

EMCC - 2003 AGE STANDARDS			
MEN	WOMEN	20 KM	40 KM
30		0:29:12	1:00:36
31		0:29:26	1:01:06
32		0:29:42	1:01:36
33		0:29:57	1:02:06
34		0:30:12	1:02:37
35		0:30:26	1:03:07
36		0:30:41	1:03:37
37		0:30:56	1:04:07
38		0:31:12	1:04:37
39		0:31:26	1:05:07
40		0:31:41	1:05:37
41		0:31:56	1:06:07
42		0:32:10	1:06:37
43		0:32:26	1:07:06
44		0:32:41	1:07:36
45	30	0:32:56	1:08:07
46	31	0:33:10	1:08:38
47	32	0:33:25	1:09:09
48	33	0:33:41	1:09:40
49	34	0:33:58	1:10:10
50	35	0:34:14	1:10:42
51	36	0:34:30	1:11:14
52	37	0:34:46	1:11:46
53	38	0:35:02	1:12:18
54	39	0:35:18	1:12:50
55	40	0:35:34	1:13:23
56	41	0:35:51	1:13:56
57	42	0:36:09	1:14:29
58	43	0:36:26	1:15:03
59	44	0:36:43	1:15:37
60	45	0:37:02	1:16:10
61	46	0:37:19	1:16:44
62	47	0:37:37	1:17:18
63	48	0:37:54	1:17:53
64	49	0:38:13	1:18:28
65	50	0:38:31	1:19:02
66	51	0:38:50	1:19:37
67	52	0:39:09	1:20:13
68	53	0:39:27	1:20:49
69	54	0:39:46	1:21:24
70	55	0:40:05	1:22:01
71	56	0:40:23	1:22:38
72	57	0:40:42	1:23:15
73	58	0:41:02	1:23:53
74	59	0:41:22	1:24:30
75	60	0:41:42	1:25:08
76	61	0:42:02	1:25:47
77	62	0:42:22	1:26:26
78	63	0:42:42	1:27:04
79	64	0:43:02	1:27:43
80	65	0:43:23	1:28:23
81	66	0:43:45	1:29:03
82	67	0:44:05	1:29:43
83	68	0:44:26	1:30:23
84	69	0:44:47	1:31:04
85	70	0:45:09	1:31:45
86	71	0:45:30	1:32:27
87	72	0:45:51	1:33:08
88	73	0:46:13	1:33:50
89	74	0:46:35	1:34:32
90	75	0:46:58	1:35:15
91	76	0:47:21	1:35:57
92	77	0:47:46	1:36:41
93	78	0:48:10	1:37:25