

Event	FLongJump		Fraserburgh Running Club Standards				
	LongJump	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0						
OC	7.52						
5	0	#DIV/0!					
6	0	#DIV/0!					
7	0	#DIV/0!					
8	1.7864	4.21	3.51	3.12	2.81	2.55	2.28
9	1.642	4.58	3.82	3.39	3.05	2.78	2.48
10	1.5253	4.93	4.11	3.65	3.29	2.99	2.66
11	1.4296	5.26	4.38	3.90	3.51	3.19	2.84
12	1.3477	5.58	4.65	4.13	3.72	3.38	3.02
13	1.2789	5.88	4.90	4.36	3.92	3.56	3.18
14	1.2188	6.17	5.14	4.57	4.11	3.74	3.34
15	1.1677	6.44	5.37	4.77	4.29	3.90	3.48
16	1.1241	6.69	5.57	4.96	4.46	4.05	3.62
17	1.0867	6.92	5.77	5.13	4.61	4.19	3.74
18	1.0532	7.14	5.95	5.29	4.76	4.33	3.86
19	1.0245	7.34	6.12	5.44	4.89	4.45	3.97
20	1.008	7.46	6.22	5.53	4.97	4.52	4.03
21	1	7.52	6.27	5.57	5.01	4.56	4.06
22	1	7.52	6.27	5.57	5.01	4.56	4.06
23	1	7.52	6.27	5.57	5.01	4.56	4.06
24	1	7.52	6.27	5.57	5.01	4.56	4.06
25	1	7.52	6.27	5.57	5.01	4.56	4.06
26	1	7.52	6.27	5.57	5.01	4.56	4.06
27	1	7.52	6.27	5.57	5.01	4.56	4.06
28	1	7.52	6.27	5.57	5.01	4.56	4.06
29	1	7.52	6.27	5.57	5.01	4.56	4.06
30	1	7.52	6.27	5.57	5.01	4.56	4.06
31	1.008	7.46	6.22	5.53	4.97	4.52	4.03
32	1.0148	7.41	6.18	5.49	4.94	4.49	4.01
33	1.0231	7.35	6.13	5.44	4.90	4.45	3.97
34	1.0301	7.30	6.08	5.41	4.87	4.42	3.95
35	1.0387	7.24	6.03	5.36	4.83	4.39	3.91
36	1.0503	7.16	5.97	5.30	4.77	4.34	3.87
37	1.0636	7.07	5.89	5.24	4.71	4.29	3.82
38	1.0758	6.99	5.83	5.18	4.66	4.24	3.78
39	1.0883	6.91	5.76	5.12	4.61	4.19	3.74
40	1.1023	6.82	5.69	5.05	4.55	4.13	3.69
41	1.1157	6.74	5.62	4.99	4.49	4.08	3.64
42	1.1308	6.65	5.54	4.93	4.43	4.03	3.59
43	1.1446	6.57	5.47	4.87	4.38	3.98	3.55
44	1.1587	6.49	5.41	4.81	4.33	3.93	3.51
45	1.1742	6.40	5.34	4.74	4.27	3.88	3.46
46	1.1899	6.32	5.27	4.68	4.21	3.83	3.42
47	1.2051	6.24	5.20	4.62	4.16	3.78	3.37
48	1.2228	6.15	5.12	4.56	4.10	3.73	3.32
49	1.2389	6.07	5.06	4.50	4.05	3.68	3.28
50	1.2561	5.99	4.99	4.43	3.99	3.63	3.24
51	1.2746	5.90	4.92	4.37	3.93	3.58	3.19
52	1.2921	5.82	4.85	4.31	3.88	3.53	3.15
53	1.3101	5.74	4.78	4.25	3.83	3.48	3.10
54	1.331	5.65	4.71	4.19	3.77	3.42	3.05
55	1.3502	5.57	4.64	4.13	3.71	3.38	3.01

Standard times are given in seconds.

