



300 METER RUN MALES



%	20-29	30-39	40-49	50-59
99	42.0	42.6	47.0	52.0
95	46.0	46.1	52.0	58.0
90	48.0	49.0	55.0	61.0
85	49.0	50.0	56.0	63.0
80	50.3	51.0	57.0	66.4
75	51.0	52.0	60.0	68.0
70	52.0	53.0	61.0	70.0
65	53.5	54.0	62.0	72.0
60	54.0	55.0	64.0	74.0
55	55.0	56.0	66.0	77.4
50	56.0	57.0	67.6	80.0
45	57.5	58.0	70.0	82.6
40	59.0	58.9	72.0	83.2
35	60.0	61.0	74.8	85.0
30	62.1	63.0	77.0	87.0
25	64.0	65.0	81.0	89.0
20	66.0	68.0	83.0	95.0
15	69.0	70.0	86.0	99.0
10	73.4	74.9	90.0	101.6
5	81.3	80.9	104.0	184.0
1	95.1	113.9	143.0	184.0

300 METER RUN FEMALES

%	20-29	30-39	40-49
99	54.0	55.0	65.0
95	54.3	56.5	65.0
90	56.0	60.0	66.0
85	58.0	63.5	68.2
80	58.3	66.0	72.0
75	59.7	66.5	72.0
70	60.0	68.0	75.3
65	61.0	69.9	78.7
60	61.0	71.0	79.0
55	62.7	72.0	80.5
50	64.0	74.0	86.0
45	68.5	75.5	91.7
40	71.0	79.0	94.0
35	74.5	80.5	101.8
30	75.0	82.5	106.7
25	76.0	85.5	109.3
20	78.0	86.0	110.0
15	88.0	93.5	116.0
10	97.0	100.0	121.5
5	106.7	114.0	125.0
1	120.0	128.0	125.0