

Event		MLongJump		Fraserburgh Running Club Standards				
dist(km)	0	W Std.	Plat	Gold	Silver	Bronze	Copper	
OC	8.95							
5	0							
6	0							
7	0							
8	2.199	4.07	3.39	3.01	2.71	2.47	2.20	
9	1.8568	4.82	4.02	3.57	3.21	2.92	2.61	
10	1.6332	5.48	4.57	4.06	3.65	3.32	2.96	
11	1.4745	6.07	5.06	4.50	4.05	3.68	3.28	
12	1.3575	6.59	5.49	4.88	4.40	4.00	3.56	
13	1.2701	7.05	5.87	5.22	4.70	4.27	3.81	
14	1.203	7.44	6.20	5.51	4.96	4.51	4.02	
15	1.1506	7.78	6.48	5.76	5.19	4.71	4.20	
16	1.1095	8.07	6.72	5.98	5.38	4.89	4.36	
17	1.0772	8.31	6.92	6.15	5.54	5.04	4.49	
18	1.0517	8.51	7.09	6.30	5.67	5.16	4.60	
19	1.0318	8.67	7.23	6.43	5.78	5.26	4.69	
20	1.0113	8.85	7.37	6.56	5.90	5.36	4.78	
21	1	8.95	7.46	6.63	5.97	5.42	4.84	
22	1	8.95	7.46	6.63	5.97	5.42	4.84	
23	1	8.95	7.46	6.63	5.97	5.42	4.84	
24	1	8.95	7.46	6.63	5.97	5.42	4.84	
25	1	8.95	7.46	6.63	5.97	5.42	4.84	
26	1	8.95	7.46	6.63	5.97	5.42	4.84	
27	1	8.95	7.46	6.63	5.97	5.42	4.84	
28	1	8.95	7.46	6.63	5.97	5.42	4.84	
29	1	8.95	7.46	6.63	5.97	5.42	4.84	
30	1	8.95	7.46	6.63	5.97	5.42	4.84	
31	1.0098	8.86	7.39	6.57	5.91	5.37	4.79	
32	1.0198	8.78	7.31	6.50	5.85	5.32	4.74	
33	1.03	8.69	7.24	6.44	5.79	5.27	4.70	
34	1.0404	8.60	7.17	6.37	5.73	5.21	4.65	
35	1.051	8.52	7.10	6.31	5.68	5.16	4.60	
36	1.0625	8.42	7.02	6.24	5.62	5.11	4.55	
37	1.0743	8.33	6.94	6.17	5.55	5.05	4.50	
38	1.0863	8.24	6.87	6.10	5.49	4.99	4.45	
39	1.0986	8.15	6.79	6.03	5.43	4.94	4.40	
40	1.1112	8.05	6.71	5.97	5.37	4.88	4.35	
41	1.1241	7.96	6.63	5.90	5.31	4.83	4.30	
42	1.1373	7.87	6.56	5.83	5.25	4.77	4.25	
43	1.1507	7.78	6.48	5.76	5.19	4.71	4.20	
44	1.1646	7.69	6.40	5.69	5.12	4.66	4.15	
45	1.1787	7.59	6.33	5.62	5.06	4.60	4.10	
46	1.1932	7.50	6.25	5.56	5.00	4.55	4.05	
47	1.208	7.41	6.17	5.49	4.94	4.49	4.00	
48	1.2233	7.32	6.10	5.42	4.88	4.43	3.95	
49	1.2389	7.22	6.02	5.35	4.82	4.38	3.90	
50	1.2549	7.13	5.94	5.28	4.75	4.32	3.86	
51	1.2713	7.04	5.87	5.21	4.69	4.27	3.81	
52	1.2882	6.95	5.79	5.15	4.63	4.21	3.76	
53	1.3056	6.86	5.71	5.08	4.57	4.15	3.71	
54	1.3234	6.76	5.64	5.01	4.51	4.10	3.66	
55	1.3417	6.67	5.56	4.94	4.45	4.04	3.61	

Standard times are in seconds

Event		MLongJump		Fraserburgh Running Club Standards				
dist(km)	0	W Std.	Plat	Gold	Silver	Bronze	Copper	
OC	8.95							
56	1.3605	6.58	5.48	4.87	4.39	3.99	3.56	
57	1.3799	6.49	5.40	4.80	4.32	3.93	3.51	
58	1.3998	6.39	5.33	4.74	4.26	3.88	3.46	
59	1.4203	6.30	5.25	4.67	4.20	3.82	3.41	
60	1.4414	6.21	5.17	4.60	4.14	3.76	3.36	
61	1.4631	6.12	5.10	4.53	4.08	3.71	3.31	
62	1.4855	6.02	5.02	4.46	4.02	3.65	3.26	
63	1.5086	5.93	4.94	4.39	3.96	3.60	3.21	
64	1.5324	5.84	4.87	4.33	3.89	3.54	3.16	
65	1.557	5.75	4.79	4.26	3.83	3.48	3.11	
66	1.5824	5.66	4.71	4.19	3.77	3.43	3.06	
67	1.6087	5.56	4.64	4.12	3.71	3.37	3.01	
68	1.6358	5.47	4.56	4.05	3.65	3.32	2.96	
69	1.6639	5.38	4.48	3.98	3.59	3.26	2.91	
70	1.6929	5.29	4.41	3.92	3.52	3.20	2.86	
71	1.7229	5.19	4.33	3.85	3.46	3.15	2.81	
72	1.7541	5.10	4.25	3.78	3.40	3.09	2.76	
73	1.7863	5.01	4.18	3.71	3.34	3.04	2.71	
74	1.8198	4.92	4.10	3.64	3.28	2.98	2.66	
75	1.8546	4.83	4.02	3.57	3.22	2.92	2.61	
76	1.8907	4.73	3.94	3.51	3.16	2.87	2.56	
77	1.9283	4.64	3.87	3.44	3.09	2.81	2.51	
78	1.9674	4.55	3.79	3.37	3.03	2.76	2.46	
79	2.0082	4.46	3.71	3.30	2.97	2.70	2.41	
80	2.0506	4.36	3.64	3.23	2.91	2.65	2.36	
81	2.1051	4.25	3.54	3.15	2.83	2.58	2.30	
82	2.1625	4.14	3.45	3.07	2.76	2.51	2.24	
83	2.2232	4.03	3.35	2.98	2.68	2.44	2.18	
84	2.2873	3.91	3.26	2.90	2.61	2.37	2.12	
85	2.3553	3.80	3.17	2.81	2.53	2.30	2.05	
86	2.467	3.63	3.02	2.69	2.42	2.20	1.96	
87	2.5897	3.46	2.88	2.56	2.30	2.09	1.87	
88	2.7253	3.28	2.74	2.43	2.19	1.99	1.78	
89	2.876	3.11	2.59	2.31	2.07	1.89	1.68	
90	3.0442	2.94	2.45	2.18	1.96	1.78	1.59	
91	3.2664	2.74	2.28	2.03	1.83	1.66	1.48	
92	3.5236	2.54	2.12	1.88	1.69	1.54	1.37	
93	3.8248	2.34	1.95	1.73	1.56	1.42	1.26	
94	4.1822	2.14	1.78	1.59	1.43	1.30	1.16	
95	4.6134	1.94	1.62	1.44	1.29	1.18	1.05	
96	5.2585	1.70	1.42	1.26	1.13	1.03	0.92	
97	6.1134	1.46	1.22	1.08	0.98	0.89	0.79	
98	7.3002	1.23	1.02	0.91	0.82	0.74	0.66	
99	9.0587	0.99	0.82	0.73	0.66	0.60	0.53	
100	11.9333	0.75	0.63	0.56	0.50	0.45	0.41	

