

Performance Factor Table for Men

Dist Km=>1.609	3.219	5.000	6.437	10.000	15.000	20.000	42.195
Dist Mi=>1.000	2.000	3.107	4.000	6.214	9.321	12.427	26.219
Points							
1000	0:03:53.8	0:08:08.6	0:13:00.4	0:17:00.8	0:27:10.5	0:41:49.1	2:05:34.1
975	0:03:59.8	0:08:21.1	0:13:20.4	0:17:27.0	0:27:52.3	0:42:53.5	2:08:47.3
950	0:04:06.1	0:08:34.3	0:13:41.4	0:17:54.6	0:28:36.3	0:44:01.2	2:12:10.7
925	0:04:12.8	0:08:48.2	0:14:03.6	0:18:23.6	0:29:22.7	0:45:12.6	2:15:45.0
900	0:04:19.8	0:09:02.9	0:14:27.1	0:18:54.3	0:30:11.7	0:46:27.9	2:19:31.3
875	0:04:27.2	0:09:18.4	0:14:51.8	0:19:26.7	0:31:03.4	0:47:47.6	2:23:30.5
850	0:04:35.1	0:09:34.8	0:15:18.1	0:20:01.0	0:31:58.2	0:49:11.9	2:27:43.7
825	0:04:43.4	0:09:52.2	0:15:45.9	0:20:37.4	0:32:56.4	0:50:41.4	2:32:12.3
800	0:04:52.3	0:10:10.7	0:16:15.4	0:21:16.0	0:33:58.1	0:52:16.4	2:36:57.7
775	0:05:01.7	0:10:30.4	0:16:46.9	0:21:57.2	0:35:03.9	0:53:57.6	2:42:01.5
750	0:05:11.8	0:10:51.4	0:17:20.5	0:22:41.1	0:36:14.0	0:55:45.5	2:47:25.5
725	0:05:22.5	0:11:13.9	0:17:56.4	0:23:28.1	0:37:29.0	0:57:40.9	2:53:11.9
700	0:05:34.0	0:11:38.0	0:18:34.8	0:24:18.3	0:38:49.3	0:59:44.5	2:59:23.1
675	0:05:46.4	0:12:03.8	0:19:16.1	0:25:12.4	0:40:15.5	1:01:57.2	3:06:01.7
650	0:05:59.7	0:12:31.7	0:20:00.6	0:26:10.5	0:41:48.5	1:04:20.2	3:13:11.0
625	0:06:14.1	0:13:01.7	0:20:48.6	0:27:13.3	0:43:28.8	1:06:54.6	3:20:54.6
600	0:06:29.7	0:13:34.3	0:21:40.6	0:28:21.4	0:45:17.5	1:09:41.9	3:29:16.9
575	0:06:46.7	0:14:09.7	0:22:37.1	0:29:35.4	0:47:15.6	1:12:43.7	3:38:22.9
550	0:07:05.2	0:14:48.3	0:23:38.8	0:30:56.1	0:49:24.5	1:16:02.0	3:48:18.4
525	0:07:25.4	0:15:30.6	0:24:46.4	0:32:24.5	0:51:45.7	1:19:39.3	3:59:10.8
500	0:07:47.7	0:16:17.2	0:26:00.7	0:34:01.7	0:54:21.0	1:23:38.2	4:11:08.3
475	0:08:12.3	0:17:08.6	0:27:22.9	0:35:49.1	0:57:12.6	1:28:02.4	4:24:21.4
450	0:08:39.6	0:18:05.7	0:28:54.1	0:37:48.5	1:00:23.3	1:32:55.8	4:39:02.5
425	0:09:10.2	0:19:09.6	0:30:36.1	0:40:02.0	1:03:56.5	1:38:23.8	4:55:27.4
400	0:09:44.6	0:20:21.4	0:32:30.9	0:42:32.1	1:07:56.2	1:44:32.8	5:13:55.4
375	0:10:23.6	0:21:42.9	0:34:41.0	0:45:22.2	1:12:28.0	1:51:31.0	5:34:51.1
350	0:11:08.1	0:23:15.9	0:37:09.6	0:48:36.7	1:17:38.6	1:59:28.9	5:58:46.1
325	0:11:59.5	0:25:03.3	0:40:01.1	0:52:21.0	1:23:36.9	2:08:40.4	6:26:22.0
300	0:12:59.4	0:27:08.6	0:43:21.2	0:56:42.8	1:30:35.0	2:19:23.7	6:58:33.8