

ABERDEEN AAC VETERAN MEN'S STANDARDS FROM 2008

EVENT	SENIOR	M35	M40	M45	M50	M55	M60	M65	M70	M75
100	11.1	12.1	12.6	13.1	13.7	14.4	15.1	16.0	17.0	18.3
200	22.7	24.6	25.5	26.6	27.9	29.3	31.7	34.4	36.2	39.4
400	51.4	55.0	57.2	59.3	61.7	65.5	70.7	75.5	81.4	92.6
800	1-57.0	2-03.0	2:09.8	2:17.2	2:25.7	2:35.3	2:46.0	3:01.9	3:22.1	3:43.4
1500	4-02.0	4-15.0	4:24.9	4:39.8	4:54.7	5:19.1	5:46.8	6:12.3	6:49.6	7:26.8
3000	8-50.0	9-30.0	10:17	10:38	11:01	11:42	12:26	13:13	13:58	15:02
5000	15-15.0	16-00.0	16:25.1	17:11.9	18:10.4	19:51.5	21:16.6	23:24.3	25:10.6	27:50.2
10000	32-30.0	34-00.0	35:06.4	36:42.1	38:55.1	42:33.2	45:55.3	49:49.4	54:15.3	59:34.5
Half Marathon	1:16:00	1:34:00	1:37:00	1:42:00	1:45:00	1:50:00	1:56:00	2:01:00	2:08:00	2:17:00
Marathon	2:40:00	2:53:00	3:33:00	3:45:00	3:55:00	4:05:00	4:20:00	4:35:00	4:50:00	5:10:00
110H	17.0	18.0	19.1	20.7						
100H					19.7	20.4	21.3	23.4		
80H									19.4	23.4
400H	60.0	62.5	64.9	69.4	74.5	79.8				
300H							57.4	64.9	73.4	
3000SC	10-00.0	10-25.0	10:59.6	11:52.8	12:40.6	13:39.1				
2000SC							9:45.1	10:38.3	11:42.1	
HJ	1.80	1.63	1.47	1.38	1.28	1.22	1.15	1.10	1.05	0.90
PV	3.20	3.20	3.15	2.75	2.55	2.25	2.15	1.85	1.55	1.40
LJ	6.40	5.60	5.05	4.80	4.55	4.35	4.00	3.65	3.35	2.75
TJ	13.00	11.50	10.55	10.10	9.45	8.75	7.75	7.20	6.85	5.90
SP	12.00	11.00	10.50	10.00	9.50	8.85	8.25	7.50	7.50	5.75
DT	35.00	32.00	30.00	29.00	28.00	26.00	28.00	26.00	23.00	18.00
HT	35.00	32.00	34.00	32.00	31.00	28.00	23.50	19.00	15.50	12.50
JT	45.00	40.00	36.00	35.00	32.00	29.00	25.00	22.50	21.00	16.75