Standard times are in seconds

M60m		Fraserburgh Running Club Standards					
Event	60m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.06						
OC	6.39						
5	0.5294	12.07	14.5	16.3	18.1	19.9	22.3
6	0.6442	9.92	11.9	13.4	14.9	16.4	18.4
7	0.7164	8.92	10.7	12.0	13.4	14.7	16.5
8	0.768	8.32	10.0	11.2	12.5	13.7	15.4
9	0.8068	7.92	9.5	10.7	11.9	13.1	14.7
10	0.8386	7.62	9.1	10.3	11.4	12.6	14.1
11	0.8635	7.40	8.9	10.0	11.1	12.2	13.7
12	0.885	7.22	8.7	9.7	10.8	11.9	13.4
13	0.9038	7.07	8.5	9.5	10.6	11.7	13.1
14	0.9194	6.95	8.3	9.4	10.4	11.5	12.9
15	0.9328	6.85	8.2	9.2	10.3	11.3	12.7
16	0.9453	6.76	8.1	9.1	10.1	11.2	12.5
17	0.9552	6.69	8.0	9.0	10.0	11.0	12.4
18	0.9653	6.62	7.9	8.9	9.9	10.9	12.2
19	0.9741	6.56	7.9	8.9	9.8	10.8	12.1
20	0.9816	6.51	7.8	8.8	9.8	10.7	12.0
21	0.9892	6.46	7.8	8.7	9.7	10.7	12.0
22	0.9953	6.42	7.7	8.7	9.6	10.6	11.9
23	1	6.39	7.7	8.6	9.6	10.5	11.8
24	1	6.39	7.7	8.6	9.6	10.5	11.8
25	1	6.39	7.7	8.6	9.6	10.5	11.8
26	1	6.39	7.7	8.6	9.6	10.5	11.8
27	1	6.39	7.7	8.6	9.6	10.5	11.8
28	1	6.39	7.7	8.6	9.6	10.5	11.8
29	1	6.39	7.7	8.6	9.6	10.5	11.8
30	1	6.39	7.7	8.6	9.6	10.5	11.8
31	1	6.39	7.7	8.6	9.6	10.5	11.8
32	1	6.39	7.7	8.6	9.6	10.5	11.8
33	1	6.39	7.7	8.6	9.6	10.5	11.8
34	0.9976	6.41	7.7	8.6	9.6	10.6	11.8
35	0.9893	6.46	7.8	8.7	9.7	10.7	11.9
36	0.9818	6.51	7.8	8.8	9.8	10.7	12.0
37	0.9743	6.56	7.9	8.9	9.8	10.8	12.1
38	0.9667	6.61	7.9	8.9	9.9	10.9	12.2
39	0.9592	6.66	8.0	9.0	10.0	11.0	12.3
40	0.9517	6.71	8.1	9.1	10.1	11.1	12.4
41	0.9447	6.76	8.1	9.1	10.1	11.2	12.5
42	0.9378	6.81	8.2	9.2	10.2	11.2	12.6
43	0.9308	6.87	8.2	9.3	10.3	11.3	12.7
44	0.9239	6.92	8.3	9.3	10.4	11.4	12.8
45	0.9169	6.97	8.4	9.4	10.5	11.5	12.9
46	0.9104	7.02	8.4	9.5	10.5	11.6	13.0
47	0.904	7.07	8.5	9.5	10.6	11.7	13.1
48	0.8975	7.12	8.5	9.6	10.7	11.7	13.2
49	0.8911	7.17	8.6	9.7	10.8	11.8	13.3
50	0.8846	7.22	8.7	9.8	10.8	11.9	13.4
51	0.8786	7.27	8.7	9.8	10.9	12.0	13.5
52	0.8725	7.32	8.8	9.9	11.0	12.1	13.5
53	0.8665	7.37	8.8	10.0	11.1	12.2	13.6
54	0.8604	7.43	8.9	10.0	11.1	12.3	13.7
55	0.8544	7.48	9.0	10.1	11.2	12.3	13.8

Standard times are in seconds

M60m		Fraserburgh Running Club Standards					
Event	60m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.06						
OC	6.39						
56	0.8488	7.53	9.0	10.2	11.3	12.4	13.9
57	0.8431	7.58	9.1	10.2	11.4	12.5	14.0
58	0.8375	7.63	9.2	10.3	11.4	12.6	14.1
59	0.8318	7.68	9.2	10.4	11.5	12.7	14.2
60	0.8262	7.73	9.3	10.4	11.6	12.8	14.3
61	0.8209	7.78	9.3	10.5	11.7	12.8	14.4
62	0.8156	7.83	9.4	10.6	11.8	12.9	14.5
63	0.8104	7.88	9.5	10.6	11.8	13.0	14.6
64	0.8051	7.94	9.5	10.7	11.9	13.1	14.7
65	0.7998	7.99	9.6	10.8	12.0	13.2	14.8
66	0.7949	8.04	9.6	10.9	12.1	13.3	14.9
67	0.7899	8.09	9.7	10.9	12.1	13.3	15.0
68	0.785	8.14	9.8	11.0	12.2	13.4	15.1
69	0.78	8.19	9.8	11.1	12.3	13.5	15.2
70	0.7751	8.24	9.9	11.1	12.4	13.6	15.3
71	0.7696	8.30	10.0	11.2	12.5	13.7	15.4
72	0.764	8.36	10.0	11.3	12.5	13.8	15.5
73	0.7585	8.42	10.1	11.4	12.6	13.9	15.6
74	0.7529	8.49	10.2	11.5	12.7	14.0	15.7
75	0.7474	8.55	10.3	11.5	12.8	14.1	15.8
76	0.7399	8.64	10.4	11.7	13.0	14.2	16.0
77	0.7324	8.72	10.5	11.8	13.1	14.4	16.1
78	0.725	8.81	10.6	11.9	13.2	14.5	16.3
79	0.7175	8.91	10.7	12.0	13.4	14.7	16.5
80	0.71	9.00	10.8	12.2	13.5	14.9	16.7
81	0.7011	9.11	10.9	12.3	13.7	15.0	16.9
82	0.6922	9.23	11.1	12.5	13.8	15.2	17.1
83	0.6834	9.35	11.2	12.6	14.0	15.4	17.3
84	0.6745	9.47	11.4	12.8	14.2	15.6	17.5
85	0.6656	9.60	11.5	13.0	14.4	15.8	17.8
86	0.6466	9.88	11.9	13.3	14.8	16.3	18.3
87	0.6276	10.18	12.2	13.7	15.3	16.8	18.8
88	0.6085	10.50	12.6	14.2	15.8	17.3	19.4
89	0.5895	10.84	13.0	14.6	16.3	17.9	20.1
90	0.5705	11.20	13.4	15.1	16.8	18.5	20.7
91	0.5405	11.82	14.2	16.0	17.7	19.5	21.9
92	0.5105	12.52	15.0	16.9	18.8	20.7	23.2
93	0.4804	13.30	16.0	18.0	20.0	21.9	24.6
94	0.4504	14.19	17.0	19.2	21.3	23.4	26.2
95	0.4204	15.20	18.2	20.5	22.8	25.1	28.1
96	0.3847	16.61	19.9	22.4	24.9	27.4	30.7
97	0.3489	18.31	22.0	24.7	27.5	30.2	33.9
98	0.3132	20.40	24.5	27.5	30.6	33.7	37.7
99	0.2774	23.04	27.6	31.1	34.6	38.0	42.6
100	0.2417	26.44	31.7	35.7	39.7	43.6	48.9

Standard times are in seconds

M100m		Fraserburgh Running Club Standards					
Event	100m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.1						
OC	9.79						
5	0.5344	18.32	22.0	24.7	27.5	30.2	33.9
6	0.6441	15.20	18.2	20.5	22.8	25.1	28.1
7	0.7156	13.68	16.4	18.5	20.5	22.6	25.3
8	0.7678	12.75	15.3	17.2	19.1	21.0	23.6
9	0.8078	12.12	14.5	16.4	18.2	20.0	22.4
10	0.8403	11.65	14.0	15.7	17.5	19.2	21.6
11	0.8671	11.29	13.5	15.2	16.9	18.6	20.9
12	0.89	11.00	13.2	14.9	16.5	18.2	20.4
13	0.909	10.77	12.9	14.5	16.2	17.8	19.9
14	0.9253	10.58	12.7	14.3	15.9	17.5	19.6
15	0.9395	10.42	12.5	14.1	15.6	17.2	19.3
16	0.9523	10.28	12.3	13.9	15.4	17.0	19.0
17	0.9636	10.16	12.2	13.7	15.2	16.8	18.8
18	0.9732	10.06	12.1	13.6	15.1	16.6	18.6
19	0.9819	9.97	12.0	13.5	15.0	16.5	18.4
20	0.9899	9.89	11.9	13.4	14.8	16.3	18.3
21	0.9959	9.83	11.8	13.3	14.7	16.2	18.2
22	1	9.79	11.7	13.2	14.7	16.2	18.1
23	1	9.79	11.7	13.2	14.7	16.2	18.1
24	1	9.79	11.7	13.2	14.7	16.2	18.1
25	1	9.79	11.7	13.2	14.7	16.2	18.1
26	1	9.79	11.7	13.2	14.7	16.2	18.1
27	1	9.79	11.7	13.2	14.7	16.2	18.1
28	1	9.79	11.7	13.2	14.7	16.2	18.1
29	1	9.79	11.7	13.2	14.7	16.2	18.1
30	1	9.79	11.7	13.2	14.7	16.2	18.1
31	1	9.79	11.7	13.2	14.7	16.2	18.1
32	1	9.79	11.7	13.2	14.7	16.2	18.1
33	1	9.79	11.7	13.2	14.7	16.2	18.1
34	0.9968	9.82	11.8	13.3	14.7	16.2	18.2
35	0.9893	9.90	11.9	13.4	14.8	16.3	18.3
36	0.9823	9.97	12.0	13.5	14.9	16.4	18.4
37	0.9754	10.04	12.0	13.5	15.1	16.6	18.6
38	0.9684	10.11	12.1	13.6	15.2	16.7	18.7
39	0.9615	10.18	12.2	13.7	15.3	16.8	18.8
40	0.9545	10.26	12.3	13.8	15.4	16.9	19.0
41	0.948	10.33	12.4	13.9	15.5	17.0	19.1
42	0.9415	10.40	12.5	14.0	15.6	17.2	19.2
43	0.935	10.47	12.6	14.1	15.7	17.3	19.4
44	0.9285	10.54	12.7	14.2	15.8	17.4	19.5
45	0.922	10.62	12.7	14.3	15.9	17.5	19.6
46	0.9159	10.69	12.8	14.4	16.0	17.6	19.8
47	0.9099	10.76	12.9	14.5	16.1	17.8	19.9
48	0.9038	10.83	13.0	14.6	16.2	17.9	20.0
49	0.8978	10.90	13.1	14.7	16.4	18.0	20.2
50	0.8917	10.98	13.2	14.8	16.5	18.1	20.3
51	0.886	11.05	13.3	14.9	16.6	18.2	20.4
52	0.8803	11.12	13.3	15.0	16.7	18.3	20.6
53	0.8747	11.19	13.4	15.1	16.8	18.5	20.7
54	0.869	11.27	13.5	15.2	16.9	18.6	20.8
55	0.8633	11.34	13.6	15.3	17.0	18.7	21.0