Event	FLongJump		Fraserburgh Running Club Standards				
	LongJump	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0						
OC	7.52						
56	1.3698	5.49	4.57	4.07	3.66	3.33	2.97
57	1.3926	5.40	4.50	4.00	3.60	3.27	2.92
58	1.4135	5.32	4.43	3.94	3.55	3.22	2.88
59	1.4351	5.24	4.37	3.88	3.49	3.18	2.83
60	1.4596	5.15	4.29	3.82	3.43	3.12	2.78
61	1.4832	5.07	4.23	3.76	3.38	3.07	2.74
62	1.507	4.99	4.16	3.70	3.33	3.02	2.70
63	1.5347	4.90	4.08	3.63	3.27	2.97	2.65
64	1.5602	4.82	4.02	3.57	3.21	2.92	2.61
65	1.5883	4.73	3.95	3.51	3.16	2.87	2.56
66	1.6172	4.65	3.88	3.44	3.10	2.82	2.51
67	1.6455	4.57	3.81	3.39	3.05	2.77	2.47
68	1.6786	4.48	3.73	3.32	2.99	2.72	2.42
69	1.7091	4.40	3.67	3.26	2.93	2.67	2.38
70	1.742	4.32	3.60	3.20	2.88	2.62	2.33
71	1.7778	4.23	3.52	3.13	2.82	2.56	2.29
72	1.812	4.15	3.46	3.07	2.77	2.52	2.24
73	1.8477	4.07	3.39	3.01	2.71	2.47	2.20
74	1.8894	3.98	3.32	2.95	2.65	2.41	2.15
75	1.9285	3.90	3.25	2.89	2.60	2.36	2.11
76	1.9789	3.80	3.17	2.81	2.53	2.30	2.05
77	2.0324	3.70	3.08	2.74	2.47	2.24	2.00
78	2.0889	3.60	3.00	2.67	2.40	2.18	1.95
79	2.1486	3.50	2.92	2.59	2.33	2.12	1.89
80	2.2118	3.40	2.83	2.52	2.27	2.06	1.84
81	2.2788	3.30	2.75	2.44	2.20	2.00	1.78
82	2.35	3.20	2.67	2.37	2.13	1.94	1.73
83	2.4258	3.10	2.58	2.30	2.07	1.88	1.68
84	2.5067	3.00	2.50	2.22	2.00	1.82	1.62
85	2.5931	2.90	2.42	2.15	1.93	1.76	1.57
86	2.705	2.78	2.32	2.06	1.85	1.68	1.50
87	2.8271	2.66	2.22	1.97	1.77	1.61	1.44
88	2.9606	2.54	2.12	1.88	1.69	1.54	1.37
89	3.1074	2.42	2.02	1.79	1.61	1.47	1.31
90	3.2696	2.30	1.92	1.70	1.53	1.39	1.24
91	3.4495	2.18	1.82	1.61	1.45	1.32	1.18
92	3.6505	2.06	1.72	1.53	1.37	1.25	1.11
93	3.8763	1.94	1.62	1.44	1.29	1.18	1.05
94	4.1319	1.82	1.52	1.35	1.21	1.10	0.98
95	4.4235	1.70	1.42	1.26	1.13	1.03	0.92
96	4.8205	1.56	1.30	1.16	1.04	0.95	0.84
97	5.2958	1.42	1.18	1.05	0.95	0.86	0.77
98	5.875	1.28	1.07	0.95	0.85	0.78	0.69
99	6.5965	1.14	0.95	0.84	0.76	0.69	0.62
100	7.52	1.00	0.83	0.74	0.67	0.61	0.54

Standard times are given in seconds.

Event	F60m		Fraserburgh Running Club Standards				
	60m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.06						
OC	<b>6.92</b>						
<b>5</b>	0.5233	13.22	15.9	17.9	19.8	21.8	24.5
<b>6</b>	0.662	10.45	12.5	14.1	15.7	17.2	19.3
<b>7</b>	0.7473	9.26	11.1	12.5	13.9	15.3	17.1
<b>8</b>	0.8068	8.58	10.3	11.6	12.9	14.2	15.9
<b>9</b>	0.8509	8.13	9.8	11.0	12.2	13.4	15.0
<b>10</b>	0.8845	7.82	9.4	10.6	11.7	12.9	14.5
<b>11</b>	0.9107	7.60	9.1	10.3	11.4	12.5	14.1
<b>12</b>	0.9312	7.43	8.9	10.0	11.1	12.3	13.7
<b>13</b>	0.9474	7.30	8.8	9.9	11.0	12.1	13.5
<b>14</b>	0.9602	7.21	8.6	9.7	10.8	11.9	13.3
<b>15</b>	0.9703	7.13	8.6	9.6	10.7	11.8	13.2
<b>16</b>	0.9783	7.07	8.5	9.5	10.6	11.7	13.1
<b>17</b>	0.9845	7.03	8.4	9.5	10.5	11.6	13.0
<b>18</b>	0.9893	6.99	8.4	9.4	10.5	11.5	12.9
<b>19</b>	0.993	6.97	8.4	9.4	10.5	11.5	12.9
<b>20</b>	0.9958	6.95	8.3	9.4	10.4	11.5	12.9
<b>21</b>	0.9978	6.94	8.3	9.4	10.4	11.4	12.8
<b>22</b>	0.9992	6.93	8.3	9.3	10.4	11.4	12.8
<b>23</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>24</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>25</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>26</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>27</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>28</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>29</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>30</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>31</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>32</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>33</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>34</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>35</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>36</b>	1	6.92	8.3	9.3	10.4	11.4	12.8
<b>37</b>	0.9999	6.92	8.3	9.3	10.4	11.4	12.8
<b>38</b>	0.9881	7.00	8.4	9.5	10.5	11.6	13.0
<b>39</b>	0.9762	7.09	8.5	9.6	10.6	11.7	13.1
<b>40</b>	0.9643	7.18	8.6	9.7	10.8	11.8	13.3
<b>41</b>	0.9538	7.26	8.7	9.8	10.9	12.0	13.4
<b>42</b>	0.9433	7.34	8.8	9.9	11.0	12.1	13.6
<b>43</b>	0.9327	7.42	8.9	10.0	11.1	12.2	13.7
<b>44</b>	0.9222	7.50	9.0	10.1	11.3	12.4	13.9
<b>45</b>	0.9117	7.59	9.1	10.2	11.4	12.5	14.0
<b>46</b>	0.9023	7.67	9.2	10.4	11.5	12.7	14.2
<b>47</b>	0.8928	7.75	9.3	10.5	11.6	12.8	14.3
<b>48</b>	0.8834	7.83	9.4	10.6	11.8	12.9	14.5
<b>49</b>	0.8739	7.92	9.5	10.7	11.9	13.1	14.6
<b>50</b>	0.8645	8.00	9.6	10.8	12.0	13.2	14.8
<b>51</b>	0.856	8.08	9.7	10.9	12.1	13.3	15.0
<b>52</b>	0.8475	8.17	9.8	11.0	12.2	13.5	15.1
<b>53</b>	0.8389	8.25	9.9	11.1	12.4	13.6	15.3
<b>54</b>	0.8304	8.33	10.0	11.3	12.5	13.8	15.4
<b>55</b>	0.8219	8.42	10.1	11.4	12.6	13.9	15.6

