

500m Row Standards Based on LEO Data									
	Males					Females			
	20-29	30-39	40-49	50+		20-29	30-39	40-49	50+
99	01:25	01:25	01:28	01:31	99	01:39	01:40	01:42	01:51
98	01:26	01:27	01:29	01:32	98	01:41	01:43	01:46	01:51
97	01:27	01:27	01:30	01:34	97	01:44	01:44	01:48	01:53
96	01:27	01:28	01:31	01:34	96	01:44	01:45	01:49	01:54
95	01:28	01:29	01:31	01:35	95	01:44	01:46	01:49	01:54
94	01:28	01:29	01:32	01:36	94	01:44	01:47	01:50	01:55
93	01:28	01:30	01:32	01:36	93	01:45	01:47	01:51	01:57
92	01:29	01:30	01:33	01:36	92	01:46	01:47	01:51	01:58
91	01:29	01:30	01:33	01:37	91	01:46	01:48	01:51	01:59
90	01:29	01:31	01:33	01:37	90	01:46	01:49	01:51	02:00
89	01:30	01:31	01:34	01:38	89	01:46	01:50	01:52	02:00
88	01:30	01:31	01:34	01:38	88	01:47	01:50	01:53	02:00
87	01:30	01:32	01:34	01:39	87	01:48	01:51	01:54	02:01
86	01:30	01:32	01:35	01:39	86	01:48	01:51	01:54	02:01
85	01:31	01:32	01:35	01:39	85	01:48	01:51	01:55	02:02
84	01:31	01:32	01:36	01:40	84	01:48	01:51	01:55	02:02
83	01:31	01:33	01:36	01:40	83	01:48	01:51	01:55	02:02
82	01:31	01:33	01:36	01:41	82	01:48	01:51	01:55	02:03
81	01:31	01:33	01:36	01:41	81	01:49	01:52	01:56	02:03
80	01:32	01:33	01:37	01:42	80	01:49	01:53	01:56	02:03
79	01:32	01:34	01:37	01:42	79	01:49	01:53	01:56	02:03
78	01:32	01:34	01:37	01:42	78	01:51	01:53	01:57	02:03
77	01:32	01:34	01:37	01:42	77	01:51	01:53	01:57	02:03
76	01:32	01:34	01:37	01:43	76	01:51	01:54	01:57	02:04
75	01:32	01:34	01:38	01:43	75	01:51	01:54	01:57	02:04
74	01:33	01:34	01:38	01:43	74	01:52	01:54	01:58	02:04
73	01:33	01:35	01:38	01:43	73	01:53	01:55	01:58	02:04
72	01:33	01:35	01:38	01:44	72	01:53	01:55	01:58	02:05
71	01:33	01:35	01:38	01:44	71	01:53	01:55	01:59	02:06
70	01:33	01:35	01:39	01:44	70	01:53	01:56	01:59	02:06
69	01:33	01:35	01:39	01:45	69	01:53	01:56	02:00	02:06
68	01:33	01:36	01:39	01:45	68	01:53	01:56	02:00	02:07
67	01:34	01:36	01:39	01:45	67	01:53	01:56	02:00	02:07
66	01:34	01:36	01:40	01:45	66	01:54	01:57	02:00	02:07
65	01:34	01:36	01:40	01:45	65	01:54	01:57	02:00	02:08
64	01:34	01:37	01:40	01:46	64	01:54	01:57	02:00	02:08
63	01:34	01:37	01:40	01:46	63	01:54	01:57	02:00	02:08
62	01:34	01:37	01:40	01:46	62	01:54	01:57	02:01	02:08
61	01:34	01:37	01:41	01:46	61	01:55	01:57	02:01	02:08
60	01:34	01:37	01:41	01:46	60	01:55	01:58	02:01	02:08
59	01:35	01:37	01:41	01:47	59	01:55	01:58	02:01	02:08
58	01:35	01:38	01:41	01:47	58	01:55	01:58	02:02	02:08
57	01:35	01:38	01:41	01:47	57	01:56	01:58	02:02	02:09
56	01:35	01:38	01:42	01:47	56	01:56	01:58	02:02	02:09
55	01:35	01:38	01:42	01:47	55	01:56	01:59	02:03	02:09
54	01:35	01:38	01:42	01:48	54	01:56	01:59	02:03	02:09
53	01:36	01:38	01:42	01:48	53	01:57	01:59	02:03	02:10
52	01:36	01:38	01:43	01:48	52	01:57	01:59	02:04	02:10
51	01:36	01:39	01:43	01:48	51	01:57	02:00	02:04	02:10