Standard times are in seconds

M100m		Fraserburgh Running Club Standards					
Event	100m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.1						
OC	9.79						
56	0.858	11.41	13.7	15.4	17.1	18.8	21.1
57	0.8527	11.48	13.8	15.5	17.2	18.9	21.2
58	0.8473	11.55	13.9	15.6	17.3	19.1	21.4
59	0.842	11.63	14.0	15.7	17.4	19.2	21.5
60	0.8367	11.70	14.0	15.8	17.6	19.3	21.6
61	0.8317	11.77	14.1	15.9	17.7	19.4	21.8
62	0.8267	11.84	14.2	16.0	17.8	19.5	21.9
63	0.8217	11.91	14.3	16.1	17.9	19.7	22.0
64	0.8167	11.99	14.4	16.2	18.0	19.8	22.2
65	0.8117	12.06	14.5	16.3	18.1	19.9	22.3
66	0.807	12.13	14.6	16.4	18.2	20.0	22.4
67	0.8023	12.20	14.6	16.5	18.3	20.1	22.6
68	0.7975	12.28	14.7	16.6	18.4	20.3	22.7
69	0.7928	12.35	14.8	16.7	18.5	20.4	22.8
70	0.7881	12.42	14.9	16.8	18.6	20.5	23.0
71	0.7788	12.57	15.1	17.0	18.9	20.7	23.3
72	0.7695	12.72	15.3	17.2	19.1	21.0	23.5
73	0.7603	12.88	15.5	17.4	19.3	21.2	23.8
74	0.751	13.04	15.6	17.6	19.6	21.5	24.1
75	0.7417	13.20	15.8	17.8	19.8	21.8	24.4
76	0.7312	13.39	16.1	18.1	20.1	22.1	24.8
77	0.7208	13.58	16.3	18.3	20.4	22.4	25.1
78	0.7103	13.78	16.5	18.6	20.7	22.7	25.5
79	0.6999	13.99	16.8	18.9	21.0	23.1	25.9
80	0.6894	14.20	17.0	19.2	21.3	23.4	26.3
81	0.6778	14.44	17.3	19.5	21.7	23.8	26.7
82	0.6663	14.69	17.6	19.8	22.0	24.2	27.2
83	0.6547	14.95	17.9	20.2	22.4	24.7	27.7
84	0.6432	15.22	18.3	20.5	22.8	25.1	28.2
85	0.6316	15.50	18.6	20.9	23.3	25.6	28.7
86	0.6205	15.78	18.9	21.3	23.7	26.0	29.2
87	0.6093	16.07	19.3	21.7	24.1	26.5	29.7
88	0.5982	16.37	19.6	22.1	24.5	27.0	30.3
89	0.587	16.68	20.0	22.5	25.0	27.5	30.9
90	0.5759	17.00	20.4	22.9	25.5	28.0	31.4
91	0.5592	17.51	21.0	23.6	26.3	28.9	32.4
92	0.5425	18.05	21.7	24.4	27.1	29.8	33.4
93	0.5259	18.62	22.3	25.1	27.9	30.7	34.4
94	0.5092	19.23	23.1	26.0	28.8	31.7	35.6
95	0.4925	19.88	23.9	26.8	29.8	32.8	36.8
96	0.4423	22.13	26.6	29.9	33.2	36.5	40.9
97	0.3922	24.96	30.0	33.7	37.4	41.2	46.2
98	0.342	28.63	34.4	38.6	42.9	47.2	53.0
99	0.2919	33.54	40.2	45.3	50.3	55.3	62.0
100	0.2417	40.50	48.6	54.7	60.8	66.8	74.9

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M200m 200m		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.2						
OC	19.32						
5	0.5169	37.38	44.9	50.5	56.1	61.7	69.1
6	0.6129	31.52	37.8	42.6	47.3	52.0	58.3
7	0.6812	28.36	34.0	38.3	42.5	46.8	52.5
8	0.734	26.32	31.6	35.5	39.5	43.4	48.7
9	0.7765	24.88	29.9	33.6	37.3	41.1	46.0
10	0.8121	23.79	28.5	32.1	35.7	39.3	44.0
11	0.8426	22.93	27.5	31.0	34.4	37.8	42.4
12	0.8687	22.24	26.7	30.0	33.4	36.7	41.1
13	0.892	21.66	26.0	29.2	32.5	35.7	40.1
14	0.9126	21.17	25.4	28.6	31.8	34.9	39.2
15	0.9311	20.75	24.9	28.0	31.1	34.2	38.4
16	0.9475	20.39	24.5	27.5	30.6	33.6	37.7
17	0.9626	20.07	24.1	27.1	30.1	33.1	37.1
18	0.9763	19.79	23.7	26.7	29.7	32.7	36.6
19	0.9892	19.53	23.4	26.4	29.3	32.2	36.1
20	1	19.32	23.2	26.1	29.0	31.9	35.7
21	1	19.32	23.2	26.1	29.0	31.9	35.7
22	1	19.32	23.2	26.1	29.0	31.9	35.7
23	1	19.32	23.2	26.1	29.0	31.9	35.7
24	1	19.32	23.2	26.1	29.0	31.9	35.7
25	1	19.32	23.2	26.1	29.0	31.9	35.7
26	1	19.32	23.2	26.1	29.0	31.9	35.7
27	1	19.32	23.2	26.1	29.0	31.9	35.7
28	1	19.32	23.2	26.1	29.0	31.9	35.7
29	1	19.32	23.2	26.1	29.0	31.9	35.7
30	1	19.32	23.2	26.1	29.0	31.9	35.7
31	0.9959	19.40	23.3	26.2	29.1	32.0	35.9
32	0.9879	19.56	23.5	26.4	29.3	32.3	36.2
33	0.98	19.71	23.7	26.6	29.6	32.5	36.5
34	0.972	19.88	23.9	26.8	29.8	32.8	36.8
35	0.9641	20.04	24.0	27.1	30.1	33.1	37.1
36	0.9568	20.19	24.2	27.3	30.3	33.3	37.4
37	0.9494	20.35	24.4	27.5	30.5	33.6	37.6
38	0.9421	20.51	24.6	27.7	30.8	33.8	37.9
39	0.9347	20.67	24.8	27.9	31.0	34.1	38.2
40	0.9274	20.83	25.0	28.1	31.2	34.4	38.5
41	0.9206	20.99	25.2	28.3	31.5	34.6	38.8
42	0.9138	21.14	25.4	28.5	31.7	34.9	39.1
43	0.9071	21.30	25.6	28.8	31.9	35.1	39.4
44	0.9003	21.46	25.8	29.0	32.2	35.4	39.7
45	0.8935	21.62	25.9	29.2	32.4	35.7	40.0
46	0.8872	21.78	26.1	29.4	32.7	35.9	40.3
47	0.8809	21.93	26.3	29.6	32.9	36.2	40.6
48	0.8745	22.09	26.5	29.8	33.1	36.5	40.9
49	0.8682	22.25	26.7	30.0	33.4	36.7	41.2
50	0.8619	22.42	26.9	30.3	33.6	37.0	41.5
51	0.856	22.57	27.1	30.5	33.9	37.2	41.8
52	0.8501	22.73	27.3	30.7	34.1	37.5	42.0
53	0.8443	22.88	27.5	30.9	34.3	37.8	42.3
54	0.8384	23.04	27.7	31.1	34.6	38.0	42.6
55	0.8325	23.21	27.8	31.3	34.8	38.3	42.9

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M200m		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.2						
OC	19.32						
56	0.827	23.36	28.0	31.5	35.0	38.5	43.2
57	0.8215	23.52	28.2	31.7	35.3	38.8	43.5
58	0.816	23.68	28.4	32.0	35.5	39.1	43.8
59	0.8105	23.84	28.6	32.2	35.8	39.3	44.1
60	0.805	24.00	28.8	32.4	36.0	39.6	44.4
61	0.7999	24.15	29.0	32.6	36.2	39.9	44.7
62	0.7947	24.31	29.2	32.8	36.5	40.1	45.0
63	0.7896	24.47	29.4	33.0	36.7	40.4	45.3
64	0.7844	24.63	29.6	33.3	36.9	40.6	45.6
65	0.7793	24.79	29.7	33.5	37.2	40.9	45.9
66	0.7732	24.99	30.0	33.7	37.5	41.2	46.2
67	0.7671	25.19	30.2	34.0	37.8	41.6	46.6
68	0.761	25.39	30.5	34.3	38.1	41.9	47.0
69	0.7549	25.59	30.7	34.6	38.4	42.2	47.3
70	0.7488	25.80	31.0	34.8	38.7	42.6	47.7
71	0.7375	26.20	31.4	35.4	39.3	43.2	48.5
72	0.7263	26.60	31.9	35.9	39.9	43.9	49.2
73	0.715	27.02	32.4	36.5	40.5	44.6	50.0
74	0.7038	27.45	32.9	37.1	41.2	45.3	50.8
75	0.6925	27.90	33.5	37.7	41.8	46.0	51.6
76	0.6811	28.37	34.0	38.3	42.5	46.8	52.5
77	0.6697	28.85	34.6	38.9	43.3	47.6	53.4
78	0.6583	29.35	35.2	39.6	44.0	48.4	54.3
79	0.6469	29.87	35.8	40.3	44.8	49.3	55.3
80	0.6355	30.40	36.5	41.0	45.6	50.2	56.2
81	0.622	31.06	37.3	41.9	46.6	51.3	57.5
82	0.6086	31.74	38.1	42.9	47.6	52.4	58.7
83	0.5951	32.47	39.0	43.8	48.7	53.6	60.1
84	0.5817	33.21	39.9	44.8	49.8	54.8	61.4
85	0.5682	34.00	40.8	45.9	51.0	56.1	62.9
86	0.5488	35.20	42.2	47.5	52.8	58.1	65.1
87	0.5294	36.49	43.8	49.3	54.7	60.2	67.5
88	0.51	37.88	45.5	51.1	56.8	62.5	70.1
89	0.4906	39.38	47.3	53.2	59.1	65.0	72.9
90	0.4712	41.00	49.2	55.4	61.5	67.7	75.9
91	0.4527	42.68	51.2	57.6	64.0	70.4	79.0
92	0.4342	44.50	53.4	60.1	66.7	73.4	82.3
93	0.4158	46.46	55.8	62.7	69.7	76.7	86.0
94	0.3973	48.63	58.4	65.6	72.9	80.2	90.0
95	0.3788	51.00	61.2	68.9	76.5	84.2	94.4
96	0.3514	54.98	66.0	74.2	82.5	90.7	101.7
97	0.324	59.63	71.6	80.5	89.4	98.4	110.3
98	0.2965	65.16	78.2	88.0	97.7	107.5	120.5
99	0.2691	71.79	86.2	96.9	107.7	118.5	132.8
100	0.2417	79.93	95.9	107.9	119.9	131.9	147.9

