

**Women 80-89**

<b>Event</b>	<b>80</b>	<b>81</b>	<b>82</b>	<b>83</b>	<b>84</b>	<b>85</b>	<b>86</b>	<b>87</b>	<b>88</b>	<b>89</b>
<b>800m</b>	0.4936	0.4808	0.468	0.4552	0.4424	0.4296	0.4172	0.4048	0.3925	0.3801
<b>1000m</b>	0.5011	0.4888	0.4761	0.463	0.4496	0.4359	0.4221	0.4079	0.3935	0.3787
<b>1500m</b>	0.5199	0.5087	0.4962	0.4825	0.4676	0.4515	0.4343	0.4158	0.3961	0.3752
<b>1Mile</b>	0.5206	0.5091	0.4965	0.4827	0.4678	0.4516	0.4343	0.4158	0.3961	0.3752
<b>2km</b>	0.5225	0.5106	0.4976	0.4834	0.4682	0.4517	0.4341	0.4154	0.3956	0.3746
<b>3km</b>	0.5257	0.5131	0.4993	0.4845	0.4686	0.4517	0.4336	0.4145	0.3942	0.3729
<b>2Mile</b>	0.5263	0.5135	0.4997	0.4848	0.4688	0.4518	0.4337	0.4146	0.3944	0.3731
<b>4km</b>	0.528	0.5149	0.5007	0.4855	0.4693	0.4521	0.4339	0.4147	0.3944	0.3731
<b>3Mile</b>	0.5294	0.516	0.5015	0.4861	0.4696	0.4522	0.4337	0.4143	0.3938	0.3724
<b>5kmRoad</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>5km</b>	0.5297	0.5161	0.5016	0.4861	0.4696	0.4521	0.4335	0.414	0.3935	0.372
<b>6kmRoad</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>6km</b>	0.5305	0.5174	0.5033	0.4882	0.472	0.4549	0.4368	0.4177	0.3976	0.3765
<b>4MileRoad</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>4Mile</b>	0.5309	0.518	0.5041	0.4893	0.4734	0.4565	0.4387	0.4198	0.3999	0.3791
<b>8kmRoad</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>8km</b>	0.5315	0.519	0.5055	0.491	0.4755	0.459	0.4416	0.4231	0.4036	0.3831
<b>5MileRoad</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>5Mile</b>	0.5315	0.519	0.5055	0.491	0.4756	0.4591	0.4416	0.4231	0.4037	0.3832
<b>10kmRoad</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>10km</b>	0.532	0.52	0.507	0.493	0.478	0.462	0.445	0.427	0.408	0.388
<b>12km</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>15km</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>10Mile</b>	0.5471	0.5344	0.5205	0.5054	0.4891	0.4716	0.4529	0.433	0.4119	0.3896
<b>20km</b>	0.5231	0.5075	0.4911	0.4739	0.456	0.4373	0.4178	0.3975	0.3764	0.3545
<b>Half.Mar</b>	0.5169	0.5012	0.4848	0.4677	0.4499	0.4314	0.4123	0.3925	0.372	0.3508
<b>25km</b>	0.5042	0.4882	0.4717	0.4548	0.4373	0.4194	0.401	0.3821	0.3627	0.3429
<b>30km</b>	0.4909	0.4748	0.4583	0.4415	0.4243	0.4068	0.3889	0.3707	0.3521	0.3331
<b>Marathon</b>	0.4713	0.4557	0.4399	0.4238	0.4075	0.391	0.3743	0.3573	0.3401	0.3228
<b>50km</b>	0.4713	0.4557	0.4399	0.4238	0.4075	0.391	0.3743	0.3573	0.3401	0.3228
<b>50Mile</b>	0.4713	0.4557	0.4399	0.4238	0.4075	0.391	0.3743	0.3573	0.3401	0.3228
<b>100km</b>	0.4713	0.4557	0.4399	0.4238	0.4075	0.391	0.3743	0.3573	0.3401	0.3228
<b>150km</b>	0.4713	0.4557	0.4399	0.4238	0.4075	0.391	0.3743	0.3573	0.3401	0.3228
<b>100Mile</b>	0.4713	0.4557	0.4399	0.4238	0.4075	0.391	0.3743	0.3573	0.3401	0.3228
<b>200km</b>	0.4713	0.4557	0.4399	0.4238	0.4075	0.391	0.3743	0.3573	0.3401	0.3228