

# Senior Men

STEP UP !

	10	9	8	7	6	5	4	3	2	1
50m indoors	5.74	5.80	5.86	5.92	5.98	6.04	6.10	6.16	6.22	6.28
<i>ht</i>	5.5	5.6	-	5.7	-	5.8	5.9	-	6.0	-
60m indoors	6.64	6.71	6.78	6.85	6.92	7.00	7.07	7.14	7.21	7.28
<i>ht</i>	6.4	6.5	-	6.6	6.7	6.8	-	6.9	7.0	-
100m	10.24	10.36	10.47	10.59	10.71	10.82	10.94	11.06	11.17	11.29
<i>et - wa/nwi</i>	10.14	10.26	10.37	10.48	10.60	10.71	10.83	10.95	11.06	11.18
<i>ht</i>	10.0	10.1	10.2	10.4	10.5	10.6	10.7	10.8	10.9	11.1
<i>ht - wa/nwi</i>	9.9	10.0	10.1	10.2	10.4	10.5	10.6	10.7	10.8	10.9
200m	20.83	21.10	21.37	21.64	21.91	22.17	22.44	22.71	22.98	23.25
<i>et - wa/nwi</i>	20.73	20.99	21.26	21.53	21.80	22.06	22.33	22.60	22.87	23.13
<i>ht</i>	20.6	20.9	21.1	21.4	21.7	21.9	22.2	22.5	22.7	23.0
<i>ht - wa/nwi</i>	20.5	20.8	21.0	21.3	21.6	21.8	22.1	22.4	22.6	22.9
200m indoor	21.33	21.60	21.87	22.14	22.41	22.67	22.94	23.21	23.48	23.75
<i>ht</i>	21.1	21.4	21.6	21.9	22.2	22.4	22.7	23.0	23.2	23.5
300m indoor	34.04	34.53	35.01	35.50	35.99	36.48	36.96	37.45	37.94	38.42
<i>ht</i>	33.9	34.4	34.9	35.4	35.9	36.3	36.8	37.3	37.8	38.3
400m	46.85	47.56	48.27	48.97	49.68	50.39	51.10	51.80	52.51	53.22
<i>ht</i>	46.7	47.4	48.1	48.8	49.5	50.2	51.0	51.7	52.4	53.1
400m indoor	47.95	48.66	49.37	50.07	50.78	51.49	52.20	52.90	53.61	54.32
<i>ht</i>	47.8	48.5	49.2	49.9	50.6	51.4	52.1	52.8	53.5	54.2
600m indoor	1:17.17	1:18.31	1:19.45	1:20.58	1:21.72	1:22.86	1:24.00	1:25.13	1:26.27	1:27.41
800m	1:48.46	1:50.09	1:51.73	1:53.36	1:54.99	1:56.63	1:58.26	1:59.89	2:01.53	2:03.16
800m indoor	1:50.86	1:52.49	1:54.13	1:55.76	1:57.39	1:59.03	2:00.66	2:02.29	2:03.93	2:05.56
1000m	2:20.30	2:22.50	2:24.70	2:26.90	2:29.10	2:31.29	2:33.49	2:35.69	2:37.89	2:40.09
1000m indoor	2:23.20	2:25.40	2:27.60	2:29.80	2:32.00	2:34.19	2:36.39	2:38.59	2:40.79	2:42.99
1500m	3:42.18	3:45.64	3:49.11	3:52.57	3:56.03	3:59.50	4:02.96	4:06.42	4:09.89	4:13.35
1500m indoor	3:46.08	3:49.54	3:53.01	3:56.47	3:59.93	4:03.40	4:06.86	4:10.32	4:13.79	4:17.25
Mile	4:00.28	4:04.03	4:07.78	4:11.53	4:15.28	4:19.03	4:22.78	4:26.53	4:30.28	4:34.03
Mile indoor	4:04.38	4:08.13	4:11.88	4:15.63	4:19.38	4:23.13	4:26.88	4:30.64	4:34.38	4:38.13
2000m	5:07.55	5:12.25	5:16.95	5:21.65	5:26.35	5:31.05	5:35.75	5:40.45	5:45.15	5:49.85
3000m	7:56.75	8:03.84	8:10.94	8:18.03	8:25.12	8:32.22	8:39.31	8:46.41	8:53.50	9:00.59
3000m indoor	8:02.65	8:09.74	8:16.84	8:23.93	8:31.02	8:38.12	8:45.21	8:52.31	8:59.40	9:06.49
5000m (t or r)	13:47.74	14:01.03	14:14.32	14:27.62	14:40.91	14:54.20	15:07.49	15:20.79	15:34.08	15:47.37