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M300m 300m		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.3						
OC	30						
5	0.525	57.14	68.6	77.1	85.7	94.3	105.7
6	0.6137	48.88	58.7	66.0	73.3	80.7	90.4
7	0.6795	44.15	53.0	59.6	66.2	72.8	81.7
8	0.7315	41.01	49.2	55.4	61.5	67.7	75.9
9	0.7746	38.73	46.5	52.3	58.1	63.9	71.6
10	0.8108	37.00	44.4	50.0	55.5	61.1	68.5
11	0.842	35.63	42.8	48.1	53.4	58.8	65.9
12	0.8691	34.52	41.4	46.6	51.8	57.0	63.9
13	0.8931	33.59	40.3	45.3	50.4	55.4	62.1
14	0.9141	32.82	39.4	44.3	49.2	54.2	60.7
15	0.9328	32.16	38.6	43.4	48.2	53.1	59.5
16	0.9494	31.60	37.9	42.7	47.4	52.1	58.5
17	0.964	31.12	37.3	42.0	46.7	51.3	57.6
18	0.9772	30.70	36.8	41.4	46.0	50.7	56.8
19	0.9891	30.33	36.4	40.9	45.5	50.0	56.1
20	0.9993	30.02	36.0	40.5	45.0	49.5	55.5
21	1	30.00	36.0	40.5	45.0	49.5	55.5
22	1	30.00	36.0	40.5	45.0	49.5	55.5
23	1	30.00	36.0	40.5	45.0	49.5	55.5
24	1	30.00	36.0	40.5	45.0	49.5	55.5
25	1	30.00	36.0	40.5	45.0	49.5	55.5
26	1	30.00	36.0	40.5	45.0	49.5	55.5
27	1	30.00	36.0	40.5	45.0	49.5	55.5
28	1	30.00	36.0	40.5	45.0	49.5	55.5
29	1	30.00	36.0	40.5	45.0	49.5	55.5
30	1	30.00	36.0	40.5	45.0	49.5	55.5
31	0.9983	30.05	36.1	40.6	45.1	49.6	55.6
32	0.9904	30.29	36.3	40.9	45.4	50.0	56.0
33	0.9826	30.53	36.6	41.2	45.8	50.4	56.5
34	0.975	30.77	36.9	41.5	46.2	50.8	56.9
35	0.9671	31.02	37.2	41.9	46.5	51.2	57.4
36	0.96	31.25	37.5	42.2	46.9	51.6	57.8
37	0.9527	31.49	37.8	42.5	47.2	52.0	58.3
38	0.9455	31.73	38.1	42.8	47.6	52.4	58.7
39	0.9384	31.97	38.4	43.2	48.0	52.7	59.1
40	0.9311	32.22	38.7	43.5	48.3	53.2	59.6
41	0.9245	32.45	38.9	43.8	48.7	53.5	60.0
42	0.918	32.68	39.2	44.1	49.0	53.9	60.5
43	0.9113	32.92	39.5	44.4	49.4	54.3	60.9
44	0.9047	33.16	39.8	44.8	49.7	54.7	61.3
45	0.8979	33.41	40.1	45.1	50.1	55.1	61.8
46	0.8918	33.64	40.4	45.4	50.5	55.5	62.2
47	0.8855	33.88	40.7	45.7	50.8	55.9	62.7
48	0.8792	34.12	40.9	46.1	51.2	56.3	63.1
49	0.8731	34.36	41.2	46.4	51.5	56.7	63.6
50	0.8668	34.61	41.5	46.7	51.9	57.1	64.0
51	0.8611	34.84	41.8	47.0	52.3	57.5	64.5
52	0.8552	35.08	42.1	47.4	52.6	57.9	64.9
53	0.8496	35.31	42.4	47.7	53.0	58.3	65.3
54	0.8436	35.56	42.7	48.0	53.3	58.7	65.8
55	0.838	35.80	43.0	48.3	53.7	59.1	66.2

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M300m		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.3						
OC	30						
56	0.8324	36.04	43.2	48.7	54.1	59.5	66.7
57	0.8271	36.27	43.5	49.0	54.4	59.8	67.1
58	0.8217	36.51	43.8	49.3	54.8	60.2	67.5
59	0.8161	36.76	44.1	49.6	55.1	60.7	68.0
60	0.8108	37.00	44.4	50.0	55.5	61.1	68.5
61	0.8058	37.23	44.7	50.3	55.8	61.4	68.9
62	0.8006	37.47	45.0	50.6	56.2	61.8	69.3
63	0.7955	37.71	45.3	50.9	56.6	62.2	69.8
64	0.7905	37.95	45.5	51.2	56.9	62.6	70.2
65	0.7855	38.19	45.8	51.6	57.3	63.0	70.7
66	0.7766	38.63	46.4	52.2	57.9	63.7	71.5
67	0.7675	39.09	46.9	52.8	58.6	64.5	72.3
68	0.7583	39.56	47.5	53.4	59.3	65.3	73.2
69	0.7494	40.03	48.0	54.0	60.0	66.1	74.1
70	0.7404	40.52	48.6	54.7	60.8	66.9	75.0
71	0.728	41.21	49.5	55.6	61.8	68.0	76.2
72	0.7156	41.92	50.3	56.6	62.9	69.2	77.6
73	0.7032	42.66	51.2	57.6	64.0	70.4	78.9
74	0.6908	43.43	52.1	58.6	65.1	71.7	80.3
75	0.6784	44.22	53.1	59.7	66.3	73.0	81.8
76	0.6671	44.97	54.0	60.7	67.5	74.2	83.2
77	0.6557	45.75	54.9	61.8	68.6	75.5	84.6
78	0.6445	46.55	55.9	62.8	69.8	76.8	86.1
79	0.6332	47.38	56.9	64.0	71.1	78.2	87.7
80	0.6219	48.24	57.9	65.1	72.4	79.6	89.2
81	0.607	49.42	59.3	66.7	74.1	81.5	91.4
82	0.5921	50.67	60.8	68.4	76.0	83.6	93.7
83	0.5771	51.98	62.4	70.2	78.0	85.8	96.2
84	0.5623	53.35	64.0	72.0	80.0	88.0	98.7
85	0.5474	54.80	65.8	74.0	82.2	90.4	101.4
86	0.5287	56.74	68.1	76.6	85.1	93.6	105.0
87	0.5099	58.84	70.6	79.4	88.3	97.1	108.8
88	0.4912	61.07	73.3	82.5	91.6	100.8	113.0
89	0.4725	63.49	76.2	85.7	95.2	104.8	117.5
90	0.4537	66.12	79.3	89.3	99.2	109.1	122.3
91	0.4327	69.33	83.2	93.6	104.0	114.4	128.3
92	0.4117	72.87	87.4	98.4	109.3	120.2	134.8
93	0.3907	76.79	92.1	103.7	115.2	126.7	142.1
94	0.3697	81.15	97.4	109.5	121.7	133.9	150.1
95	0.3487	86.03	103.2	116.1	129.1	142.0	159.2
96	0.3273	91.66	110.0	123.7	137.5	151.2	169.6
97	0.3059	98.07	117.7	132.4	147.1	161.8	181.4
98	0.2845	105.45	126.5	142.4	158.2	174.0	195.1
99	0.2631	114.03	136.8	153.9	171.0	188.1	210.9
100	0.2417	124.12	148.9	167.6	186.2	204.8	229.6

