

Gender	Excellent	Above Average	Average	Below Average	Poor
Male	<2.6 secs	2.6 - 2.9 secs	2.6 - 2.9 secs	3.1 - 3.3 secs	>3.3 secs
Female	<3.0 secs	3.0 - 3.3 secs	3.0 - 3.5 secs	3.5 - 3.7 secs	>3.7 secs

Age	Excellent	Above Average	Average	Below Average	Poor
13 - 14	>2700m	2400 - 2700m	22000 - 2399m	2100 - 2199m	<2100m
15 - 16	>2800m	2500 - 2800m	2300 - 2499m	2200 - 2299m	<2200m
17 - 19	>3000m	2700 - 3000m	2500 - 2699m	2300 - 2499m	<2300m
20 - 29	>2800m	2400 - 2800m	2200 - 2399m	1600 - 2199m	<1600m
30 - 39	>2700m	2300 - 2700m	1900 - 2299m	1500 - 1999m	<1500m
40 - 49	>2500m	2100 - 2500m	1700 - 2099m	1400 - 1699m	<1400m
> 50	>2400m	2000 - 2400m	1600 - 1999m	1300 - 1599m	<1300m

Age	Excellent	Above Average	Average	Below Average	Poor
13 - 14	>2000m	1900 - 2000m	1600 - 1899m	1500 - 1599m	<1500m
15 - 16	>2100m	2000 - 2100m	1700 - 1999m	1600 - 1699m	<1600m
17 - 19	>2300m	2100 - 2300m	1800 - 2099m	1700 - 1799m	<1700m
20 - 29	>2700m	2200 - 2700m	1800 - 2199m	1500 - 1799m	<1500m
30 - 39	>2500,	2000 - 2500m	1700 - 1999m	1400 - 1699m	<1400m
40 - 49	>2300m	1900 - 2300m	1500 - 1899m	1200 - 1499m	<1300m
> 50	>2200m	1700 - 2200m	1400 - 1699m	1100 - 1399m	<1100m