

## Performance Factor Table for Women

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	0:04:34.3	0:09:24.9	0:14:54.1	0:19:23.6	0:30:41.7	0:46:50.6	2:17:41.3
975	0:04:41.3	0:09:39.4	0:15:17.0	0:19:53.4	0:31:28.9	0:48:02.6	2:21:13.2
950	0:04:48.7	0:09:54.6	0:15:41.2	0:20:24.8	0:32:18.6	0:49:18.5	2:24:56.2
925	0:04:56.5	0:10:10.7	0:16:06.6	0:20:57.9	0:33:11.0	0:50:38.4	2:28:51.2
900	0:05:04.7	0:10:27.7	0:16:33.5	0:21:32.9	0:34:06.3	0:52:02.8	2:32:59.3
875	0:05:13.4	0:10:45.6	0:17:01.8	0:22:09.8	0:35:04.8	0:53:32.1	2:37:21.5
850	0:05:22.6	0:11:04.6	0:17:31.9	0:22:48.9	0:36:06.7	0:55:06.5	2:41:59.2
825	0:05:32.4	0:11:24.7	0:18:03.8	0:23:30.4	0:37:12.4	0:56:46.7	2:46:53.8
800	0:05:42.8	0:11:46.1	0:18:37.6	0:24:14.5	0:38:22.1	0:58:33.2	2:52:06.7
775	0:05:53.9	0:12:08.9	0:19:13.7	0:25:01.4	0:39:36.4	1:00:26.5	2:57:39.8
750	0:06:05.7	0:12:33.2	0:19:52.2	0:25:51.4	0:40:55.6	1:02:27.4	3:03:35.1
725	0:06:18.3	0:12:59.2	0:20:33.3	0:26:44.9	0:42:20.3	1:04:36.6	3:09:55.0
700	0:06:31.8	0:13:27.0	0:21:17.3	0:27:42.3	0:43:51.0	1:06:55.1	3:16:41.9
675	0:06:46.3	0:13:56.9	0:22:04.6	0:28:43.8	0:45:28.4	1:09:23.8	3:23:59.0
650	0:07:01.9	0:14:29.1	0:22:55.6	0:29:50.1	0:47:13.4	1:12:03.9	3:31:49.8
625	0:07:18.8	0:15:03.8	0:23:50.6	0:31:01.7	0:49:06.7	1:14:56.9	3:40:18.2
600	0:07:37.1	0:15:41.5	0:24:50.2	0:32:19.3	0:51:09.5	1:18:04.3	3:49:28.9
575	0:07:57.0	0:16:22.4	0:25:55.0	0:33:43.6	0:53:22.9	1:21:27.9	3:59:27.6
550	0:08:18.6	0:17:07.1	0:27:05.7	0:35:15.6	0:55:48.5	1:25:10.1	4:10:20.6
525	0:08:42.4	0:17:56.0	0:28:23.1	0:36:56.3	0:58:28.0	1:29:13.4	4:22:15.9
500	0:09:08.5	0:18:49.8	0:29:48.2	0:38:47.2	1:01:23.4	1:33:41.1	4:35:22.7
475	0:09:37.4	0:19:49.3	0:31:22.3	0:40:49.6	1:04:37.2	1:38:37.0	4:49:52.3
450	0:10:09.4	0:20:55.3	0:33:06.9	0:43:05.7	1:08:12.6	1:44:05.7	5:05:58.6
425	0:10:45.3	0:22:09.2	0:35:03.8	0:45:37.8	1:12:13.4	1:50:13.1	5:23:58.5
400	0:11:25.6	0:23:32.3	0:37:15.3	0:48:28.9	1:16:44.2	1:57:06.4	5:44:13.4
375	0:12:11.3	0:25:06.4	0:39:44.3	0:51:42.9	1:21:51.2	2:04:54.8	6:07:10.3
350	0:13:03.6	0:26:54.0	0:42:34.6	0:55:24.5	1:27:42.0	2:13:50.1	6:33:23.9
325	0:14:03.8	0:28:58.2	0:45:51.1	0:59:40.2	1:34:26.7	2:24:07.9	7:03:39.5
300	0:15:14.2	0:31:23.0	0:49:40.4	1:04:38.6	1:42:19.0	2:36:08.5	7:38:57.8