Standard times are given in seconds.

FRC Standards 2017.xlsx

Event	F60m		Fraserburgh Running Club Standards				
	60m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.06						
OC	<b>6.92</b>						
<b>56</b>	0.8142	8.50	10.2	11.5	12.7	14.0	15.7
<b>57</b>	0.8065	8.58	10.3	11.6	12.9	14.2	15.9
<b>58</b>	0.7987	8.66	10.4	11.7	13.0	14.3	16.0
<b>59</b>	0.791	8.75	10.5	11.8	13.1	14.4	16.2
<b>60</b>	0.7833	8.83	10.6	11.9	13.3	14.6	16.3
<b>61</b>	0.7763	8.91	10.7	12.0	13.4	14.7	16.5
<b>62</b>	0.7693	9.00	10.8	12.1	13.5	14.8	16.6
<b>63</b>	0.7622	9.08	10.9	12.3	13.6	15.0	16.8
<b>64</b>	0.7552	9.16	11.0	12.4	13.7	15.1	17.0
<b>65</b>	0.7482	9.25	11.1	12.5	13.9	15.3	17.1
<b>66</b>	0.7418	9.33	11.2	12.6	14.0	15.4	17.3
<b>67</b>	0.7354	9.41	11.3	12.7	14.1	15.5	17.4
<b>68</b>	0.7289	9.49	11.4	12.8	14.2	15.7	17.6
<b>69</b>	0.7225	9.58	11.5	12.9	14.4	15.8	17.7
<b>70</b>	0.7161	9.66	11.6	13.0	14.5	15.9	17.9
<b>71</b>	0.7072	9.79	11.7	13.2	14.7	16.1	18.1
<b>72</b>	0.6984	9.91	11.9	13.4	14.9	16.3	18.3
<b>73</b>	0.6895	10.04	12.0	13.5	15.1	16.6	18.6
<b>74</b>	0.6807	10.17	12.2	13.7	15.2	16.8	18.8
<b>75</b>	0.6718	10.30	12.4	13.9	15.5	17.0	19.1
<b>76</b>	0.6633	10.43	12.5	14.1	15.6	17.2	19.3
<b>77</b>	0.6547	10.57	12.7	14.3	15.9	17.4	19.6
<b>78</b>	0.6462	10.71	12.9	14.5	16.1	17.7	19.8
<b>79</b>	0.6376	10.85	13.0	14.7	16.3	17.9	20.1
<b>80</b>	0.6291	11.00	13.2	14.8	16.5	18.1	20.3
<b>81</b>	0.6206	11.15	13.4	15.1	16.7	18.4	20.6
<b>82</b>	0.612	11.31	13.6	15.3	17.0	18.7	20.9
<b>83</b>	0.6035	11.47	13.8	15.5	17.2	18.9	21.2
<b>84</b>	0.5949	11.63	14.0	15.7	17.4	19.2	21.5
<b>85</b>	0.5864	11.80	14.2	15.9	17.7	19.5	21.8
<b>86</b>	0.5709	12.12	14.5	16.4	18.2	20.0	22.4
<b>87</b>	0.5554	12.46	15.0	16.8	18.7	20.6	23.1
<b>88</b>	0.5398	12.82	15.4	17.3	19.2	21.2	23.7
<b>89</b>	0.5243	13.20	15.8	17.8	19.8	21.8	24.4
<b>90</b>	0.5088	13.60	16.3	18.4	20.4	22.4	25.2
<b>91</b>	0.4885	14.17	17.0	19.1	21.2	23.4	26.2
<b>92</b>	0.4681	14.78	17.7	20.0	22.2	24.4	27.3
<b>93</b>	0.4478	15.45	18.5	20.9	23.2	25.5	28.6
<b>94</b>	0.4274	16.19	19.4	21.9	24.3	26.7	30.0
<b>95</b>	0.4071	17.00	20.4	22.9	25.5	28.0	31.4
<b>96</b>	0.374	18.50	22.2	25.0	27.8	30.5	34.2
<b>97</b>	0.3409	20.30	24.4	27.4	30.4	33.5	37.6
<b>98</b>	0.3079	22.47	27.0	30.3	33.7	37.1	41.6
<b>99</b>	0.2748	25.18	30.2	34.0	37.8	41.6	46.6
<b>100</b>	0.2417	28.63	34.4	38.7	42.9	47.2	53.0

