

**Qualifying times for the Athens Racing Team**  
**70% Age Grade Males**  
**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	0:05:24	0:18:22	0:22:14	0:23:54	0:29:57	0:30:07	0:37:47	0:45:49	0:58:02	1:02:33	1:18:35	1:22:56	1:39:21	2:00:48	2:53:54
19	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
20	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
21	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
22	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
23	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
24	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
25	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
26	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
27	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
28	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
29	0:05:24	0:18:21	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
30	0:05:25	0:18:22	0:22:13	0:23:53	0:29:56	0:30:06	0:37:43	0:45:47	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
31	0:05:25	0:18:23	0:22:14	0:23:54	0:29:57	0:30:07	0:37:44	0:45:48	0:58:00	1:02:30	1:18:31	1:22:53	1:39:17	2:00:43	2:53:47
32	0:05:26	0:18:25	0:22:16	0:23:56	0:29:59	0:30:09	0:37:46	0:45:50	0:58:02	1:02:32	1:18:33	1:22:54	1:39:18	2:00:44	2:53:49
33	0:05:27	0:18:28	0:22:20	0:24:00	0:30:03	0:30:13	0:37:50	0:45:55	0:58:07	1:02:37	1:18:38	1:22:59	1:39:24	2:00:52	2:54:00
34	0:05:28	0:18:33	0:22:25	0:24:05	0:30:08	0:30:18	0:37:56	0:46:01	0:58:15	1:02:45	1:18:46	1:23:07	1:39:34	2:01:04	2:54:17
35	0:05:30	0:18:39	0:22:31	0:24:11	0:30:15	0:30:25	0:38:04	0:46:10	0:58:25	1:02:55	1:18:58	1:23:20	1:39:50	2:01:23	2:54:45
36	0:05:32	0:18:47	0:22:39	0:24:19	0:30:23	0:30:34	0:38:13	0:46:21	0:58:38	1:03:09	1:19:15	1:23:38	1:40:11	2:01:48	2:55:21
37	0:05:34	0:18:55	0:22:48	0:24:28	0:30:33	0:30:44	0:38:24	0:46:34	0:58:54	1:03:26	1:19:35	1:23:58	1:40:36	2:02:18	2:56:04
38	0:05:36	0:19:03	0:22:58	0:24:39	0:30:45	0:30:55	0:38:37	0:46:49	0:59:12	1:03:46	1:20:00	1:24:24	1:41:06	2:02:56	2:56:58
39	0:05:39	0:19:11	0:23:08	0:24:50	0:30:59	0:31:09	0:38:52	0:47:07	0:59:34	1:04:09	1:20:28	1:24:54	1:41:42	2:03:39	2:58:01
40	0:05:41	0:19:20	0:23:18	0:25:01	0:31:13	0:31:23	0:39:08	0:47:26	0:59:59	1:04:36	1:21:01	1:25:29	1:42:24	2:04:30	2:59:14
41	0:05:44	0:19:29	0:23:29	0:25:13	0:31:27	0:31:38	0:39:27	0:47:49	1:00:27	1:05:06	1:21:39	1:26:08	1:43:11	2:05:27	3:00:36
42	0:05:46	0:19:37	0:23:40	0:25:24	0:31:42	0:31:52	0:39:45	0:48:12	1:00:57	1:05:38	1:22:19	1:26:50	1:44:01	2:06:28	3:02:04
43	0:05:49	0:19:46	0:23:51	0:25:36	0:31:57	0:32:07	0:40:04	0:48:35	1:01:26	1:06:10	1:22:59	1:27:33	1:44:53	2:07:31	3:03:34
44	0:05:51	0:19:55	0:24:02	0:25:48	0:32:12	0:32:22	0:40:24	0:48:58	1:01:56	1:06:43	1:23:40	1:28:16	1:45:45	2:08:34	3:05:06
45	0:05:54	0:20:04	0:24:13	0:26:00	0:32:27	0:32:38	0:40:43	0:49:23	1:02:27	1:07:15	1:24:22	1:29:01	1:46:38	2:09:39	3:06:39
46	0:05:57	0:20:14	0:24:24	0:26:12	0:32:43	0:32:54	0:41:03	0:49:47	1:02:58	1:07:49	1:25:04	1:29:45	1:47:31	2:10:44	3:08:12
47	0:06:00	0:20:23	0:24:36	0:26:25	0:32:59	0:33:10	0:41:24	0:50:12	1:03:30	1:08:23	1:25:48	1:30:31	1:48:26	2:11:51	3:09:48
48	0:06:02	0:20:33	0:24:48	0:26:37	0:33:15	0:33:26	0:41:44	0:50:37	1:04:02	1:08:58	1:26:32	1:31:18	1:49:22	2:12:58	3:11:26
49	0:06:05	0:20:42	0:24:59	0:26:50	0:33:31	0:33:42	0:42:05	0:51:03	1:04:34	1:09:34	1:27:17	1:32:05	1:50:19	2:14:08	3:13:06
50	0:06:08	0:20:52	0:25:12	0:27:03	0:33:48	0:33:59	0:42:27	0:51:28	1:05:08	1:10:09	1:28:02	1:32:54	1:51:17	2:15:18	3:14:47
51	0:06:11	0:21:02	0:25:24	0:27:17	0:34:05	0:34:16	0:42:48	0:51:55	1:05:42	1:10:46	1:28:48	1:33:42	1:52:15	2:16:29	3:16:29
52	0:06:14	0:21:12	0:25:36	0:27:30	0:34:22	0:34:33	0:43:10	0:52:22	1:06:16	1:11:23	1:29:36	1:34:32	1:53:15	2:17:42	3:18:14
53	0:06:17	0:21:23	0:25:49	0:27:44	0:34:40	0:34:51	0:43:33	0:52:49	1:06:51	1:12:01	1:30:24	1:35:23	1:54:16	2:18:56	3:20:00
54	0:06:20	0:21:33	0:26:02	0:27:58	0:34:58	0:35:09	0:43:56	0:53:17	1:07:27	1:12:39	1:31:13	1:36:15	1:55:18	2:20:11	3:21:49
55	0:06:23	0:21:44	0:26:15	0:28:12	0:35:16	0:35:27	0:44:19	0:53:46	1:08:03	1:13:19	1:32:02	1:37:08	1:56:21	2:21:28	3:23:40
56	0:06:26	0:21:55	0:26:29	0:28:27	0:35:34	0:35:46	0:44:42	0:54:15	1:08:40	1:13:59	1:32:53	1:38:01	1:57:25	2:22:45	3:25:31
57	0:06:29	0:22:06	0:26:42	0:28:42	0:35:53	0:36:05	0:45:06	0:54:44	1:09:18	1:14:40	1:33:45	1:38:56	1:58:30	2:24:05	3:27:26
58	0:06:33	0:22:17	0:26:56	0:28:56	0:36:12	0:36:24	0:45:31	0:55:14	1:09:56	1:15:21	1:34:37	1:39:51	1:59:37	2:25:26	3:29:23

Source: 2020 USAF MLDR Road age-grading calculator (maintained by Alan Jones)  
 Website: <http://www.howardgrubb.co.uk/athletics/mlrroad20.html> sourced on March 19, 2022