

**Men 40-49**

<b>Event</b>	<b>40</b>	<b>41</b>	<b>42</b>	<b>43</b>	<b>44</b>	<b>45</b>	<b>46</b>	<b>47</b>	<b>48</b>	<b>49</b>
<b>800m</b>	0.9505	0.942	0.9335	0.9251	0.9166	0.9081	0.9003	0.8926	0.8848	0.8771
<b>1000m</b>	0.945	0.9364	0.9278	0.9191	0.9105	0.9019	0.894	0.8861	0.8783	0.8704
<b>1500m</b>	0.9387	0.9299	0.9211	0.9123	0.9035	0.8947	0.8867	0.8787	0.8707	0.8627
<b>1Mile</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>2km</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>3km</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>2Mile</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>4km</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>3Mile</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>5kmRoad</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>5km</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>6kmRoad</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>6km</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>4MileRoad</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>4Mile</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>8kmRoad</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>8km</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>5MileRoad</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>5Mile</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>10kmRoad</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>10km</b>	0.9451	0.938	0.931	0.924	0.9169	0.9099	0.9028	0.8958	0.8888	0.8817
<b>12km</b>	0.9485	0.9413	0.9341	0.927	0.9198	0.9126	0.9055	0.8983	0.8911	0.884
<b>15km</b>	0.9528	0.9455	0.9382	0.9309	0.9235	0.9162	0.9089	0.9016	0.8943	0.887
<b>10Mile</b>	0.9542	0.9469	0.9395	0.9321	0.9248	0.9174	0.91	0.9027	0.8953	0.888
<b>20km</b>	0.9588	0.9512	0.9437	0.9362	0.9287	0.9212	0.9137	0.9062	0.8987	0.8912
<b>Half.Mar</b>	0.9599	0.9524	0.9448	0.9373	0.9297	0.9222	0.9146	0.9071	0.8995	0.892
<b>25km</b>	0.9636	0.956	0.9483	0.9406	0.933	0.9253	0.9177	0.91	0.9023	0.8947
<b>30km</b>	0.9678	0.96	0.9522	0.9444	0.9366	0.9289	0.9211	0.9133	0.9055	0.8977
<b>Marathon</b>	0.9759	0.9679	0.9599	0.9519	0.9439	0.9358	0.9278	0.9198	0.9118	0.9038
<b>50km</b>	0.9759	0.9679	0.9599	0.9519	0.9439	0.9358	0.9278	0.9198	0.9118	0.9038
<b>50Mile</b>	0.9759	0.9679	0.9599	0.9519	0.9439	0.9358	0.9278	0.9198	0.9118	0.9038
<b>100km</b>	0.9759	0.9679	0.9599	0.9519	0.9439	0.9358	0.9278	0.9198	0.9118	0.9038
<b>150km</b>	0.9759	0.9679	0.9599	0.9519	0.9439	0.9358	0.9278	0.9198	0.9118	0.9038
<b>100Mile</b>	0.9759	0.9679	0.9599	0.9519	0.9439	0.9358	0.9278	0.9198	0.9118	0.9038
<b>200km</b>	0.9759	0.9679	0.9599	0.9519	0.9439	0.9358	0.9278	0.9198	0.9118	0.9038