Standard times are given in seconds.

Event	F100m		Fraserburgh Running Club Standards				
	100m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.1						
OC	10.49						
<b>5</b>	0.5	19.67	23.6	26.6	29.5	32.5	36.4
<b>6</b>	0.7	15.78	18.9	21.3	23.7	26.0	29.2
<b>7</b>	0.7	14.12	16.9	19.1	21.2	23.3	26.1
<b>8</b>	0.8	13.16	15.8	17.8	19.7	21.7	24.3
<b>9</b>	0.8	12.53	15.0	16.9	18.8	20.7	23.2
<b>10</b>	0.9	12.09	14.5	16.3	18.1	19.9	22.4
<b>11</b>	0.9	11.75	14.1	15.9	17.6	19.4	21.7
<b>12</b>	0.9	11.50	13.8	15.5	17.2	19.0	21.3
<b>13</b>	0.9	11.29	13.6	15.2	16.9	18.6	20.9
<b>14</b>	0.9	11.13	13.4	15.0	16.7	18.4	20.6
<b>15</b>	1.0	11.00	13.2	14.8	16.5	18.1	20.3
<b>16</b>	1.0	10.89	13.1	14.7	16.3	18.0	20.1
<b>17</b>	1.0	10.79	13.0	14.6	16.2	17.8	20.0
<b>18</b>	1.0	10.72	12.9	14.5	16.1	17.7	19.8
<b>19</b>	1.0	10.65	12.8	14.4	16.0	17.6	19.7
<b>20</b>	1.0	10.60	12.7	14.3	15.9	17.5	19.6
<b>21</b>	1.0	10.55	12.7	14.2	15.8	17.4	19.5
<b>22</b>	1.0	10.52	12.6	14.2	15.8	17.4	19.5
<b>23</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>24</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>25</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>26</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>27</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>28</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>29</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>30</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>31</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>32</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>33</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>34</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>35</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>36</b>	1.0	10.49	12.6	14.2	15.7	17.3	19.4
<b>37</b>	1.0	10.60	12.7	14.3	15.9	17.5	19.6
<b>38</b>	1.0	10.72	12.9	14.5	16.1	17.7	19.8
<b>39</b>	1.0	10.86	13.0	14.7	16.3	17.9	20.1
<b>40</b>	1.0	10.99	13.2	14.8	16.5	18.1	20.3
<b>41</b>	0.9	11.11	13.3	15.0	16.7	18.3	20.6
<b>42</b>	0.9	11.24	13.5	15.2	16.9	18.5	20.8
<b>43</b>	0.9	11.37	13.6	15.3	17.0	18.8	21.0
<b>44</b>	0.9	11.50	13.8	15.5	17.2	19.0	21.3
<b>45</b>	0.9	11.63	14.0	15.7	17.4	19.2	21.5
<b>46</b>	0.9	11.75	14.1	15.9	17.6	19.4	21.7
<b>47</b>	0.9	11.88	14.3	16.0	17.8	19.6	22.0
<b>48</b>	0.9	12.00	14.4	16.2	18.0	19.8	22.2
<b>49</b>	0.9	12.13	14.6	16.4	18.2	20.0	22.4
<b>50</b>	0.9	12.27	14.7	16.6	18.4	20.2	22.7
<b>51</b>	0.8	12.39	14.9	16.7	18.6	20.4	22.9
<b>52</b>	0.8	12.52	15.0	16.9	18.8	20.7	23.2
<b>53</b>	0.8	12.64	15.2	17.1	19.0	20.9	23.4
<b>54</b>	0.8	12.77	15.3	17.2	19.2	21.1	23.6
<b>55</b>	0.8	12.91	15.5	17.4	19.4	21.3	23.9

Standard times are given in seconds.

