

Men 70-79

Event	70	71	72	73	74	75	76	77	78	79
800m	0.73	0.7191	0.7082	0.6972	0.6863	0.6754	0.6644	0.6534	0.6423	0.6313
1000m	0.7268	0.7159	0.705	0.6941	0.6832	0.6723	0.6622	0.6521	0.642	0.6319
1500m	0.723	0.7121	0.7012	0.6904	0.6795	0.6686	0.6596	0.6506	0.6416	0.6326
1Mile	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
2km	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
3km	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
2Mile	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
4km	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
3Mile	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
5kmRoad	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
5km	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
6kmRoad	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
6km	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
4MileRoad	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
4Mile	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
8kmRoad	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
8km	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
5MileRoad	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
5Mile	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
10kmRoad	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
10km	0.7319	0.723	0.7134	0.7031	0.6923	0.6808	0.6687	0.6559	0.6425	0.6285
12km	0.7322	0.7235	0.714	0.7039	0.6932	0.6818	0.6698	0.6571	0.6438	0.6299
15km	0.7327	0.7241	0.7149	0.705	0.6944	0.6832	0.6713	0.6588	0.6456	0.6317
10Mile	0.7329	0.7245	0.7154	0.7056	0.6951	0.684	0.6722	0.6597	0.6466	0.6328
20km	0.7333	0.7252	0.7164	0.7069	0.6967	0.6858	0.6742	0.6619	0.6489	0.6353
Half.Mar	0.7334	0.7253	0.7166	0.7071	0.6969	0.686	0.6744	0.6622	0.6492	0.6356
25km	0.7337	0.7257	0.717	0.7076	0.6975	0.6867	0.6751	0.6629	0.65	0.6364
30km	0.7342	0.7262	0.7176	0.7082	0.6982	0.6874	0.676	0.6638	0.651	0.6374
Marathon	0.7353	0.7272	0.7185	0.7091	0.699	0.6882	0.6766	0.6644	0.6515	0.6379
50km	0.7353	0.7272	0.7185	0.7091	0.699	0.6882	0.6766	0.6644	0.6515	0.6379
50Mile	0.7353	0.7272	0.7185	0.7091	0.699	0.6882	0.6766	0.6644	0.6515	0.6379
100km	0.7353	0.7272	0.7185	0.7091	0.699	0.6882	0.6766	0.6644	0.6515	0.6379
150km	0.7353	0.7272	0.7185	0.7091	0.699	0.6882	0.6766	0.6644	0.6515	0.6379
100Mile	0.7353	0.7272	0.7185	0.7091	0.699	0.6882	0.6766	0.6644	0.6515	0.6379
200km	0.7353	0.7272	0.7185	0.7091	0.699	0.6882	0.6766	0.6644	0.6515	0.6379