5000m indoor	13:57.54	14:10.83	14:24.12	14:37.42	14:50.71	15:04.00	15:17.29	15:30.59	15:43.88	15:57.17
10,000m (t or r)	28:47.28	29:16.26	29:45.24	30:14.22	30:43.20	31:12.17	31:41.15	32:10.13	32:39.11	33:08.09
20km (t or r)	59:59	1:01:00	1:02:01	1:03:03	1:04:04	1:05:05	1:06:06	1:07:07	1:08:09	1:09:10
Half Marathon	1:03:36	1:04:41	1:05:46	1:06:51	1:07:56	1:09:01	1:10:05	1:11:10	1:12:15	1:13:20
Marathon	2:15:06	2:17:24	2:19:42	2:21:59	2:24:17	2:26:35	2:28:53	2:31:10	2:33:28	2:35:46
One Hour (t)	19,903m	19,608	19,312	19,017	18,722	18,427	18,131	17,836	17,541	17,245
50mH indoor	6.73	6.86	6.98	7.11	7.23	7.36	7.48	7.61	7.73	7.86
<i>ht</i>	6.5	6.6	6.7	6.9	7.0	7.1	7.2	7.4	7.5	7.6
60mH indoor	7.96	8.11	8.26	8.41	8.56	8.71	8.86	9.01	9.16	9.31
<i>ht</i>	7.7	7.9	8.0	8.2	8.3	8.5	8.6	8.8	8.9	9.1
110mH	14.09	14.36	14.63	14.90	15.17	15.43	15.70	15.97	16.24	16.51
<i>et - wa/nwi</i>	13.95	14.22	14.48	14.75	15.02	15.28	15.54	15.81	16.08	16.34
<i>ht</i>	13.9	14.1	14.4	14.7	14.9	15.2	15.5	15.7	16.0	16.3
<i>ht - wa/nwi</i>	13.7	14.0	14.2	14.5	14.8	15.0	15.3	15.6	15.8	16.1
400mH	51.12	52.08	53.04	54.00	54.96	55.92	56.88	57.84	58.80	59.76
<i>ht</i>	51.0	51.9	52.9	53.9	54.8	55.8	56.7	57.7	58.7	59.6
3000mSC	8:41.85	8:51.78	9:01.70	9:11.63	9:21.56	9:31.48	9:41.41	9:51.34	10:01.26	10:11.19
3kmWalk indoor	12:21.50	12:35.42	12:49.34	13:03.27	13:17.19	13:31.11	13:45.03	13:58.95	14:12.88	14:26.80
5kmWalk indoor	20:42.00	21:05.13	21:28.27	21:51.40	22:14.53	22:37.67	23:00.80	23:23.93	23:47.07	24:10.20
10kmWalk	42:34.00	43:18.04	44:02.09	44:46.13	45:30.18	46:14.22	46:58.27	47:42.31	48:26.36	49:10.40
20kmWalk	1:26:58	1:28:27	1:29:57	1:31:26	1:32:56	1:34:25	1:35:55	1:37:24	1:38:54	1:40:23
30kmWalk	2:17:22	2:19:42	2:22:01	2:24:21	2:26:40	2:29:00	2:31:19	2:33:39	2:35:58	2:38:18
50kmWalk	4:15:30	4:20:13	4:24:56	4:29:39	4:34:22	4:39:04	4:43:47	4:48:30	4:53:13	4:57:56
One Hour Walk	14,000m	13,791	13,583	13,374	13,166	12,957	12,749	12,540	12,332	12,123
Two Hour Walk	26,207	25,822	25,437	25,052	24,667	24,282	23,897	23,512	23,127	22,742
HJ	2.22	2.18	2.14	2.11	2.07	2.03	1.99	1.96	1.92	1.88
PV	5.16	5.02	4.88	4.74	4.60	4.47	4.33	4.19	4.05	3.91
LJ	7.79	7.64	7.49	7.35	7.20	7.05	6.90	6.76	6.61	6.46
<i>wa/nwi</i>	7.87	7.72	7.56	7.42	7.27	7.12	6.97	6.83	6.68	6.52
TJ	15.77	15.45	15.13	14.81	14.49	14.17	13.85	13.53	13.21	12.89
<i>wa/nwi</i>	15.93	15.60	15.28	14.96	14.63	14.31	13.99	13.67	13.34	13.02
SP (7.26kg)	18.37	17.73	17.08	16.44	15.79	15.15	14.50	13.86	13.21	12.57
DT (2.0kg)	58.86	56.71	54.57	52.42	50.27	48.13	45.98	43.83	41.69	39.54
HT (7.26kg)	63.64	61.07	58.50	55.93	53.36	50.78	48.21	45.64	43.07	40.50
WT indoor (35lb.)	20.96	20.22	19.49	18.75	18.02	17.28	16.55	15.81	15.08	14.34
JT (800g)	70.10	67.42	64.75	62.07	59.40	56.72	54.05	51.37	48.70	46.02
Pentathlon indoor	3764	3616	3468	3320	3172	3023	2875	2727	2579	2431

Heptathlon indoor	5228	5022	4816	4611	4405	4199	3993	3788	3582	3376
Decathlon	7233	6948	6664	6379	6094	5810	5525	5240	4956	4671

Specifications:

110m Hurdles - 106.7cm/13.72m/9.14m

400m Hurdles - 91.4cm/45.00m/35.00m