Event	F100m		Fraserburgh Running Club Standards				
	100m	W Std.	Plat	Gold	Silver	Bronze	Copper
			0.1	10.49			
OC	10.49						
56	0.8	13.03	15.6	17.6	19.5	21.5	24.1
57	0.8	13.16	15.8	17.8	19.7	21.7	24.3
58	0.8	13.28	15.9	17.9	19.9	21.9	24.6
59	0.8	13.41	16.1	18.1	20.1	22.1	24.8
60	0.8	13.55	16.3	18.3	20.3	22.4	25.1
61	0.8	13.67	16.4	18.5	20.5	22.6	25.3
62	0.8	13.80	16.6	18.6	20.7	22.8	25.5
63	0.8	13.92	16.7	18.8	20.9	23.0	25.8
64	0.7	14.05	16.9	19.0	21.1	23.2	26.0
65	0.7	14.19	17.0	19.2	21.3	23.4	26.2
66	0.7	14.31	17.2	19.3	21.5	23.6	26.5
67	0.7	14.44	17.3	19.5	21.7	23.8	26.7
68	0.7	14.56	17.5	19.7	21.8	24.0	26.9
69	0.7	14.69	17.6	19.8	22.0	24.2	27.2
70	0.7	14.82	17.8	20.0	22.2	24.5	27.4
71	0.7	15.02	18.0	20.3	22.5	24.8	27.8
72	0.7	15.22	18.3	20.6	22.8	25.1	28.2
73	0.7	15.43	18.5	20.8	23.1	25.5	28.5
74	0.7	15.65	18.8	21.1	23.5	25.8	28.9
75	0.7	15.87	19.0	21.4	23.8	26.2	29.4
76	0.7	16.04	19.3	21.7	24.1	26.5	29.7
77	0.6	16.23	19.5	21.9	24.3	26.8	30.0
78	0.6	16.41	19.7	22.2	24.6	27.1	30.4
79	0.6	16.60	19.9	22.4	24.9	27.4	30.7
80	0.6	16.80	20.2	22.7	25.2	27.7	31.1
81	0.6	17.28	20.7	23.3	25.9	28.5	32.0
82	0.6	17.79	21.3	24.0	26.7	29.3	32.9
83	0.6	18.32	22.0	24.7	27.5	30.2	33.9
84	0.6	18.89	22.7	25.5	28.3	31.2	35.0
85	0.5	19.50	23.4	26.3	29.3	32.2	36.1
86	0.5	20.12	24.1	27.2	30.2	33.2	37.2
87	0.5	20.76	24.9	28.0	31.1	34.3	38.4
88	0.5	21.46	25.8	29.0	32.2	35.4	39.7
89	0.5	22.20	26.6	30.0	33.3	36.6	41.1
90	0.5	23.00	27.6	31.0	34.5	37.9	42.5
91	0.4	24.13	29.0	32.6	36.2	39.8	44.6
92	0.4	25.37	30.4	34.2	38.1	41.9	46.9
93	0.4	26.74	32.1	36.1	40.1	44.1	49.5
94	0.4	28.27	33.9	38.2	42.4	46.7	52.3
95	0.3	30.00	36.0	40.5	45.0	49.5	55.5
96	0.3	31.97	38.4	43.2	48.0	52.8	59.1
97	0.3	34.23	41.1	46.2	51.3	56.5	63.3
98	0.3	36.82	44.2	49.7	55.2	60.8	68.1
99	0.3	39.84	47.8	53.8	59.8	65.7	73.7
100	0.2	43.40	52.1	58.6	65.1	71.6	80.3

Standard times are given in seconds.