Standard times are in seconds

M400m		Fraserburgh Running Club Standards					
Event	400m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.4						
OC	43.18						
5	0.5331	81.00	97.2	109.3	121.5	133.6	149.8
6	0.6146	70.26	84.3	94.8	105.4	115.9	130.0
7	0.6777	63.72	76.5	86.0	95.6	105.1	117.9
8	0.7291	59.22	71.1	80.0	88.8	97.7	109.6
9	0.7725	55.90	67.1	75.5	83.8	92.2	103.4
10	0.8095	53.34	64.0	72.0	80.0	88.0	98.7
11	0.8416	51.31	61.6	69.3	77.0	84.7	94.9
12	0.8695	49.66	59.6	67.0	74.5	81.9	91.9
13	0.894	48.30	58.0	65.2	72.4	79.7	89.4
14	0.9156	47.16	56.6	63.7	70.7	77.8	87.2
15	0.9344	46.21	55.5	62.4	69.3	76.2	85.5
16	0.9511	45.40	54.5	61.3	68.1	74.9	84.0
17	0.9656	44.72	53.7	60.4	67.1	73.8	82.7
18	0.9783	44.14	53.0	59.6	66.2	72.8	81.7
19	0.989	43.66	52.4	58.9	65.5	72.0	80.8
20	0.9984	43.25	51.9	58.4	64.9	71.4	80.0
21	1	43.18	51.8	58.3	64.8	71.2	79.9
22	1	43.18	51.8	58.3	64.8	71.2	79.9
23	1	43.18	51.8	58.3	64.8	71.2	79.9
24	1	43.18	51.8	58.3	64.8	71.2	79.9
25	1	43.18	51.8	58.3	64.8	71.2	79.9
26	1	43.18	51.8	58.3	64.8	71.2	79.9
27	1	43.18	51.8	58.3	64.8	71.2	79.9
28	1	43.18	51.8	58.3	64.8	71.2	79.9
29	1	43.18	51.8	58.3	64.8	71.2	79.9
30	1	43.18	51.8	58.3	64.8	71.2	79.9
31	1	43.18	51.8	58.3	64.8	71.2	79.9
32	0.9929	43.49	52.2	58.7	65.2	71.8	80.5
33	0.9854	43.82	52.6	59.2	65.7	72.3	81.1
34	0.9778	44.16	53.0	59.6	66.2	72.9	81.7
35	0.9702	44.51	53.4	60.1	66.8	73.4	82.3
36	0.9632	44.83	53.8	60.5	67.2	74.0	82.9
37	0.9561	45.16	54.2	61.0	67.7	74.5	83.6
38	0.9491	45.50	54.6	61.4	68.2	75.1	84.2
39	0.942	45.84	55.0	61.9	68.8	75.6	84.8
40	0.935	46.18	55.4	62.3	69.3	76.2	85.4
41	0.9285	46.51	55.8	62.8	69.8	76.7	86.0
42	0.9219	46.84	56.2	63.2	70.3	77.3	86.7
43	0.9154	47.17	56.6	63.7	70.8	77.8	87.3
44	0.9088	47.51	57.0	64.1	71.3	78.4	87.9
45	0.9023	47.86	57.4	64.6	71.8	79.0	88.5
46	0.8962	48.18	57.8	65.0	72.3	79.5	89.1
47	0.8901	48.51	58.2	65.5	72.8	80.0	89.7
48	0.884	48.85	58.6	65.9	73.3	80.6	90.4
49	0.8779	49.19	59.0	66.4	73.8	81.2	91.0
50	0.8718	49.53	59.4	66.9	74.3	81.7	91.6
51	0.8661	49.86	59.8	67.3	74.8	82.3	92.2
52	0.8604	50.19	60.2	67.8	75.3	82.8	92.8
53	0.8547	50.52	60.6	68.2	75.8	83.4	93.5
54	0.849	50.86	61.0	68.7	76.3	83.9	94.1
55	0.8433	51.20	61.4	69.1	76.8	84.5	94.7

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M400m		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.4						
OC	43.18						
56	0.838	51.53	61.8	69.6	77.3	85.0	95.3
57	0.8326	51.86	62.2	70.0	77.8	85.6	95.9
58	0.8273	52.19	62.6	70.5	78.3	86.1	96.6
59	0.8219	52.54	63.0	70.9	78.8	86.7	97.2
60	0.8166	52.88	63.5	71.4	79.3	87.2	97.8
61	0.8116	53.20	63.8	71.8	79.8	87.8	98.4
62	0.8066	53.53	64.2	72.3	80.3	88.3	99.0
63	0.8016	53.87	64.6	72.7	80.8	88.9	99.7
64	0.7966	54.21	65.0	73.2	81.3	89.4	100.3
65	0.7916	54.55	65.5	73.6	81.8	90.0	100.9
66	0.7797	55.38	66.5	74.8	83.1	91.4	102.5
67	0.7677	56.25	67.5	75.9	84.4	92.8	104.1
68	0.7558	57.13	68.6	77.1	85.7	94.3	105.7
69	0.7438	58.05	69.7	78.4	87.1	95.8	107.4
70	0.7319	59.00	70.8	79.6	88.5	97.3	109.1
71	0.7184	60.11	72.1	81.1	90.2	99.2	111.2
72	0.7049	61.26	73.5	82.7	91.9	101.1	113.3
73	0.6913	62.46	75.0	84.3	93.7	103.1	115.6
74	0.6778	63.71	76.4	86.0	95.6	105.1	117.9
75	0.6643	65.00	78.0	87.8	97.5	107.3	120.3
76	0.6531	66.12	79.3	89.3	99.2	109.1	122.3
77	0.6419	67.27	80.7	90.8	100.9	111.0	124.4
78	0.6306	68.47	82.2	92.4	102.7	113.0	126.7
79	0.6194	69.71	83.7	94.1	104.6	115.0	129.0
80	0.6082	71.00	85.2	95.8	106.5	117.1	131.3
81	0.5919	72.95	87.5	98.5	109.4	120.4	135.0
82	0.5756	75.02	90.0	101.3	112.5	123.8	138.8
83	0.5592	77.22	92.7	104.2	115.8	127.4	142.9
84	0.5429	79.54	95.4	107.4	119.3	131.2	147.1
85	0.5266	82.00	98.4	110.7	123.0	135.3	151.7
86	0.5085	84.92	101.9	114.6	127.4	140.1	157.1
87	0.4904	88.05	105.7	118.9	132.1	145.3	162.9
88	0.4724	91.41	109.7	123.4	137.1	150.8	169.1
89	0.4543	95.05	114.1	128.3	142.6	156.8	175.8
90	0.4362	98.99	118.8	133.6	148.5	163.3	183.1
91	0.4127	104.63	125.6	141.2	156.9	172.6	193.6
92	0.3891	110.97	133.2	149.8	166.5	183.1	205.3
93	0.3656	118.11	141.7	159.4	177.2	194.9	218.5
94	0.342	126.26	151.5	170.4	189.4	208.3	233.6
95	0.3185	135.57	162.7	183.0	203.4	223.7	250.8
96	0.3031	142.46	171.0	192.3	213.7	235.1	263.6
97	0.2878	150.03	180.0	202.5	225.1	247.6	277.6
98	0.2724	158.52	190.2	214.0	237.8	261.6	293.3
99	0.2571	167.95	201.5	226.7	251.9	277.1	310.7
100	0.2417	178.65	214.4	241.2	268.0	294.8	330.5

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M800m		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.8						
OC	101.11						
5	0.5555	182.02	218.4	245.7	273.0	300.3	336.7
6	0.6199	163.11	195.7	220.2	244.7	269.1	301.7
7	0.6743	149.95	179.9	202.4	224.9	247.4	277.4
8	0.7214	140.16	168.2	189.2	210.2	231.3	259.3
9	0.7628	132.55	159.1	178.9	198.8	218.7	245.2
10	0.7995	126.47	151.8	170.7	189.7	208.7	234.0
11	0.832	121.53	145.8	164.1	182.3	200.5	224.8
12	0.8608	117.46	141.0	158.6	176.2	193.8	217.3
13	0.8864	114.07	136.9	154.0	171.1	188.2	211.0
14	0.9089	111.24	133.5	150.2	166.9	183.6	205.8
15	0.9286	108.88	130.7	147.0	163.3	179.7	201.4
16	0.9458	106.90	128.3	144.3	160.4	176.4	197.8
17	0.9607	105.25	126.3	142.1	157.9	173.7	194.7
18	0.9732	103.89	124.7	140.3	155.8	171.4	192.2
19	0.9838	102.77	123.3	138.7	154.2	169.6	190.1
20	0.9925	101.87	122.2	137.5	152.8	168.1	188.5
21	0.9996	101.15	121.4	136.6	151.7	166.9	187.1
22	1	101.11	121.3	136.5	151.7	166.8	187.1
23	1	101.11	121.3	136.5	151.7	166.8	187.1
24	1	101.11	121.3	136.5	151.7	166.8	187.1
25	1	101.11	121.3	136.5	151.7	166.8	187.1
26	1	101.11	121.3	136.5	151.7	166.8	187.1
27	1	101.11	121.3	136.5	151.7	166.8	187.1
28	1	101.11	121.3	136.5	151.7	166.8	187.1
29	1	101.11	121.3	136.5	151.7	166.8	187.1
30	1	101.11	121.3	136.5	151.7	166.8	187.1
31	1	101.11	121.3	136.5	151.7	166.8	187.1
32	1	101.11	121.3	136.5	151.7	166.8	187.1
33	1	101.11	121.3	136.5	151.7	166.8	187.1
34	1	101.11	121.3	136.5	151.7	166.8	187.1
35	0.9971	101.40	121.7	136.9	152.1	167.3	187.6
36	0.9878	102.36	122.8	138.2	153.5	168.9	189.4
37	0.9785	103.33	124.0	139.5	155.0	170.5	191.2
38	0.9691	104.33	125.2	140.9	156.5	172.2	193.0
39	0.9598	105.34	126.4	142.2	158.0	173.8	194.9
40	0.9505	106.38	127.7	143.6	159.6	175.5	196.8
41	0.942	107.34	128.8	144.9	161.0	177.1	198.6
42	0.9335	108.31	130.0	146.2	162.5	178.7	200.4
43	0.9251	109.30	131.2	147.5	163.9	180.3	202.2
44	0.9166	110.31	132.4	148.9	165.5	182.0	204.1
45	0.9081	111.34	133.6	150.3	167.0	183.7	206.0
46	0.9003	112.31	134.8	151.6	168.5	185.3	207.8
47	0.8926	113.28	135.9	152.9	169.9	186.9	209.6
48	0.8848	114.27	137.1	154.3	171.4	188.6	211.4
49	0.8771	115.28	138.3	155.6	172.9	190.2	213.3
50	0.8693	116.31	139.6	157.0	174.5	191.9	215.2
51	0.8622	117.27	140.7	158.3	175.9	193.5	216.9
52	0.855	118.26	141.9	159.6	177.4	195.1	218.8
53	0.8479	119.25	143.1	161.0	178.9	196.8	220.6
54	0.8407	120.27	144.3	162.4	180.4	198.4	222.5
55	0.8336	121.29	145.6	163.7	181.9	200.1	224.4

