

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
59	0:06:36	0:22:29	0:27:10	0:29:12	0:36:31	0:36:43	0:45:56	0:55:45	1:10:35	1:16:03	1:35:31	1:40:48	2:00:45	2:26:49	3:31:22
60	0:06:39	0:22:40	0:27:25	0:29:27	0:36:51	0:37:04	0:46:21	0:56:16	1:11:15	1:16:46	1:36:25	1:41:46	2:01:55	2:28:13	3:33:23
61	0:06:43	0:22:52	0:27:39	0:29:43	0:37:12	0:37:24	0:46:47	0:56:48	1:11:56	1:17:30	1:37:21	1:42:44	2:03:05	2:29:38	3:35:26
62	0:06:46	0:23:04	0:27:54	0:29:59	0:37:32	0:37:45	0:47:14	0:57:20	1:12:37	1:18:15	1:38:18	1:43:45	2:04:17	2:31:06	3:37:32
63	0:06:50	0:23:17	0:28:09	0:30:16	0:37:53	0:38:05	0:47:40	0:57:53	1:13:19	1:19:01	1:39:16	1:44:46	2:05:30	2:32:35	3:39:41
64	0:06:53	0:23:29	0:28:25	0:30:32	0:38:14	0:38:27	0:48:08	0:58:26	1:14:02	1:19:47	1:40:15	1:45:49	2:06:45	2:34:07	3:41:52
65	0:06:57	0:23:42	0:28:40	0:30:49	0:38:36	0:38:49	0:48:36	0:59:01	1:14:46	1:20:34	1:41:15	1:46:52	2:08:02	2:35:40	3:44:06
66	0:07:01	0:23:55	0:28:56	0:31:06	0:38:58	0:39:11	0:49:04	0:59:35	1:15:31	1:21:23	1:42:16	1:47:57	2:09:19	2:37:13	3:46:21
67	0:07:04	0:24:08	0:29:13	0:31:24	0:39:21	0:39:34	0:49:33	1:00:11	1:16:17	1:22:12	1:43:19	1:49:03	2:10:38	2:38:50	3:48:40
68	0:07:08	0:24:22	0:29:29	0:31:42	0:39:43	0:39:57	0:50:03	1:00:47	1:17:03	1:23:02	1:44:23	1:50:11	2:12:00	2:40:29	3:51:02
69	0:07:13	0:24:38	0:29:47	0:32:01	0:40:07	0:40:21	0:50:33	1:01:24	1:17:51	1:23:54	1:45:28	1:51:20	2:13:23	2:42:10	3:53:27
70	0:07:18	0:24:55	0:30:07	0:32:22	0:40:32	0:40:45	0:51:04	1:02:02	1:18:39	1:24:46	1:46:34	1:52:31	2:14:47	2:43:53	3:55:56
71	0:07:23	0:25:13	0:30:29	0:32:45	0:41:00	0:41:13	0:51:36	1:02:42	1:19:30	1:25:42	1:47:46	1:53:46	2:16:17	2:45:42	3:58:31
72	0:07:29	0:25:34	0:30:53	0:33:10	0:41:30	0:41:44	0:52:13	1:03:27	1:20:28	1:26:44	1:49:05	1:55:10	2:17:57	2:47:44	4:01:26
73	0:07:36	0:25:56	0:31:19	0:33:38	0:42:03	0:42:18	0:52:53	1:04:16	1:21:31	1:27:53	1:50:32	1:56:42	2:19:48	2:49:58	4:04:38
74	0:07:43	0:26:20	0:31:48	0:34:09	0:42:40	0:42:54	0:53:37	1:05:11	1:22:41	1:29:08	1:52:08	1:58:23	2:21:51	2:52:28	4:08:12
75	0:07:50	0:26:47	0:32:19	0:34:42	0:43:21	0:43:35	0:54:26	1:06:11	1:23:58	1:30:32	1:53:53	2:00:15	2:24:06	2:55:12	4:12:07
76	0:07:59	0:27:15	0:32:53	0:35:18	0:44:05	0:44:19	0:55:20	1:07:16	1:25:22	1:32:03	1:55:50	2:02:18	2:26:34	2:58:12	4:16:24
77	0:08:08	0:27:47	0:33:30	0:35:58	0:44:53	0:45:08	0:56:19	1:08:29	1:26:55	1:33:43	1:57:56	2:04:32	2:29:18	3:01:32	4:21:08
78	0:08:18	0:28:21	0:34:10	0:36:41	0:45:46	0:46:01	0:57:23	1:09:48	1:28:36	1:35:32	2:00:16	2:07:00	2:32:17	3:05:09	4:26:18