FRC Standards 2017.xlsx

F200m		Fraserburgh Running Club Standards					
Event	200m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.2						
OC	21.34						
5	0.5006	42.63	51.2	57.5	63.9	70.3	78.9
6	0.6287	33.94	40.7	45.8	50.9	56.0	62.8
7	0.7079	30.15	36.2	40.7	45.2	49.7	55.8
8	0.764	27.93	33.5	37.7	41.9	46.1	51.7
9	0.8066	26.46	31.7	35.7	39.7	43.7	48.9
10	0.8404	25.39	30.5	34.3	38.1	41.9	47.0
11	0.8678	24.59	29.5	33.2	36.9	40.6	45.5
12	0.8907	23.96	28.8	32.3	35.9	39.5	44.3
13	0.9099	23.45	28.1	31.7	35.2	38.7	43.4
14	0.9263	23.04	27.6	31.1	34.6	38.0	42.6
15	0.9405	22.69	27.2	30.6	34.0	37.4	42.0
16	0.9528	22.40	26.9	30.2	33.6	37.0	41.4
17	0.9635	22.15	26.6	29.9	33.2	36.5	41.0
18	0.9728	21.94	26.3	29.6	32.9	36.2	40.6
19	0.9811	21.75	26.1	29.4	32.6	35.9	40.2
20	0.9882	21.59	25.9	29.2	32.4	35.6	40.0
21	0.9945	21.46	25.7	29.0	32.2	35.4	39.7
22	1	21.34	25.6	28.8	32.0	35.2	39.5
23	1	21.34	25.6	28.8	32.0	35.2	39.5
24	1	21.34	25.6	28.8	32.0	35.2	39.5
25	1	21.34	25.6	28.8	32.0	35.2	39.5
26	1	21.34	25.6	28.8	32.0	35.2	39.5
27	1	21.34	25.6	28.8	32.0	35.2	39.5
28	1	21.34	25.6	28.8	32.0	35.2	39.5
29	1	21.34	25.6	28.8	32.0	35.2	39.5
30	1	21.34	25.6	28.8	32.0	35.2	39.5
31	1	21.34	25.6	28.8	32.0	35.2	39.5
32	1	21.34	25.6	28.8	32.0	35.2	39.5
33	1	21.34	25.6	28.8	32.0	35.2	39.5
34	1	21.34	25.6	28.8	32.0	35.2	39.5
35	1	21.34	25.6	28.8	32.0	35.2	39.5
36	0.994	21.47	25.8	29.0	32.2	35.4	39.7
37	0.9813	21.75	26.1	29.4	32.6	35.9	40.2
38	0.9687	22.03	26.4	29.7	33.0	36.3	40.8
39	0.956	22.32	26.8	30.1	33.5	36.8	41.3
40	0.9434	22.62	27.1	30.5	33.9	37.3	41.8
41	0.9323	22.89	27.5	30.9	34.3	37.8	42.3
42	0.9211	23.17	27.8	31.3	34.8	38.2	42.9
43	0.91	23.45	28.1	31.7	35.2	38.7	43.4
44	0.8988	23.74	28.5	32.1	35.6	39.2	43.9
45	0.8877	24.04	28.8	32.5	36.1	39.7	44.5
46	0.8778	24.31	29.2	32.8	36.5	40.1	45.0
47	0.8679	24.59	29.5	33.2	36.9	40.6	45.5
48	0.858	24.87	29.8	33.6	37.3	41.0	46.0
49	0.8481	25.16	30.2	34.0	37.7	41.5	46.5
50	0.8382	25.46	30.6	34.4	38.2	42.0	47.1
51	0.8293	25.73	30.9	34.7	38.6	42.5	47.6
52	0.8205	26.01	31.2	35.1	39.0	42.9	48.1
53	0.8116	26.29	31.6	35.5	39.4	43.4	48.6
54	0.8028	26.58	31.9	35.9	39.9	43.9	49.2
55	0.7939	26.88	32.3	36.3	40.3	44.4	49.7

Standard times are given in seconds.

F200m		Fraserburgh Running Club Standards					
Event	200m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.2						
OC	21.34						
56	0.7859	27.15	32.6	36.7	40.7	44.8	50.2
57	0.7779	27.43	32.9	37.0	41.1	45.3	50.8
58	0.77	27.71	33.3	37.4	41.6	45.7	51.3
59	0.762	28.01	33.6	37.8	42.0	46.2	51.8
60	0.754	28.30	34.0	38.2	42.5	46.7	52.4
61	0.7468	28.58	34.3	38.6	42.9	47.1	52.9
62	0.7396	28.85	34.6	39.0	43.3	47.6	53.4
63	0.7324	29.14	35.0	39.3	43.7	48.1	53.9
64	0.7252	29.43	35.3	39.7	44.1	48.6	54.4
65	0.718	29.72	35.7	40.1	44.6	49.0	55.0
66	0.7114	30.00	36.0	40.5	45.0	49.5	55.5
67	0.7049	30.27	36.3	40.9	45.4	50.0	56.0
68	0.6983	30.56	36.7	41.3	45.8	50.4	56.5
69	0.6918	30.85	37.0	41.6	46.3	50.9	57.1
70	0.6852	31.14	37.4	42.0	46.7	51.4	57.6
71	0.6792	31.42	37.7	42.4	47.1	51.8	58.1
72	0.6732	31.70	38.0	42.8	47.5	52.3	58.6
73	0.6673	31.98	38.4	43.2	48.0	52.8	59.2
74	0.6613	32.27	38.7	43.6	48.4	53.2	59.7
75	0.6553	32.57	39.1	44.0	48.8	53.7	60.2
76	0.6428	33.20	39.8	44.8	49.8	54.8	61.4
77	0.6303	33.86	40.6	45.7	50.8	55.9	62.6
78	0.6178	34.54	41.5	46.6	51.8	57.0	63.9
79	0.6053	35.26	42.3	47.6	52.9	58.2	65.2
80	0.5928	36.00	43.2	48.6	54.0	59.4	66.6
81	0.5759	37.06	44.5	50.0	55.6	61.1	68.6
82	0.5589	38.18	45.8	51.5	57.3	63.0	70.6
83	0.542	39.37	47.2	53.2	59.1	65.0	72.8
84	0.525	40.65	48.8	54.9	61.0	67.1	75.2
85	0.5081	42.00	50.4	56.7	63.0	69.3	77.7
86	0.4886	43.68	52.4	59.0	65.5	72.1	80.8
87	0.469	45.50	54.6	61.4	68.3	75.1	84.2
88	0.4495	47.47	57.0	64.1	71.2	78.3	87.8
89	0.4299	49.64	59.6	67.0	74.5	81.9	91.8
90	0.4104	52.00	62.4	70.2	78.0	85.8	96.2
91	0.3911	54.56	65.5	73.7	81.8	90.0	100.9
92	0.3718	57.40	68.9	77.5	86.1	94.7	106.2
93	0.3524	60.56	72.7	81.8	90.8	99.9	112.0
94	0.3331	64.06	76.9	86.5	96.1	105.7	118.5
95	0.3138	68.01	81.6	91.8	102.0	112.2	125.8
96	0.2994	71.28	85.5	96.2	106.9	117.6	131.9
97	0.285	74.88	89.9	101.1	112.3	123.5	138.5
98	0.2705	78.89	94.7	106.5	118.3	130.2	145.9
99	0.2561	83.33	100.0	112.5	125.0	137.5	154.2
100	0.2417	88.29	105.9	119.2	132.4	145.7	163.3

