

USATF Masters All American Standards – Road Running – Men

Questions or Comments: Contact Donald Lein 919-542-4790 dmlein@earthlink.net

Age	5 km	4 Mile	5 Mile/8Km	10 km	12 km	15 km	10 Mile	20 km	H. Mar	25 km	30 km	Marathon
40-44	20:59	27:25	34:29	43:41	52:45	1:06:28	1:11:34	1:29:51	1:34:58	1:53:25	2:17:21	3:17:10
45-49	21:49	28:31	35:52	45:24	54:51	1:09:08	1:14:29	1:33:35	1:38:55	1:58:11	2:23:13	3:25:47
50-54	22:42	29:40	37:19	47:16	57:07	1:12:04	1:17:39	1:37:38	1:43:13	2:03:23	2:29:36	3:35:09
55-59	23:41	30:56	38:55	49:17	59:36	1:15:15	1:21:07	1:42:01	1:47:53	2:09:04	2:36:32	3:45:26
60-64	24:43	32:18	40:40	51:29	1:02:18	1:18:44	1:24:54	1:46:52	1:53:01	2:15:17	2:44:11	3:56:44
65-69	25:53	33:49	42:33	53:53	1:05:15	1:22:33	1:29:01	1:52:10	1:58:40	2:22:07	2:52:39	4:09:14
70-74	27:40	35:47	45:02	57:01	1:08:59	1:27:13	1:33:59	1:58:22	2:05:12	2:30:00	3:02:15	4:23:25
75-79	29:48	38:55	48:58	1:02:02	1:14:58	1:34:39	1:41:56	2:08:07	2:15:29	2:42:15	3:17:01	4:48:52
80-84	33:34	43:50	55:09	1:09:51	1:24:20	1:46:23	1:54:29	2:23:43	2:31:56	3:01:52	3:40:44	5:19:16
85-89	39:37	51:44	1:05:08	1:22:28	1:39:34	2:05:29	2:14:58	2:49:13	2:58:56	3:34:04	4:19:45	6:15:46
90-94	50:21	1:05:47	1:22:47	1:44:49	2:06:34	2:39:25	2:51:28	3:34:51	3:47:09	4:31:40	5:29:31	7:56:37
95+	1:13:11	1:35:35	2:00:15	2:32:30	3:04:07	3:51:56	4:09:31	5:12:48	5:30:43	6:35:24	7:59:36	11:33:17

Verified 12/10/2007