50	01:36	01:39	01:43	01:49	50	01:57	02:00	02:04	02:10
49	01:36	01:39	01:43	01:49	49	01:57	02:00	02:05	02:10
48	01:37	01:39	01:44	01:49	48	01:57	02:00	02:05	02:11

Males					Females				
	20-29	30-39	40-49	50+		20-29	30-39	40-49	50+
47	01:37	01:39	01:44	01:49	47	01:58	02:00	02:06	02:11
46	01:37	01:39	01:44	01:50	46	01:58	02:01	02:06	02:11
45	01:37	01:40	01:44	01:50	45	01:58	02:01	02:06	02:11
44	01:37	01:40	01:44	01:50	44	01:58	02:01	02:06	02:12
43	01:37	01:40	01:45	01:50	43	01:59	02:01	02:06	02:12
42	01:37	01:40	01:45	01:50	42	01:59	02:01	02:06	02:12
41	01:38	01:40	01:45	01:51	41	01:59	02:02	02:07	02:13
40	01:38	01:41	01:45	01:51	40	01:59	02:02	02:07	02:13
39	01:38	01:41	01:46	01:51	39	02:00	02:02	02:08	02:14
38	01:38	01:41	01:46	01:52	38	02:00	02:02	02:08	02:15
37	01:38	01:41	01:46	01:52	37	02:00	02:02	02:08	02:16
36	01:38	01:42	01:46	01:52	36	02:00	02:02	02:09	02:17
35	01:39	01:42	01:47	01:52	35	02:01	02:03	02:09	02:17
34	01:39	01:42	01:47	01:53	34	02:01	02:03	02:09	02:17
33	01:39	01:42	01:47	01:53	33	02:01	02:03	02:09	02:18
32	01:39	01:42	01:47	01:53	32	02:01	02:03	02:10	02:18
31	01:39	01:43	01:47	01:54	31	02:02	02:03	02:10	02:18
30	01:40	01:43	01:48	01:54	30	02:02	02:04	02:10	02:18
29	01:40	01:43	01:48	01:55	29	02:02	02:04	02:10	02:18
28	01:40	01:43	01:48	01:55	28	02:03	02:05	02:11	02:19
27	01:40	01:44	01:49	01:55	27	02:03	02:05	02:11	02:20
26	01:41	01:44	01:49	01:56	26	02:03	02:05	02:11	02:20
25	01:41	01:44	01:49	01:56	25	02:04	02:05	02:12	02:20
24	01:41	01:44	01:50	01:57	24	02:04	02:05	02:12	02:21
23	01:42	01:45	01:50	01:58	23	02:05	02:06	02:13	02:22
22	01:42	01:45	01:50	01:58	22	02:05	02:06	02:14	02:23
21	01:42	01:45	01:50	01:58	21	02:06	02:06	02:15	02:24
20	01:42	01:46	01:51	01:59	20	02:06	02:07	02:15	02:25
19	01:43	01:46	01:51	01:59	19	02:06	02:07	02:15	02:27
18	01:43	01:46	01:52	02:00	18	02:07	02:07	02:15	02:27
17	01:44	01:47	01:52	02:00	17	02:07	02:08	02:16	02:28
16	01:44	01:47	01:52	02:01	16	02:07	02:08	02:17	02:28
15	01:44	01:47	01:53	02:01	15	02:07	02:09	02:17	02:28
14	01:45	01:48	01:53	02:02	14	02:08	02:10	02:17	02:29
13	01:45	01:48	01:54	02:04	13	02:09	02:10	02:18	02:33
12	01:46	01:48	01:55	02:05	12	02:09	02:11	02:18	02:34
11	01:46	01:49	01:55	02:06	11	02:09	02:11	02:19	02:34
10	01:47	01:50	01:56	02:08	10	02:09	02:13	02:19	02:35
9	01:47	01:50	01:57	02:08	9	02:10	02:14	02:20	02:39
8	01:48	01:51	01:58	02:10	8	02:10	02:15	02:20	02:40
7	01:48	01:52	01:59	02:11	7	02:12	02:16	02:21	02:42
6	01:48	01:53	02:00	02:13	6	02:13	02:20	02:23	02:44
5	01:49	01:54	02:01	02:15	5	02:13	02:22	02:23	02:47
4	01:51	01:54	02:04	02:18	4	02:14	02:25	02:24	02:47
3	01:53	01:56	02:07	02:22	3	02:16	02:29	02:25	02:48
2	01:57	01:58	02:12	02:24	2	02:20	02:31	02:27	02:55
1	02:01	02:01	02:20	02:33	1	02:41	02:35	02:37	02:55
N=	1404	2255	2089	864	N=	190	196	172	78
Total N= 7248									