

ABERDEEN AAC VETERAN WOMEN'S STANDARDS FROM 2008

EVENT	W35	W40	W45	W50	W55	W60	W65	W70	W75
100	14.3	15.1	16.0	16.8	18.1	19.4	20.6	22.1	23.4
200	29.6	31.2	34.3	36.2	39.1	41.5	45.7	48.9	53.2
400	67.0	71.3	78.7	86.2	93.6	1:41.1	1:48.5	1:57.0	2:03.4
800	2:35.3	2:46.0	2:56.6	3:11.5	3:27.4	3:59.4	4:15.3	4:41.9	4:57.9
1500	5:19.1	5:35.1	5:56.4	6:28.3	6:54.9	7:37.4	8:30.6	9:29.1	10:06.4
3000	12:16	13:07	14:04	15:14	16:25	18:00	19:36	21:31	23:58
5000	21:52.5	23:23.5	25:06.2	27:11.3	29:16.5	32:07.3	34:58.2	38:23.1	42:44.6
10000	46:49.3	50:04.2	53:43.4	58:11.3	62:39.3	68:44.5	74:50.2	82:08.5	91:29.0
Half Mar	1:50:00	1:54:00	1:58:00	2:05:00	2:13:00	2:22:00	2:32:00	2:43:00	2:55:00
Marathon	3:50:00	3:58:00	4:12:00	4:28:00	4:47:00	5:08:00	5:32:00	5:59:00	6:29:00
100H	18.1								
80H		17.0	18.1	19.1	20.7	22.3	24.5		
400H	77.7	80.9	86.2						
300H				67.0	70.2	74.5			
HJ	1.30	1.24	1.15	1.05	1.00	0.93			
PV	2.50	2.40	2.25	2.15	1.85	1.55			
LJ	3.80	3.70	3.60	3.40	3.15	2.80			
TJ	8.10	7.50	6.85	6.30	5.80	5.20			
SP	8.00	7.60	7.00	6.50	6.00	6.00			
DT	20.00	19.00	18.00	16.00	14.50	14.00			
HT	20.00	18.50	17.00	16.00	15.00	14.00			
JT	22.00	20.00	18.50	18.00	16.00	14.00			