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M800m		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.8						
OC	101.11						
56	0.827	122.26	146.7	165.1	183.4	201.7	226.2
57	0.8205	123.23	147.9	166.4	184.8	203.3	228.0
58	0.8139	124.23	149.1	167.7	186.3	205.0	229.8
59	0.8074	125.23	150.3	169.1	187.8	206.6	231.7
60	0.8008	126.26	151.5	170.5	189.4	208.3	233.6
61	0.7947	127.23	152.7	171.8	190.8	209.9	235.4
62	0.7887	128.20	153.8	173.1	192.3	211.5	237.2
63	0.7826	129.20	155.0	174.4	193.8	213.2	239.0
64	0.7766	130.20	156.2	175.8	195.3	214.8	240.9
65	0.7705	131.23	157.5	177.2	196.8	216.5	242.8
66	0.7624	132.62	159.1	179.0	198.9	218.8	245.3
67	0.7543	134.04	160.9	181.0	201.1	221.2	248.0
68	0.7462	135.50	162.6	182.9	203.2	223.6	250.7
69	0.7381	136.99	164.4	184.9	205.5	226.0	253.4
70	0.73	138.51	166.2	187.0	207.8	228.5	256.2
71	0.7191	140.61	168.7	189.8	210.9	232.0	260.1
72	0.7082	142.77	171.3	192.7	214.2	235.6	264.1
73	0.6972	145.02	174.0	195.8	217.5	239.3	268.3
74	0.6863	147.33	176.8	198.9	221.0	243.1	272.6
75	0.6754	149.70	179.6	202.1	224.6	247.0	277.0
76	0.6644	152.18	182.6	205.4	228.3	251.1	281.5
77	0.6534	154.74	185.7	208.9	232.1	255.3	286.3
78	0.6423	157.42	188.9	212.5	236.1	259.7	291.2
79	0.6313	160.16	192.2	216.2	240.2	264.3	296.3
80	0.6203	163.00	195.6	220.1	244.5	269.0	301.6
81	0.6038	167.46	200.9	226.1	251.2	276.3	309.8
82	0.5873	172.16	206.6	232.4	258.2	284.1	318.5
83	0.5708	177.14	212.6	239.1	265.7	292.3	327.7
84	0.5543	182.41	218.9	246.3	273.6	301.0	337.5
85	0.5378	188.01	225.6	253.8	282.0	310.2	347.8
86	0.5159	195.99	235.2	264.6	294.0	323.4	362.6
87	0.494	204.68	245.6	276.3	307.0	337.7	378.7
88	0.4722	214.13	257.0	289.1	321.2	353.3	396.1
89	0.4503	224.54	269.4	303.1	336.8	370.5	415.4
90	0.4284	236.02	283.2	318.6	354.0	389.4	436.6
91	0.4064	248.79	298.6	335.9	373.2	410.5	460.3
92	0.3844	263.03	315.6	355.1	394.5	434.0	486.6
93	0.3624	279.00	334.8	376.7	418.5	460.4	516.2
94	0.3404	297.03	356.4	401.0	445.5	490.1	549.5
95	0.3184	317.56	381.1	428.7	476.3	524.0	587.5
96	0.3031	333.59	400.3	450.3	500.4	550.4	617.1
97	0.2877	351.44	421.7	474.4	527.2	579.9	650.2
98	0.2724	371.18	445.4	501.1	556.8	612.5	686.7
99	0.257	393.42	472.1	531.1	590.1	649.1	727.8
100	0.2417	418.33	502.0	564.7	627.5	690.2	773.9

Standard times are in seconds

M1500m		Fraserburgh Running Club Standards					
Event	1500m	Fraserburgh Running Club Standards					
dist(km)	1.5	W Std.	Plat	Gold	Silver	Bronze	Copper
OC	205.8						
5	0.6526	315.35	378.42	425.73	473.03	520.33	583.40
6	0.6899	298.30	357.96	402.71	447.46	492.20	551.86
7	0.725	283.86	340.63	383.21	425.79	468.37	525.14
8	0.7579	271.54	325.85	366.58	407.31	448.04	502.35
9	0.7886	260.97	313.16	352.31	391.45	430.60	482.79
10	0.8171	251.87	302.24	340.02	377.80	415.58	465.95
11	0.8434	244.01	292.81	329.42	366.02	402.62	451.42
12	0.8675	237.23	284.68	320.27	355.85	391.44	438.88
13	0.8894	231.39	277.67	312.38	347.09	381.80	428.08
14	0.9091	226.38	271.65	305.61	339.57	373.52	418.80
15	0.9266	222.10	266.52	299.84	333.15	366.47	410.89
16	0.9419	218.49	262.19	294.97	327.74	360.52	404.21
17	0.955	215.50	258.60	290.92	323.25	355.57	398.67
18	0.967	212.82	255.39	287.31	319.23	351.16	393.72
19	0.979	210.21	252.26	283.79	315.32	346.85	388.90
20	0.9893	208.03	249.63	280.83	312.04	343.24	384.85
21	0.9961	206.61	247.93	278.92	309.91	340.90	382.22
22	0.9996	205.88	247.06	277.94	308.82	339.71	380.88
23	1	205.80	246.96	277.83	308.70	339.57	380.73
24	1	205.80	246.96	277.83	308.70	339.57	380.73
25	1	205.80	246.96	277.83	308.70	339.57	380.73
26	1	205.80	246.96	277.83	308.70	339.57	380.73
27	1	205.80	246.96	277.83	308.70	339.57	380.73
28	0.9999	205.82	246.98	277.86	308.73	339.60	380.77
29	0.9991	205.99	247.18	278.08	308.98	339.88	381.07
30	0.9975	206.32	247.58	278.53	309.47	340.42	381.68
31	0.9952	206.79	248.15	279.17	310.19	341.21	382.57
32	0.9922	207.42	248.90	280.01	311.13	342.24	383.72
33	0.9885	208.19	249.83	281.06	312.29	343.52	385.16
34	0.984	209.15	250.98	282.35	313.72	345.09	386.92
35	0.9788	210.26	252.31	283.85	315.39	346.92	388.98
36	0.9729	211.53	253.84	285.57	317.30	349.03	391.34
37	0.9662	213.00	255.60	287.55	319.50	351.45	394.05
38	0.9592	214.55	257.46	289.65	321.83	354.01	396.92
39	0.9521	216.15	259.38	291.81	324.23	356.65	399.88
40	0.9451	217.75	261.31	293.97	326.63	359.30	402.85
41	0.938	219.40	263.28	296.19	329.10	362.01	405.90
42	0.931	221.05	265.26	298.42	331.58	364.74	408.95
43	0.924	222.73	267.27	300.68	334.09	367.50	412.05
44	0.9169	224.45	269.34	303.01	336.68	370.35	415.24
45	0.9099	226.18	271.41	305.34	339.27	373.19	418.43
46	0.9028	227.96	273.55	307.74	341.94	376.13	421.72
47	0.8958	229.74	275.69	310.15	344.61	379.07	425.02
48	0.8888	231.55	277.86	312.59	347.32	382.05	428.36
49	0.8817	233.41	280.10	315.11	350.12	385.13	431.81
50	0.8747	235.28	282.34	317.63	352.92	388.21	435.27
51	0.8676	237.21	284.65	320.23	355.81	391.39	438.83
52	0.8606	239.14	286.96	322.83	358.70	394.57	442.40
53	0.8536	241.10	289.32	325.48	361.64	397.81	446.03
54	0.8465	243.12	291.74	328.21	364.68	401.15	449.77
55	0.8395	245.15	294.18	330.95	367.72	404.49	453.52

