

Gold Standard

Men	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90
100m	12.27	12.64	13.20	13.68	14.12	14.69	15.28	15.86	16.66	17.73	19.08	20.86
200m	25.02	25.95	26.99	27.99	28.91	29.90	30.95	32.43	34.43	36.76	40.17	45.03
400m	55.92	58.42	60.80	62.97	65.07	67.43	69.79	72.82	78.77	87.36	97.94	111.44
800m	02:09.90	02:14.16	02:19.30	02:26.34	02:33.58	02:40.41	02:47.65	02:56.64	03:08.51	03:26.40	03:54.35	04:28.66
1500m	04:25.98	04:35.49	04:46.23	04:59.08	05:14.33	05:30.93	05:48.51	06:07.60	06:29.50	06:59.28	07:55.34	09:26.19
3000m	09:20.46	09:41.39	10:14.63	10:43.36	11:07.04	11:39.34	12:21.98	13:11.91	14:02.26	15:14.03	17:24.10	20:26.20
5000m	16:05.42	16:39.45	17:36.36	18:33.61	19:17.40	19:57.53	21:01.09	22:30.76	23:58.59	26:08.30	30:28.64	36:50.75
10000m	33:39.61	35:02.91	36:51.59	38:29.07	40:01.46	41:45.70	43:42.53	46:14.55	49:30.59	54:57.69	64:46.41	77:56.88
Short Hurdles	16.39	17.09	17.83	16.96	17.81	17.96	18.85	15.76	17.03	18.44	22.20	27.03
Long Hurdles	59.95	62.83	66.12	69.00	72.16	52.89	54.78	57.50	62.06	46.19	54.27	64.14
Steeplechase	10:12.63	10:46.39	11:24.55	11:58.54	12:23.81	08:07.76	08:45.24	09:22.36	10:32.39	12:02.74	13:41.34	15:33.21
High Jump	1.71	1.63	1.53	1.46	1.40	1.33	1.26	1.18	1.11	1.03	0.93	0.84
Pole Vault	3.80	3.61	3.35	3.10	2.92	2.77	2.56	2.30	2.05	1.79	1.70	1.70
Long Jump	5.40	5.01	4.66	4.39	4.16	3.89	3.58	3.32	3.09	2.81	2.46	2.09
Triple Jump	11.43	10.91	10.07	9.38	8.88	8.27	7.62	7.01	6.46	5.90	5.26	5.00
Shot Put	14.45	13.80	13.29	11.92	11.12	11.76	10.66	10.45	9.48	8.79	7.90	6.66
Discus	46.04	44.80	43.46	43.78	41.33	42.47	38.58	35.12	31.17	26.78	22.63	18.23
Hammer	53.79	52.40	50.83	49.50	43.05	40.52	38.82	37.79	34.31	31.57	26.52	18.23
Javelin	59.20	54.69	49.38	48.74	42.73	40.04	37.49	34.86	32.74	29.63	25.60	20.13
Weight Throw	16.11	13.86	13.31	16.74	14.11	15.49	14.14	14.82	13.43	12.74	10.97	7.16

Women	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90
100m	13.35	13.73	14.17	14.63	15.32	16.30	17.32	18.13	19.01	20.51	23.05	26.56
200m	27.40	28.46	29.59	30.35	31.60	33.82	35.83	37.56	39.72	43.44	51.07	62.91
400m	62.51	66.44	69.79	71.59	73.44	77.67	83.13	88.14	96.90	111.41	151.82	240.89
800m	02:25.50	02:29.33	02:35.44	02:44.83	02:53.21	03:02.59	03:17.49	03:34.76	03:52.30	04:17.14	05:05.13	06:16.69
1500m	04:55.09	05:00.85	05:14.40	05:36.79	05:54.84	06:15.33	06:44.58	07:15.61	07:51.70	08:38.04	10:30.63	14:23.28
3000m	10:34.61	11:06.04	11:36.47	12:08.11	12:37.49	13:18.61	14:19.26	15:27.19	16:44.55	18:26.60	20:48.94	
5000m	18:11.49	18:57.28	19:46.19	20:38.75	21:36.50	22:40.14	24:13.21	26:13.57	28:44.75	31:46.21	42:24.61	68:27.94
10000m	37:55.05	39:21.03	41:08.54	43:36.38	45:43.31	47:30.72	50:37.16	54:53.99	59:21.85	73:57.93	107:48.75	
Short Hurdles	15.46	14.05	14.39	15.10	15.39	16.13	17.14	19.21	21.46	25.42	33.32	43.19
Long Hurdles	67.06	72.16	76.60	56.13	58.43	61.05	65.41	45.66	49.55	52.80	127.55	
Steeplechase	08:03.89	08:27.69	08:33.51	09:27.99	09:49.89	10:21.16	11:05.61	12:08.99	13:46.88	15:32.84	21:09.66	
High Jump	1.48	1.40	1.31	1.23	1.15	1.09	1.04	0.98	0.92	0.84	0.80	0.80

Pole Vault	3.12	2.86	2.50	2.25	2.12	2.04	1.99	1.78	1.41	1.30	1.30	1.30
Long Jump	4.50	4.17	3.84	3.64	3.44	3.18	2.95	2.76	2.58	2.33	2.00	1.66
Triple Jump	9.53	8.92	8.20	7.56	7.19	6.93	6.44	5.85	5.38	5.00	5.00	5.00
Shot Put	13.56	12.28	10.92	9.71	9.30	8.85	8.24	7.10	7.87	6.89	5.81	4.36
Discus Throw	45.42	43.12	39.06	32.57	28.09	26.00	23.97	21.63	20.54	17.21	13.95	10.13
Hammer Throw	49.52	43.81	35.97	35.49	32.84	30.48	28.18	25.11	27.51	24.13	19.61	13.10
Javelin Throw	43.71	40.12	35.64	30.42	28.41	26.25	24.10	22.29	19.15	17.56	15.05	10.87
Weight Throw	12.33	12.42	11.44	12.01	11.20	12.10	11.10	9.90	10.62	8.86	7.66	5.48

Red values indicate minimum opening heights or distances required to reach the sand pit.