

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 |
|-----|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|---------|----------|----------|----------|----------|
| 59 | 0:07:28 | 0:26:06 | 0:31:30 | 0:33:52 | 0:42:28 | 0:42:43 | 0:53:33 | 1:04:56 | 1:22:19 | 1:28:30 | 1:51:12 | 1:56:41 | 2:19:59 | 2:49:50 | 4:03:10 |
| 60 | 0:07:34 | 0:26:25 | 0:31:53 | 0:34:17 | 0:43:00 | 0:43:15 | 0:54:14 | 1:05:46 | 1:23:23 | 1:29:40 | 1:52:41 | 1:58:14 | 2:21:52 | 2:52:10 | 4:06:37 |
| 61 | 0:07:39 | 0:26:45 | 0:32:17 | 0:34:43 | 0:43:33 | 0:43:48 | 0:54:56 | 1:06:38 | 1:24:29 | 1:30:52 | 1:54:11 | 1:59:50 | 2:23:50 | 2:54:35 | 4:10:12 |
| 62 | 0:07:45 | 0:27:05 | 0:32:41 | 0:35:10 | 0:44:06 | 0:44:22 | 0:55:39 | 1:07:31 | 1:25:37 | 1:32:05 | 1:55:45 | 2:01:29 | 2:25:49 | 2:57:04 | 4:13:51 |
| 63 | 0:07:51 | 0:27:26 | 0:33:07 | 0:35:37 | 0:44:41 | 0:44:56 | 0:56:23 | 1:08:24 | 1:26:47 | 1:33:21 | 1:57:22 | 2:03:10 | 2:27:54 | 2:59:36 | 4:17:38 |
| 64 | 0:07:57 | 0:27:47 | 0:33:32 | 0:36:05 | 0:45:17 | 0:45:32 | 0:57:08 | 1:09:20 | 1:27:58 | 1:34:38 | 1:59:00 | 2:04:54 | 2:30:01 | 3:02:14 | 4:21:32 |
| 65 | 0:08:03 | 0:28:08 | 0:33:59 | 0:36:33 | 0:45:53 | 0:46:09 | 0:57:54 | 1:10:17 | 1:29:12 | 1:35:57 | 2:00:42 | 2:06:41 | 2:32:12 | 3:04:56 | 4:25:32 |
| 66 | 0:08:10 | 0:28:30 | 0:34:26 | 0:37:02 | 0:46:30 | 0:46:46 | 0:58:42 | 1:11:16 | 1:30:28 | 1:37:20 | 2:02:27 | 2:08:32 | 2:34:27 | 3:07:42 | 4:29:41 |
| 67 | 0:08:16 | 0:28:53 | 0:34:54 | 0:37:33 | 0:47:08 | 0:47:25 | 0:59:31 | 1:12:16 | 1:31:46 | 1:38:44 | 2:04:14 | 2:10:25 | 2:36:46 | 3:10:35 | 4:33:55 |
| 68 | 0:08:23 | 0:29:17 | 0:35:22 | 0:38:03 | 0:47:48 | 0:48:05 | 1:00:22 | 1:13:19 | 1:33:06 | 1:40:10 | 2:06:05 | 2:12:22 | 2:39:09 | 3:13:32 | 4:38:20 |
| 69 | 0:08:30 | 0:29:41 | 0:35:52 | 0:38:35 | 0:48:28 | 0:48:45 | 1:01:13 | 1:14:22 | 1:34:29 | 1:41:40 | 2:08:00 | 2:14:22 | 2:41:37 | 3:16:36 | 4:42:54 |
| 70 | 0:08:37 | 0:30:05 | 0:36:22 | 0:39:08 | 0:49:10 | 0:49:27 | 1:02:07 | 1:15:28 | 1:35:53 | 1:43:12 | 2:09:57 | 2:16:27 | 2:44:08 | 3:19:45 | 4:47:34 |
| 71 | 0:08:44 | 0:30:31 | 0:36:53 | 0:39:41 | 0:49:53 | 0:50:10 | 1:03:02 | 1:16:36 | 1:37:21 | 1:44:46 | 2:11:59 | 2:18:35 | 2:46:45 | 3:22:59 | 4:52:27 |