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M1500m		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	1.5						
OC	205.8						
56	0.8324	247.24	296.68	333.77	370.86	407.94	457.39
57	0.8254	249.33	299.20	336.60	374.00	411.40	461.27
58	0.8184	251.47	301.76	339.48	377.20	414.92	465.21
59	0.8113	253.67	304.40	342.45	380.50	418.55	469.28
60	0.8043	255.87	307.05	345.43	383.81	422.19	473.37
61	0.7972	258.15	309.78	348.51	387.23	425.95	477.58
62	0.7902	260.44	312.53	351.59	390.66	429.73	481.81
63	0.7832	262.77	315.32	354.74	394.15	433.57	486.12
64	0.7761	265.17	318.21	357.98	397.76	437.53	490.57
65	0.7691	267.59	321.10	361.24	401.38	441.52	495.03
66	0.762	270.08	324.09	364.61	405.12	445.63	499.65
67	0.755	272.58	327.10	367.99	408.87	449.76	504.28
68	0.7479	275.17	330.20	371.48	412.76	454.03	509.07
69	0.7402	278.03	333.64	375.34	417.05	458.75	514.36
70	0.7319	281.19	337.42	379.60	421.78	463.96	520.19
71	0.723	284.65	341.58	384.27	426.97	469.67	526.60
72	0.7134	288.48	346.17	389.44	432.72	475.99	533.68
73	0.7031	292.70	351.24	395.15	439.06	482.96	541.50
74	0.6923	297.27	356.72	401.31	445.90	490.50	549.95
75	0.6808	302.29	362.75	408.09	453.44	498.78	559.24
76	0.6687	307.76	369.31	415.48	461.64	507.81	569.36
77	0.6559	313.77	376.52	423.59	470.65	517.72	580.47
78	0.6425	320.31	384.37	432.42	480.47	528.51	592.58
79	0.6285	327.45	392.94	442.05	491.17	540.29	605.78
80	0.6138	335.29	402.35	452.64	502.93	553.23	620.28
81	0.5985	343.86	412.63	464.21	515.79	567.37	636.14
82	0.5825	353.30	423.97	476.96	529.96	582.95	653.61
83	0.566	363.60	436.33	490.87	545.41	599.95	672.67
84	0.5488	375.00	450.00	506.25	562.50	618.75	693.75
85	0.5309	387.64	465.17	523.32	581.47	639.61	717.14
86	0.5124	401.64	481.97	542.21	602.46	662.70	743.03
87	0.4933	417.19	500.63	563.21	625.79	688.36	771.80
88	0.4735	434.64	521.56	586.76	651.95	717.15	804.08
89	0.4531	454.20	545.05	613.18	681.31	749.44	840.28
90	0.4321	476.28	571.53	642.98	714.42	785.86	881.12
91	0.4104	501.46	601.75	676.97	752.19	827.41	927.70
92	0.3881	530.28	636.33	715.87	795.41	874.95	981.01
93	0.3652	563.53	676.23	760.76	845.29	929.82	1042.52
94	0.3416	602.46	722.95	813.32	903.69	994.06	1114.55
95	0.3174	648.39	778.07	875.33	972.59	1069.85	1199.53
96	0.2926	703.35	844.02	949.52	1055.02	1160.53	1301.20
97	0.2671	770.50	924.60	1040.17	1155.75	1271.32	1425.42
98	0.2409	854.30	1025.16	1153.30	1281.44	1409.59	1580.45
99	0.2142	960.78	1152.94	1297.06	1441.18	1585.29	1777.45
100	0.1868	1101.71	1322.06	1487.31	1652.57	1817.83	2038.17

Standard times are in seconds

Mmile		Fraserburgh Running Club Standards					
Event	1Mile	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	1.609						
OC	222.6						
5	0.6526	341.10	409.3	460.5	511.6	562.8	631.0
6	0.6899	322.66	387.2	435.6	484.0	532.4	596.9
7	0.725	307.03	368.4	414.5	460.6	506.6	568.0
8	0.7579	293.71	352.4	396.5	440.6	484.6	543.4
9	0.7886	282.27	338.7	381.1	423.4	465.7	522.2
10	0.8171	272.43	326.9	367.8	408.6	449.5	504.0
11	0.8434	263.93	316.7	356.3	395.9	435.5	488.3
12	0.8675	256.60	307.9	346.4	384.9	423.4	474.7
13	0.8894	250.28	300.3	337.9	375.4	413.0	463.0
14	0.9091	244.86	293.8	330.6	367.3	404.0	453.0
15	0.9266	240.23	288.3	324.3	360.3	396.4	444.4
16	0.9419	236.33	283.6	319.0	354.5	389.9	437.2
17	0.955	233.09	279.7	314.7	349.6	384.6	431.2
18	0.967	230.20	276.2	310.8	345.3	379.8	425.9
19	0.979	227.37	272.8	307.0	341.1	375.2	420.6
20	0.9893	225.01	270.0	303.8	337.5	371.3	416.3
21	0.9962	223.45	268.1	301.7	335.2	368.7	413.4
22	0.9996	222.69	267.2	300.6	334.0	367.4	412.0
23	1	222.60	267.1	300.5	333.9	367.3	411.8
24	1	222.60	267.1	300.5	333.9	367.3	411.8
25	1	222.60	267.1	300.5	333.9	367.3	411.8
26	1	222.60	267.1	300.5	333.9	367.3	411.8
27	1	222.60	267.1	300.5	333.9	367.3	411.8
28	0.9999	222.62	267.1	300.5	333.9	367.3	411.9
29	0.9991	222.80	267.4	300.8	334.2	367.6	412.2
30	0.9975	223.16	267.8	301.3	334.7	368.2	412.8
31	0.9952	223.67	268.4	302.0	335.5	369.1	413.8
32	0.9922	224.35	269.2	302.9	336.5	370.2	415.0
33	0.9885	225.19	270.2	304.0	337.8	371.6	416.6
34	0.984	226.22	271.5	305.4	339.3	373.3	418.5
35	0.9788	227.42	272.9	307.0	341.1	375.2	420.7
36	0.9729	228.80	274.6	308.9	343.2	377.5	423.3
37	0.9662	230.39	276.5	311.0	345.6	380.1	426.2
38	0.9592	232.07	278.5	313.3	348.1	382.9	429.3
39	0.9521	233.80	280.6	315.6	350.7	385.8	432.5
40	0.9451	235.53	282.6	318.0	353.3	388.6	435.7
41	0.938	237.31	284.8	320.4	356.0	391.6	439.0
42	0.931	239.10	286.9	322.8	358.6	394.5	442.3
43	0.924	240.91	289.1	325.2	361.4	397.5	445.7
44	0.9169	242.77	291.3	327.7	364.2	400.6	449.1
45	0.9099	244.64	293.6	330.3	367.0	403.7	452.6
46	0.9028	246.57	295.9	332.9	369.8	406.8	456.1
47	0.8958	248.49	298.2	335.5	372.7	410.0	459.7
48	0.8888	250.45	300.5	338.1	375.7	413.2	463.3
49	0.8817	252.47	303.0	340.8	378.7	416.6	467.1
50	0.8747	254.49	305.4	343.6	381.7	419.9	470.8
51	0.8676	256.57	307.9	346.4	384.9	423.3	474.7
52	0.8606	258.66	310.4	349.2	388.0	426.8	478.5
53	0.8536	260.78	312.9	352.1	391.2	430.3	482.4
54	0.8465	262.97	315.6	355.0	394.4	433.9	486.5
55	0.8395	265.16	318.2	358.0	397.7	437.5	490.5

Standard times are in seconds

Mmile		Fraserburgh Running Club Standards					
Event	1Mile	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	1.609						
OC	222.6						
56	0.8324	267.42	320.9	361.0	401.1	441.2	494.7
57	0.8254	269.69	323.6	364.1	404.5	445.0	498.9
58	0.8184	271.99	326.4	367.2	408.0	448.8	503.2
59	0.8113	274.37	329.2	370.4	411.6	452.7	507.6
60	0.8043	276.76	332.1	373.6	415.1	456.7	512.0
61	0.7972	279.23	335.1	377.0	418.8	460.7	516.6
62	0.7902	281.70	338.0	380.3	422.6	464.8	521.1
63	0.7832	284.22	341.1	383.7	426.3	469.0	525.8
64	0.7761	286.82	344.2	387.2	430.2	473.3	530.6
65	0.7691	289.43	347.3	390.7	434.1	477.6	535.4
66	0.762	292.13	350.6	394.4	438.2	482.0	540.4
67	0.755	294.83	353.8	398.0	442.3	486.5	545.4
68	0.7479	297.63	357.2	401.8	446.5	491.1	550.6
69	0.7402	300.73	360.9	406.0	451.1	496.2	556.3
70	0.7319	304.14	365.0	410.6	456.2	501.8	562.7
71	0.723	307.88	369.5	415.6	461.8	508.0	569.6
72	0.7134	312.03	374.4	421.2	468.0	514.8	577.2
73	0.7031	316.60	379.9	427.4	474.9	522.4	585.7
74	0.6923	321.54	385.8	434.1	482.3	530.5	594.8
75	0.6808	326.97	392.4	441.4	490.5	539.5	604.9
76	0.6687	332.88	399.5	449.4	499.3	549.3	615.8
77	0.6559	339.38	407.3	458.2	509.1	560.0	627.9
78	0.6425	346.46	415.8	467.7	519.7	571.7	640.9
79	0.6285	354.18	425.0	478.1	531.3	584.4	655.2
80	0.6138	362.66	435.2	489.6	544.0	598.4	670.9
81	0.5985	371.93	446.3	502.1	557.9	613.7	688.1
82	0.5825	382.15	458.6	515.9	573.2	630.5	707.0
83	0.566	393.29	471.9	530.9	589.9	648.9	727.6
84	0.5488	405.61	486.7	547.6	608.4	669.3	750.4
85	0.5309	419.29	503.1	566.0	628.9	691.8	775.7
86	0.5124	434.43	521.3	586.5	651.6	716.8	803.7
87	0.4933	451.25	541.5	609.2	676.9	744.6	834.8
88	0.4735	470.12	564.1	634.7	705.2	775.7	869.7
89	0.4531	491.28	589.5	663.2	736.9	810.6	908.9
90	0.4321	515.16	618.2	695.5	772.7	850.0	953.0
91	0.4104	542.40	650.9	732.2	813.6	895.0	1003.4
92	0.3881	573.56	688.3	774.3	860.3	946.4	1061.1
93	0.3652	609.53	731.4	822.9	914.3	1005.7	1127.6
94	0.3416	651.64	782.0	879.7	977.5	1075.2	1205.5
95	0.3174	701.32	841.6	946.8	1052.0	1157.2	1297.4
96	0.2926	760.77	912.9	1027.0	1141.1	1255.3	1407.4
97	0.2671	833.40	1000.1	1125.1	1250.1	1375.1	1541.8
98	0.2409	924.03	1108.8	1247.4	1386.1	1524.7	1709.5
99	0.2142	1039.22	1247.1	1402.9	1558.8	1714.7	1922.5
100	0.1868	1191.65	1430.0	1608.7	1787.5	1966.2	2204.6