79	0:08:29	0:28:58	0:34:55	0:37:28	0:46:43	0:46:58	0:58:34	1:11:14	1:30:27	1:37:33	2:02:50	2:09:42	2:35:33	3:09:07	4:32:00
80	0:08:41	0:29:38	0:35:43	0:38:20	0:47:46	0:48:02	0:59:51	1:12:49	1:32:29	1:39:45	2:05:37	2:12:40	2:39:10	3:13:31	4:38:17
81	0:08:54	0:30:22	0:36:35	0:39:16	0:48:56	0:49:11	1:01:16	1:14:33	1:34:43	1:42:09	2:08:41	2:15:55	2:43:07	3:18:19	4:45:08
82	0:09:08	0:31:11	0:37:33	0:40:18	0:50:11	0:50:27	1:02:49	1:16:28	1:37:10	1:44:48	2:12:04	2:19:29	2:47:27	3:23:36	4:52:43
83	0:09:23	0:32:04	0:38:36	0:41:25	0:51:34	0:51:51	1:04:31	1:18:34	1:39:52	1:47:43	2:15:47	2:23:25	2:52:15	3:29:26	5:01:02
84	0:09:41	0:33:02	0:39:46	0:42:40	0:53:06	0:53:23	1:06:24	1:20:52	1:42:49	1:50:56	2:19:52	2:27:46	2:57:35	3:35:54	5:10:17
85	0:09:59	0:34:06	0:41:03	0:44:02	0:54:47	0:55:05	1:08:28	1:23:25	1:46:07	1:54:29	2:24:25	2:32:35	3:03:27	3:43:03	5:20:31
86	0:10:20	0:35:17	0:42:28	0:45:32	0:56:38	0:56:57	1:10:46	1:26:15	1:49:45	1:58:26	2:29:27	2:37:54	3:09:59	3:50:59	5:31:51
87	0:10:43	0:36:35	0:44:01	0:47:13	0:58:43	0:59:01	1:13:20	1:29:23	1:53:49	2:02:50	2:35:04	2:43:52	3:17:19	3:59:54	5:44:32
88	0:11:09	0:38:02	0:45:46	0:49:05	1:01:01	1:01:21	1:16:11	1:32:55	1:58:21	2:07:44	2:41:20	2:50:30	3:25:29	4:09:49	5:58:41
89	0:11:38	0:39:39	0:47:43	0:51:11	1:03:36	1:03:56	1:19:22	1:36:50	2:03:24	2:13:14	2:48:22	2:57:58	3:34:40	4:21:00	6:14:42
90	0:12:10	0:41:29	0:49:55	0:53:31	1:06:30	1:06:52	1:22:58	1:41:16	2:09:09	2:19:27	2:56:20	3:06:25	3:45:08	4:33:44	6:32:49
91	0:12:47	0:43:33	0:52:24	0:56:11	1:09:48	1:10:10	1:27:01	1:46:17	2:15:38	2:26:30	3:05:22	3:15:59	3:57:01	4:48:10	6:53:23
92	0:13:29	0:45:54	0:55:13	0:59:13	1:13:32	1:13:56	1:31:39	1:52:02	2:23:04	2:34:33	3:15:43	3:27:00	4:10:39	5:04:45	7:17:05
93	0:14:17	0:48:35	0:58:28	1:02:42	1:17:50	1:18:15	1:36:59	1:58:37	2:31:38	2:43:50	3:27:41	3:39:40	4:26:28	5:23:59	7:44:25
94	0:15:12	0:51:42	1:02:12	1:06:42	1:22:49	1:23:15	1:43:08	2:06:16	2:41:34	2:54:38	3:41:34	3:54:27	4:45:03	5:46:35	8:16:32
95	0:16:18	0:55:20	1:06:37	1:11:25	1:28:39	1:29:07	1:50:20	2:15:13	2:53:14	3:07:21	3:58:01	4:11:55	5:07:00	6:13:16	8:54:34
96	0:17:35	0:59:38	1:11:48	1:16:59	1:35:33	1:36:04	1:58:54	2:25:52	3:07:09	3:22:32	4:17:37	4:32:43	5:33:24	6:45:21	9:40:04
97	0:19:08	1:04:48	1:18:03	1:23:42	1:43:53	1:44:25	2:09:12	2:38:42	3:24:01	3:40:51	4:41:27	4:58:08	6:05:50	7:24:47	10:35:53
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99	0:23:24	1:18:57	1:35:13	1:42:09	2:06:49	2:07:28	2:37:32	3:14:20	4:10:58	4:32:06	5:48:32	6:09:40	7:38:10	9:17:03	13:14:38

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