

USATF Masters All American Standards – Road Running – Women
 Questions or Comments: Contact Donald Lein 919-542-4790 dmlein@earthlink.net

Age	5 km	4 Mile	5 Mile/ 8 km	10 km	12 km	15 km	10 Mile	20 km	H. Mar	25 km	30 km	Marathon
40-44	23:34	30:38	38:22	48:19	58:23	1:13:34	1:19:07	1:39:55	1:45:49	2:06:29	2:33:16	3:39:45
45-49	24:43	32:07	40:14	50:40	1:01:14	1:17:10	1:22:59	1:45:31	1:51:53	2:13:55	2:42:27	3:53:16
50-54	26:17	34:10	42:78	53:53	1:05:08	1:22:04	1:28:16	1:52:21	1:59:10	2:22:39	2:53:07	4:08:40
55-59	28:05	36:29	45:43	57:35	1:09:36	1:27:41	1:34:17	2:00:09	2:07:28	2:32:38	3:05:15	4:26:16
60-64	30:09	39:10	49:02	1:01:47	1:14:40	1:34:05	1:41:11	2:09:05	2:17:01	2:42:05	3:19:14	4:46:55
65-69	32:32	42:16	52:56	1:06:40	1:20:35	1:41:32	1:49:11	2:19:29	2:28:07	2:57:27	3:35:34	5:13:29
70-74	35:20	45:55	57:28	1:12:24	1:27:30	1:50:15	1:58:34	2:31:43	2:41:08	3:13:29	3:57:07	5:48:38
75-79	38:38	50:12	1:02:53	1:19:11	1:35:43	2:00:37	2:09:42	2:47:01	2:58:05	3:36:35	4:27:51	6:36:56
80-84	43:05	55:59	1:10:06	1:28:19	1:46:44	2:14:29	2:24:37	3:12:12	3:25:46	4:12:15	5:13:52	7:46:25
85-89	51:47	1:07:18	1:24:16	1:46:08	2:08:19	2:41:40	2:53:52	3:57:28	4:14:08	5:11:25	6:28:02	9:34:14
90-94	1:11:05	1:32:22	1:55:40	2:25:41	2:56:05	3:41:52	3:58:35	5:32:01	5:52:13	7:04:13	8:44:57	12:41:53
95+	2:13:29	2:53:28	3:37:12	4:33:34	5:30:41	6:56:40	7:28:05	10:23:04	10:35:44	11:53:22	14:14:08	19:27:47

Verified 12/10/2007