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M3km		Plat	Gold	Silver	Bronze	Copper	
3km	3	W Std.					
dist(km)	OC						
	440						
5	0.6526	674.23	809.1	910.2	1011.3	1112.5	1247.3
6	0.6899	637.77	765.3	861.0	956.7	1052.3	1179.9
7	0.725	606.90	728.3	819.3	910.3	1001.4	1122.8
8	0.7579	580.55	696.7	783.7	870.8	957.9	1074.0
9	0.7886	557.95	669.5	753.2	836.9	920.6	1032.2
10	0.8171	538.49	646.2	727.0	807.7	888.5	996.2
11	0.8434	521.70	626.0	704.3	782.5	860.8	965.1
12	0.8675	507.20	608.6	684.7	760.8	836.9	938.3
13	0.8894	494.72	593.7	667.9	742.1	816.3	915.2
14	0.9091	484.00	580.8	653.4	726.0	798.6	895.4
15	0.9266	474.85	569.8	641.1	712.3	783.5	878.5
16	0.9419	467.14	560.6	630.6	700.7	770.8	864.2
17	0.955	460.73	552.9	622.0	691.1	760.2	852.4
18	0.967	455.02	546.0	614.3	682.5	750.8	841.8
19	0.979	449.44	539.3	606.7	674.2	741.6	831.5
20	0.9893	444.76	533.7	600.4	667.1	733.9	822.8
21	0.9962	441.68	530.0	596.3	662.5	728.8	817.1
22	0.9996	440.18	528.2	594.2	660.3	726.3	814.3
23	1	440.00	528.0	594.0	660.0	726.0	814.0
24	1	440.00	528.0	594.0	660.0	726.0	814.0
25	1	440.00	528.0	594.0	660.0	726.0	814.0
26	1	440.00	528.0	594.0	660.0	726.0	814.0
27	1	440.00	528.0	594.0	660.0	726.0	814.0
28	0.9999	440.04	528.1	594.1	660.1	726.1	814.1
29	0.9991	440.40	528.5	594.5	660.6	726.7	814.7
30	0.9975	441.10	529.3	595.5	661.7	727.8	816.0
31	0.9952	442.12	530.5	596.9	663.2	729.5	817.9
32	0.9922	443.46	532.2	598.7	665.2	731.7	820.4
33	0.9885	445.12	534.1	600.9	667.7	734.4	823.5
34	0.984	447.15	536.6	603.7	670.7	737.8	827.2
35	0.9788	449.53	539.4	606.9	674.3	741.7	831.6
36	0.9729	452.26	542.7	610.5	678.4	746.2	836.7
37	0.9662	455.39	546.5	614.8	683.1	751.4	842.5
38	0.9592	458.72	550.5	619.3	688.1	756.9	848.6
39	0.9521	462.14	554.6	623.9	693.2	762.5	855.0
40	0.9451	465.56	558.7	628.5	698.3	768.2	861.3
41	0.938	469.08	562.9	633.3	703.6	774.0	867.8
42	0.931	472.61	567.1	638.0	708.9	779.8	874.3
43	0.924	476.19	571.4	642.9	714.3	785.7	881.0
44	0.9169	479.88	575.9	647.8	719.8	791.8	887.8
45	0.9099	483.57	580.3	652.8	725.4	797.9	894.6
46	0.9028	487.37	584.8	658.0	731.1	804.2	901.6
47	0.8958	491.18	589.4	663.1	736.8	810.4	908.7
48	0.8888	495.05	594.1	668.3	742.6	816.8	915.8
49	0.8817	499.04	598.8	673.7	748.6	823.4	923.2
50	0.8747	503.03	603.6	679.1	754.5	830.0	930.6
51	0.8676	507.15	608.6	684.6	760.7	836.8	938.2
52	0.8606	511.27	613.5	690.2	766.9	843.6	945.9
53	0.8536	515.46	618.6	695.9	773.2	850.5	953.6
54	0.8465	519.79	623.7	701.7	779.7	857.6	961.6
55	0.8395	524.12	628.9	707.6	786.2	864.8	969.6

Standard times are in seconds

Event		Fraserburgh Running Club Standards					
M3km 3km		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	3						
OC	440						
56	0.8324	528.59	634.3	713.6	792.9	872.2	977.9
57	0.8254	533.07	639.7	719.7	799.6	879.6	986.2
58	0.8184	537.63	645.2	725.8	806.5	887.1	994.6
59	0.8113	542.34	650.8	732.2	813.5	894.9	1003.3
60	0.8043	547.06	656.5	738.5	820.6	902.6	1012.1
61	0.7972	551.93	662.3	745.1	827.9	910.7	1021.1
62	0.7902	556.82	668.2	751.7	835.2	918.8	1030.1
63	0.7832	561.80	674.2	758.4	842.7	927.0	1039.3
64	0.7761	566.94	680.3	765.4	850.4	935.4	1048.8
65	0.7691	572.10	686.5	772.3	858.1	944.0	1058.4
66	0.762	577.43	692.9	779.5	866.1	952.8	1068.2
67	0.755	582.78	699.3	786.8	874.2	961.6	1078.1
68	0.7479	588.31	706.0	794.2	882.5	970.7	1088.4
69	0.7402	594.43	713.3	802.5	891.7	980.8	1099.7
70	0.7319	601.18	721.4	811.6	901.8	991.9	1112.2
71	0.723	608.58	730.3	821.6	912.9	1004.1	1125.9
72	0.7134	616.76	740.1	832.6	925.1	1017.7	1141.0
73	0.7031	625.80	751.0	844.8	938.7	1032.6	1157.7
74	0.6923	635.56	762.7	858.0	953.3	1048.7	1175.8
75	0.6808	646.30	775.6	872.5	969.4	1066.4	1195.7
76	0.6687	657.99	789.6	888.3	987.0	1085.7	1217.3
77	0.6559	670.83	805.0	905.6	1006.3	1106.9	1241.0
78	0.6425	684.82	821.8	924.5	1027.2	1130.0	1266.9
79	0.6285	700.08	840.1	945.1	1050.1	1155.1	1295.1
80	0.6138	716.85	860.2	967.7	1075.3	1182.8	1326.2
81	0.5985	735.17	882.2	992.5	1102.8	1213.0	1360.1
82	0.5825	755.36	906.4	1019.7	1133.0	1246.4	1397.4
83	0.566	777.39	932.9	1049.5	1166.1	1282.7	1438.2
84	0.5488	801.75	962.1	1082.4	1202.6	1322.9	1483.2
85	0.5309	828.78	994.5	1118.9	1243.2	1367.5	1533.2
86	0.5124	858.70	1030.4	1159.3	1288.1	1416.9	1588.6
87	0.4933	891.95	1070.3	1204.1	1337.9	1471.7	1650.1
88	0.4735	929.25	1115.1	1254.5	1393.9	1533.3	1719.1
89	0.4531	971.09	1165.3	1311.0	1456.6	1602.3	1796.5
90	0.4321	1018.28	1221.9	1374.7	1527.4	1680.2	1883.8
91	0.4104	1072.12	1286.5	1447.4	1608.2	1769.0	1983.4
92	0.3881	1133.73	1360.5	1530.5	1700.6	1870.7	2097.4
93	0.3652	1204.82	1445.8	1626.5	1807.2	1988.0	2228.9
94	0.3416	1288.06	1545.7	1738.9	1932.1	2125.3	2382.9
95	0.3174	1386.26	1663.5	1871.5	2079.4	2287.3	2564.6
96	0.2926	1503.76	1804.5	2030.1	2255.6	2481.2	2782.0
97	0.2671	1647.32	1976.8	2223.9	2471.0	2718.1	3047.5
98	0.2409	1826.48	2191.8	2465.8	2739.7	3013.7	3379.0
99	0.2142	2054.15	2465.0	2773.1	3081.2	3389.4	3800.2
100	0.1868	2355.46	2826.6	3179.9	3533.2	3886.5	4357.6

Standard times are in seconds