Standard times are given in seconds.



Event	F300m 300m	Fraserburgh Running Club Standards					
		0.3 W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.3						
OC	33						
<b>5</b>	0.4912	67.18	80.6	90.7	100.8	110.9	124.3
<b>6</b>	0.6114	53.97	64.8	72.9	81.0	89.1	99.9
<b>7</b>	0.6884	47.94	57.5	64.7	71.9	79.1	88.7
<b>8</b>	0.7443	44.34	53.2	59.9	66.5	73.2	82.0
<b>9</b>	0.7876	41.90	50.3	56.6	62.8	69.1	77.5
<b>10</b>	0.8225	40.12	48.1	54.2	60.2	66.2	74.2
<b>11</b>	0.8514	38.76	46.5	52.3	58.1	64.0	71.7
<b>12</b>	0.8758	37.68	45.2	50.9	56.5	62.2	69.7
<b>13</b>	0.8967	36.80	44.2	49.7	55.2	60.7	68.1
<b>14</b>	0.9148	36.07	43.3	48.7	54.1	59.5	66.7
<b>15</b>	0.9306	35.46	42.6	47.9	53.2	58.5	65.6
<b>16</b>	0.9445	34.94	41.9	47.2	52.4	57.6	64.6
<b>17</b>	0.9569	34.49	41.4	46.6	51.7	56.9	63.8
<b>18</b>	0.9679	34.09	40.9	46.0	51.1	56.3	63.1
<b>19</b>	0.9777	33.75	40.5	45.6	50.6	55.7	62.4
<b>20</b>	0.9865	33.45	40.1	45.2	50.2	55.2	61.9
<b>21</b>	0.9944	33.19	39.8	44.8	49.8	54.8	61.4
<b>22</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>23</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>24</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>25</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>26</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>27</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>28</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>29</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>30</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>31</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>32</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>33</b>	1	33.00	39.6	44.6	49.5	54.5	61.1
<b>34</b>	0.9954	33.15	39.8	44.8	49.7	54.7	61.3
<b>35</b>	0.9823	33.59	40.3	45.4	50.4	55.4	62.2
<b>36</b>	0.9709	33.99	40.8	45.9	51.0	56.1	62.9
<b>37</b>	0.9594	34.40	41.3	46.4	51.6	56.8	63.6
<b>38</b>	0.9479	34.81	41.8	47.0	52.2	57.4	64.4
<b>39</b>	0.9364	35.24	42.3	47.6	52.9	58.1	65.2
<b>40</b>	0.925	35.68	42.8	48.2	53.5	58.9	66.0
<b>41</b>	0.9148	36.07	43.3	48.7	54.1	59.5	66.7
<b>42</b>	0.9046	36.48	43.8	49.2	54.7	60.2	67.5
<b>43</b>	0.8944	36.90	44.3	49.8	55.3	60.9	68.3
<b>44</b>	0.8842	37.32	44.8	50.4	56.0	61.6	69.0
<b>45</b>	0.874	37.76	45.3	51.0	56.6	62.3	69.9
<b>46</b>	0.8648	38.16	45.8	51.5	57.2	63.0	70.6
<b>47</b>	0.8557	38.56	46.3	52.1	57.8	63.6	71.3
<b>48</b>	0.8466	38.98	46.8	52.6	58.5	64.3	72.1
<b>49</b>	0.8375	39.40	47.3	53.2	59.1	65.0	72.9
<b>50</b>	0.8283	39.84	47.8	53.8	59.8	65.7	73.7
<b>51</b>	0.8201	40.24	48.3	54.3	60.4	66.4	74.4
<b>52</b>	0.8119	40.65	48.8	54.9	61.0	67.1	75.2
<b>53</b>	0.8037	41.06	49.3	55.4	61.6	67.7	76.0
<b>54</b>	0.7955	41.48	49.8	56.0	62.2	68.4	76.7
<b>55</b>	0.7872	41.92	50.3	56.6	62.9	69.2	77.6

Standard times are given in seconds.

