

Qualifying times for the Athens Racing Team  
 70% Age Grade Females  
 Times in hh:mm:ss

Age	1 mile	5 km	6 km	4 mile	8 km	5 mile	10 km	12 km	15 km	10 mile	20 km	Half Mar	25 km	30 km	Marathon
18	0:06:03	0:21:08	0:25:23	0:27:15	0:34:13	0:34:25	0:43:14	0:52:14	1:06:17	1:11:27	1:30:27	1:35:03	1:53:56	2:17:54	3:16:33
19	0:06:01	0:21:03	0:25:17	0:27:09	0:33:57	0:34:08	0:42:48	0:51:44	1:05:35	1:10:39	1:29:17	1:33:46	1:52:24	2:16:08	3:14:19
20	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:32	0:51:28	1:05:13	1:10:11	1:28:28	1:32:52	1:51:19	2:14:54	3:12:45
21	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:27	0:51:26	1:05:07	1:10:00	1:27:59	1:32:21	1:50:41	2:14:10	3:11:50
22	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:27	0:51:26	1:05:07	1:10:00	1:27:51	1:32:10	1:50:29	2:13:56	3:11:31
23	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:27	0:51:26	1:05:07	1:10:00	1:27:51	1:32:10	1:50:29	2:13:56	3:11:31
24	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:27	0:51:26	1:05:07	1:10:00	1:27:51	1:32:10	1:50:29	2:13:56	3:11:31
25	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:27	0:51:26	1:05:07	1:10:00	1:27:51	1:32:10	1:50:29	2:13:56	3:11:31
26	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:27	0:51:26	1:05:07	1:10:00	1:27:51	1:32:10	1:50:29	2:13:56	3:11:31
27	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:27	0:51:26	1:05:07	1:10:00	1:27:51	1:32:10	1:50:29	2:13:56	3:11:31
28	0:06:01	0:21:03	0:25:17	0:27:09	0:33:51	0:34:03	0:42:28	0:51:26	1:05:07	1:10:00	1:27:51	1:32:10	1:50:29	2:13:56	3:11:31
29	0:06:01	0:21:03	0:25:17	0:27:09	0:33:52	0:34:03	0:42:29	0:51:27	1:05:08	1:10:00	1:27:51	1:32:10	1:50:29	2:13:56	3:11:31
30	0:06:01	0:21:03	0:25:17	0:27:09	0:33:53	0:34:05	0:42:32	0:51:30	1:05:11	1:10:03	1:27:53	1:32:12	1:50:29	2:13:56	3:11:31
31	0:06:02	0:21:03	0:25:18	0:27:10	0:33:56	0:34:07	0:42:36	0:51:35	1:05:15	1:10:08	1:27:58	1:32:16	1:50:32	2:13:57	3:11:31
32	0:06:02	0:21:04	0:25:20	0:27:12	0:33:59	0:34:11	0:42:41	0:51:40	1:05:22	1:10:15	1:28:05	1:32:23	1:50:39	2:14:02	3:11:33
33	0:06:02	0:21:06	0:25:22	0:27:15	0:34:03	0:34:15	0:42:48	0:51:48	1:05:30	1:10:24	1:28:15	1:32:33	1:50:50	2:14:13	3:11:39
34	0:06:03	0:21:08	0:25:26	0:27:19	0:34:09	0:34:21	0:42:55	0:51:56	1:05:41	1:10:34	1:28:28	1:32:47	1:51:04	2:14:28	3:11:53
35	0:06:04	0:21:11	0:25:30	0:27:24	0:34:15	0:34:27	0:43:04	0:52:07	1:05:53	1:10:48	1:28:44	1:33:04	1:51:23	2:14:48	3:12:16
36	0:06:05	0:21:15	0:25:35	0:27:29	0:34:23	0:34:34	0:43:14	0:52:18	1:06:08	1:11:03	1:29:03	1:33:23	1:51:45	2:15:14	3:12:47
37	0:06:06	0:21:19	0:25:41	0:27:35	0:34:31	0:34:43	0:43:25	0:52:32	1:06:24	1:11:21	1:29:25	1:33:46	1:52:11	2:15:44	3:13:25
38	0:06:08	0:21:25	0:25:47	0:27:43	0:34:41	0:34:52	0:43:38	0:52:47	1:06:43	1:11:41	1:29:49	1:34:12	1:52:41	2:16:20	3:14:12
39	0:06:09	0:21:31	0:25:55	0:27:51	0:34:51	0:35:03	0:43:52	0:53:04	1:07:04	1:12:04	1:30:17	1:34:41	1:53:16	2:17:01	3:15:08
40	0:06:11	0:21:37	0:26:03	0:28:00	0:35:03	0:35:15	0:44:07	0:53:22	1:07:28	1:12:29	1:30:49	1:35:13	1:53:54	2:17:47	3:16:12
41	0:06:13	0:21:45	0:26:12	0:28:10	0:35:16	0:35:28	0:44:24	0:53:42	1:07:53	1:12:56	1:31:23	1:35:50	1:54:38	2:18:39	3:17:24
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44	0:06:21	0:22:13	0:26:46	0:28:46	0:36:02	0:36:15	0:45:22	0:54:54	1:09:25	1:14:35	1:33:28	1:38:01	1:57:16	2:21:52	3:21:59
45	0:06:25	0:22:24	0:27:00	0:29:01	0:36:20	0:36:33	0:45:45	0:55:22	1:10:01	1:15:14	1:34:17	1:38:53	1:58:18	2:23:08	3:23:51
46	0:06:28	0:22:36	0:27:14	0:29:16	0:36:40	0:36:53	0:46:10	0:55:53	1:10:40	1:15:56	1:35:11	1:39:49	1:59:27	2:24:32	3:25:55
47	0:06:32	0:22:49	0:27:30	0:29:33	0:37:01	0:37:14	0:46:36	0:56:25	1:11:22	1:16:41	1:36:09	1:40:50	2:00:41	2:26:04	3:28:11
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50	0:06:44	0:23:33	0:28:23	0:30:31	0:38:13	0:38:26	0:48:07	0:58:17	1:13:46	1:19:17	1:39:27	1:44:19	2:04:56	2:31:18	3:35:52
51	0:06:49	0:23:49	0:28:42	0:30:51	0:38:39	0:38:52	0:48:40	0:58:57	1:14:37	1:20:13	1:40:38	1:45:34	2:06:27	2:33:09	3:38:37
52	0:06:53	0:24:04	0:29:01	0:31:12	0:39:05	0:39:19	0:49:14	0:59:38	1:15:30	1:21:10	1:41:50	1:46:50	2:07:59	2:35:04	3:41:23
53	0:06:58	0:24:21	0:29:21	0:31:33	0:39:32	0:39:46	0:49:48	1:00:20	1:16:24	1:22:08	1:43:05	1:48:08	2:09:35	2:37:01	3:44:16
54	0:07:03	0:24:37	0:29:42	0:31:55	0:40:00	0:40:14	0:50:23	1:01:03	1:17:20	1:23:08	1:44:21	1:49:28	2:11:12	2:39:00	3:47:13
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56	0:07:13	0:25:12	0:30:23	0:32:40	0:40:57	0:41:11	0:51:36	1:02:33	1:19:15	1:25:12	1:46:59	1:52:15	2:14:35	2:43:10	3:53:20
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Source: 2020 USATF MLDR Road age-grading calculator (maintained by Alan Jones)  
 Website: <http://www.howardgrubb.co.uk/athletics/mldroad20.html> sourced on March 19, 2022