:14.0	28:40.0	30:15.5	32:02.3	34:02.5	36:18.6	38:54.2	41:53.8	45:23.3
F54 10k	34:25.0	36:13.6	38:14.4	40:29.4	43:01.2	45:53.3	49:10.0	52:56.9	57:21.6
F54 15k	52:46.0	55:32.6	58:37.7	62:04.7	65:57.5	70:21.3	75:22.8	81:10.7	87:56.6

Event	10	9	8	7	6	5	4	3	2
F59 200m	26.1	27.4	29.0	30.7	32.6	34.8	37.2	40.1	43.5
F59 400m	1:00.3	1:03.4	1:07.0	1:10.9	1:15.3	1:20.4	1:26.1	1:32.7	1:40.5
F59 800m	2:18.7	2:26.0	2:34.1	2:43.1	2:53.3	3:04.9	3:18.1	3:33.3	3:51.1
F59 1500m	4:44.1	4:59.0	5:15.6	5:34.2	5:55.1	6:18.8	6:45.8	7:17.0	7:53.5
F59 3k	10:07.9	10:39.8	11:15.4	11:55.1	12:39.8	13:30.5	14:28.4	15:35.2	16:53.1
F59 5k	17:20.0	18:14.7	19:15.5	20:23.5	21:40.0	23:06.6	24:45.7	26:40.0	28:53.3
F59 8k	28:33.0	30:03.1	31:43.3	33:35.2	35:41.2	38:04.0	40:47.1	43:55.3	47:35.0
F59 10k	36:04.0	37:57.8	40:04.4	42:25.8	45:05.0	48:05.3	51:31.4	55:29.2	60:06.6
F59 15k	55:18.0	58:12.6	61:26.6	65:03.5	69:07.5	73:44.0	79:00.0	85:04.6	92:10.0

Event	10	9	8	7	6	5	4	3	2
F64 200m	27.3	28.7	30.3	32.1	34.1	36.4	39.0	42.0	45.5
F64 400m	1:03.5	1:06.8	1:10.5	1:14.7	1:19.3	1:24.6	1:30.7	1:37.6	1:45.8
F64 800m	2:26.6	2:34.3	2:42.8	2:52.4	3:03.2	3:15.4	3:29.4	3:45.5	4:04.3
F64 1500m	5:00.2	5:16.0	5:33.5	5:53.1	6:15.2	6:40.2	7:08.8	7:41.8	8:20.3
F64 3k	10:42.2	11:16.0	11:53.5	12:35.5	13:22.7	14:16.2	15:17.4	16:28.0	17:50.3
F64 5k	18:19.0	19:16.8	20:21.1	21:32.9	22:53.7	24:25.3	26:10.0	28:10.7	30:31.6
F64 8k	30:09.0	31:44.2	33:30.0	35:28.2	37:41.2	40:12.0	43:04.2	46:23.0	50:15.0
F64 10k	38:06.0	40:06.3	42:20.0	44:49.4	47:37.5	50:48.0	54:25.7	58:36.9	63:30.0
F64 15k	58:25.0	61:29.4	64:54.4	68:43.5	73:01.2	77:53.3	83:27.1	89:52.3	97:21.6

Event	10	9	8	7	6	5	4	3	2
F69 200m	28.6	30.1	31.7	33.6	35.7	38.1	40.8	44.0	47.6
F69 400m	1:07.3	1:10.8	1:14.7	1:19.1	1:24.1	1:29.7	1:36.1	1:43.5	1:52.1
F69 800m	2:42.0	2:50.5	3:00.0	3:10.5	3:22.5	3:36.0	3:51.4	4:09.2	4:30.0
F69 1500m	5:18.8	5:35.5	5:54.2	6:15.0	6:38.5	7:05.0	7:35.4	8:10.4	8:51.3
F69 3k	11:22.0	11:57.8	12:37.7	13:22.3	14:12.5	15:09.3	16:14.2	17:29.2	18:56.6
F69 5k	19:27.0	20:28.4	21:36.6	22:52.9	24:18.7	25:56.0	27:47.1	29:55.3	32:25.0
F69 8k	32:02.0	33:43.1	35:35.5	37:41.1	40:02.5	42:42.6	45:45.7	49:16.9	53:23.3
F69 10k	40:28.0	42:35.7	44:57.7	47:36.4	50:35.0	53:57.3	57:48.5	62:15.3	67:26.6
F69 15k	62:03.0	65:18.9	68:56.6	73:00.0	77:33.7	82:44.0	88:38.5	95:27.6	103:25.0

Event	10	9	8	7	6	5	4	3	2
F74 200m	30.3	31.8	33.6	35.6	37.8	40.4	43.2	46.6	50.5
F74 400m	1:11.7	1:15.4	1:19.6	1:24.3	1:29.6	1:35.6	1:42.4	1:50.3	1:59.5
F74 800m	2:46.3	2:55.0	3:04.7	3:15.6	3:27.8	3:41.7	3:57.5	4:15.8	4:37.1
F74 1500m	5:40.7	5:58.6	6:18.5	6:40.8	7:05.8	7:34.2	8:06.7	8:44.1	9:27.8
F74 3k	12:08.7	12:47.0	13:29.6	14:17.2	15:10.8	16:11.6	17:21.0	18:41.0	20:14.5
F74 5k	20:47.0	21:52.6	23:05.5	24:27.0	25:58.7	27:42.6	29:41.4	31:58.4	34:38.3
F74 8k	34:13.0	36:01.0	38:01.1	40:15.2	42:46.2	45:37.3	48:52.8	52:38.4	57:01.6
F74 10k	43:14.0	45:30.5	48:02.2	50:51.7	54:02.5	57:38.6	61:45.7	66:30.7	72:03.3
F74 15k	66:18.0	69:47.3	73:40.0	78:00.0	82:52.5	88:24.0	94:42.8	102:00.0	