| 72 | 0:08:51 | 0:30:57 | 0:37:25 | 0:40:16 | 0:50:37 | 0:50:55 | 1:03:59 | 1:17:46 | 1:38:52 | 1:46:25 | 2:14:04 | 2:20:47 | 2:49:28 | 3:26:22 | 4:57:27 |
| 73 | 0:08:59 | 0:31:24 | 0:37:58 | 0:40:52 | 0:51:23 | 0:51:40 | 1:04:57 | 1:18:58 | 1:40:25 | 1:48:05 | 2:16:13 | 2:23:03 | 2:52:15 | 3:29:49 | 5:02:40 |
| 74 | 0:09:07 | 0:31:52 | 0:38:32 | 0:41:28 | 0:52:09 | 0:52:28 | 1:05:57 | 1:20:12 | 1:42:01 | 1:49:49 | 2:18:27 | 2:25:24 | 2:55:08 | 3:33:24 | 5:08:04 |
| 75 | 0:09:15 | 0:32:20 | 0:39:07 | 0:42:06 | 0:52:58 | 0:53:16 | 1:06:59 | 1:21:29 | 1:43:41 | 1:51:37 | 2:20:45 | 2:27:49 | 2:58:06 | 3:37:08 | 5:13:49 |
| 76 | 0:09:24 | 0:32:50 | 0:39:43 | 0:42:45 | 0:53:48 | 0:54:06 | 1:08:06 | 1:22:50 | 1:45:24 | 1:53:29 | 2:23:07 | 2:30:20 | 3:01:14 | 3:41:09 | 5:20:16 |
| 77 | 0:09:32 | 0:33:20 | 0:40:20 | 0:43:25 | 0:54:40 | 0:55:00 | 1:09:20 | 1:24:20 | 1:47:19 | 1:55:32 | 2:25:42 | 2:33:03 | 3:04:41 | 3:45:35 | 5:27:23 |
| 78 | 0:09:41 | 0:33:51 | 0:40:59 | 0:44:08 | 0:55:40 | 0:55:59 | 1:10:42 | 1:26:00 | 1:49:26 | 1:57:50 | 2:28:35 | 2:36:03 | 3:08:33 | 3:50:33 | 5:35:22 |
| 79 | 0:09:51 | 0:34:23 | 0:41:41 | 0:44:56 | 0:56:46 | 0:57:06 | 1:12:13 | 1:27:50 | 1:51:48 | 2:00:21 | 2:31:48 | 2:39:26 | 3:12:50 | 3:56:05 | 5:44:13 |
| 80 | 0:10:01 | 0:35:00 | 0:42:30 | 0:45:49 | 0:58:00 | 0:58:20 | 1:13:54 | 1:29:54 | 1:54:24 | 2:03:10 | 2:35:22 | 2:43:11 | 3:17:36 | 4:02:14 | 5:54:01 |
| 81 | 0:10:13 | 0:35:42 | 0:43:24 | 0:46:49 | 0:59:21 | 0:59:43 | 1:15:45 | 1:32:10 | 1:57:19 | 2:06:18 | 2:39:20 | 2:47:22 | 3:22:54 | 4:09:05 | 6:05:01 |
| 82 | 0:10:26 | 0:36:28 | 0:44:25 | 0:47:56 | 1:00:53 | 1:01:15 | 1:17:49 | 1:34:42 | 2:00:33 | 2:09:48 | 2:43:46 | 2:51:59 | 3:28:48 | 4:16:40 | 6:17:14 |
| 83 | 0:10:41 | 0:37:20 | 0:45:33 | 0:49:11 | 1:02:35 | 1:02:57 | 1:20:07 | 1:37:30 | 2:04:08 | 2:13:40 | 2:48:40 | 2:57:11 | 3:35:24 | 4:25:12 | 6:31:01 |
| 84 | 0:10:58 | 0:38:19 | 0:46:49 | 0:50:36 | 1:04:28 | 1:04:53 | 1:22:40 | 1:40:39 | 2:08:10 | 2:18:01 | 2:54:11 | 3:02:59 | 3:42:47 | 4:34:47 | 6:46:33 |
| 85 | 0:11:17 | 0:39:25 | 0:48:14 | 0:52:10 | 1:06:36 | 1:07:01 | 1:25:32 | 1:44:08 | 2:12:39 | 2:22:51 | 3:00:20 | 3:09:27 | 3:51:04 | 4:45:34 | 7:04:00 |
| 86 | 0:11:38 | 0:40:39 | 0:49:51 | 0:53:56 | 1:08:58 | 1:09:24 | 1:28:44 | 1:48:04 | 2:17:42 | 2:28:18 | 3:07:17 | 3:16:46 | 4:00:26 | 4:57:45 | 7:23:58 |
| 87 | 0:12:02 | 0:42:04 | 0:51:39 | 0:55:55 | 1:11:38 | 1:12:06 | 1:32:21 | 1:52:29 | 2:23:24 | 2:34:27 | 3:15:06 | 3:25:00 | 4:11:02 | 5:11:32 | 7:46:41 |
| 88 | 0:12:29 | 0:43:38 | 0:53:41 | 0:58:10 | 1:14:40 | 1:15:10 | 1:36:25 | 1:57:30 | 2:29:52 | 2:41:26 | 3:24:02 | 3:34:23 | 4:23:06 | 5:27:22 | 8:12:59 |
| 89 | 0:13:00 | 0:45:26 | 0:56:01 | 1:00:43 | 1:18:07 | 1:18:38 | 1:41:03 | 2:03:13 | 2:37:13 | 2:49:25 | 3:34:11 | 3:45:08 | 4:36:57 | 5:45:37 | 8:43:35 |
| 90 | 0:13:36 | 0:47:30 | 0:58:40 | 1:03:39 | 1:22:03 | 1:22:36 | 1:46:22 | 2:09:44 | 2:45:39 | 2:58:34 | 3:45:55 | 3:57:25 | 4:52:58 | 6:06:50 | 9:19:21 |
| 91 | 0:14:16 | 0:49:52 | 1:01:43 | 1:07:01 | 1:26:35 | 1:27:10 | 1:52:29 | 2:17:20 | 2:55:26 | 3:09:08 | 3:59:27 | 4:11:45 | 5:11:38 | 6:31:36 | 10:02:05 |
| 92 | 0:15:03 | 0:52:36 | 1:05:15 | 1:10:54 | 1:31:53 | 1:32:28 | 1:59:37 | 2:26:06 | 3:06:51 | 3:21:30 | 4:15:19 | 4:28:28 | 5:33:34 | 7:01:10 | 10:53:27 |
| 93 | 0:15:58 | 0:55:47 | 1:09:23 | 1:15:29 | 1:38:03 | 1:38:43 | 2:07:59 | 2:36:30 | 3:20:22 | 3:36:07 | 4:34:08 | 4:48:23 | 5:59:51 | 7:36:47 | 11:56:47 |
| 94 | 0:17:02 | 0:59:32 | 1:14:16 | 1:20:53 | 1:45:24 | 1:46:08 | 2:17:58 | 2:48:54 | 3:36:33 | 3:53:39 | 4:56:43 | 5:12:13 | 6:31:46 | 8:20:18 | 13:16:21 |
| 95 | 0:18:19 | 1:04:01 | 1:20:07 | 1:27:22 | 1:54:16 | 1:55:04 | 2:30:04 | 3:03:56 | 3:56:12 | 4:15:01 | 5:24:26 | 5:41:21 | 7:11:13 | 9:15:02 | 14:58:45 |
| 96 | 0:19:52 | 1:09:26 | 1:27:15 | 1:35:16 | 2:05:07 | 2:06:01 | 2:44:56 | 3:22:28 | 4:20:35 | 4:41:35 | 5:58:54 | 6:17:53 | 8:01:10 | 10:25:33 | 17:16:23 |
| 97 | 0:21:48 | 1:16:09 | 1:36:06 | 1:45:05 | 2:18:42 | 2:19:43 | 3:03:42 | 3:45:58 | 4:51:37 | 5:15:19 | 6:43:01 | 7:04:32 | 9:06:22 | 11:59:16 | 20:29:18 |
| 98 | 0:24:12 | 1:24:34 | 1:47:19 | 1:57:39 | 2:36:14 | 2:37:20 | 3:28:00 | 4:16:38 | 5:32:25 | 5:59:43 | 7:41:26 | 8:06:37 | 10:34:55 | 14:10:53 | |
| 99 | 0:27:20 | 1:35:30 | 2:02:02 | 2:14:10 | 2:59:37 | 3:00:55 | 4:00:48 | 4:58:19 | 6:28:05 | 7:00:40 | 9:02:20 | 9:32:28 | 12:41:23 | 17:27:57 | |

Source: 2020 USATF MLDR Road age-grading calculator (maintained by Alan Jones)
 Website: <http://www.howardgrubb.co.uk/athletics/mlldroad20.html> sourced on March 19, 2022