FRC Standards 2017.xlsx

Event	F300m 300m	0.3 W Std.	Fraserburgh Running Club Standards				
			Plat	Gold	Silver	Bronze	Copper
dist(km)	0.3						
OC	33						
56	0.7798	42.32	50.8	57.1	63.5	69.8	78.3
57	0.7723	42.73	51.3	57.7	64.1	70.5	79.0
58	0.7649	43.14	51.8	58.2	64.7	71.2	79.8
59	0.7575	43.56	52.3	58.8	65.3	71.9	80.6
60	0.75	44.00	52.8	59.4	66.0	72.6	81.4
61	0.7433	44.40	53.3	59.9	66.6	73.3	82.1
62	0.7365	44.81	53.8	60.5	67.2	73.9	82.9
63	0.7297	45.22	54.3	61.1	67.8	74.6	83.7
64	0.7229	45.65	54.8	61.6	68.5	75.3	84.5
65	0.7162	46.08	55.3	62.2	69.1	76.0	85.2
66	0.7076	46.64	56.0	63.0	70.0	77.0	86.3
67	0.699	47.21	56.7	63.7	70.8	77.9	87.3
68	0.6904	47.80	57.4	64.5	71.7	78.9	88.4
69	0.6818	48.40	58.1	65.3	72.6	79.9	89.5
70	0.6732	49.02	58.8	66.2	73.5	80.9	90.7
71	0.6628	49.79	59.7	67.2	74.7	82.2	92.1
72	0.6525	50.57	60.7	68.3	75.9	83.4	93.6
73	0.6422	51.39	61.7	69.4	77.1	84.8	95.1
74	0.6319	52.22	62.7	70.5	78.3	86.2	96.6
75	0.6215	53.10	63.7	71.7	79.6	87.6	98.2
76	0.6094	54.15	65.0	73.1	81.2	89.4	100.2
77	0.5973	55.25	66.3	74.6	82.9	91.2	102.2
78	0.5851	56.40	67.7	76.1	84.6	93.1	104.3
79	0.573	57.59	69.1	77.7	86.4	95.0	106.5
80	0.5609	58.83	70.6	79.4	88.3	97.1	108.8
81	0.5457	60.47	72.6	81.6	90.7	99.8	111.9
82	0.5306	62.19	74.6	84.0	93.3	102.6	115.1
83	0.5154	64.03	76.8	86.4	96.0	105.6	118.5
84	0.5003	65.96	79.2	89.0	98.9	108.8	122.0
85	0.4851	68.03	81.6	91.8	102.0	112.2	125.9
86	0.4688	70.39	84.5	95.0	105.6	116.1	130.2
87	0.4525	72.93	87.5	98.5	109.4	120.3	134.9
88	0.4362	75.65	90.8	102.1	113.5	124.8	140.0
89	0.4199	78.59	94.3	106.1	117.9	129.7	145.4
90	0.4036	81.76	98.1	110.4	122.6	134.9	151.3
91	0.386	85.49	102.6	115.4	128.2	141.1	158.2
92	0.3684	89.58	107.5	120.9	134.4	147.8	165.7
93	0.3508	94.07	112.9	127.0	141.1	155.2	174.0
94	0.3332	99.04	118.8	133.7	148.6	163.4	183.2
95	0.3156	104.56	125.5	141.2	156.8	172.5	193.4
96	0.3008	109.71	131.6	148.1	164.6	181.0	203.0
97	0.2861	115.34	138.4	155.7	173.0	190.3	213.4
98	0.2712	121.68	146.0	164.3	182.5	200.8	225.1
99	0.2565	128.65	154.4	173.7	193.0	212.3	238.0
100	0.2417	136.53	163.8	184.3	204.8	225.3	252.6

Standard times are given in seconds.

Event	F400m 400m	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.4						
OC	47.6						
5	0.4819	98.78	118.53	133.35	148.16	162.98	182.74
6	0.5939	80.15	96.18	108.20	120.22	132.24	148.27
7	0.6688	71.17	85.41	96.08	106.76	117.43	131.67
8	0.7246	65.69	78.83	88.68	98.54	108.39	121.53
9	0.7686	61.93	74.32	83.61	92.90	102.19	114.57
10	0.8047	59.15	70.98	79.86	88.73	97.60	109.43
11	0.8351	57.00	68.40	76.95	85.50	94.05	105.45
12	0.8609	55.29	66.35	74.64	82.94	91.23	102.29
13	0.8835	53.88	64.65	72.73	80.81	88.90	99.67
14	0.9032	52.70	63.24	71.15	79.05	86.96	97.50
15	0.9207	51.70	62.04	69.79	77.55	85.30	95.64
16	0.9363	50.84	61.01	68.63	76.26	83.88	94.05
17	0.9503	50.09	60.11	67.62	75.13	82.65	92.67
18	0.963	49.43	59.31	66.73	74.14	81.56	91.44
19	0.9744	48.85	58.62	65.95	73.28	80.60	90.37
20	0.9848	48.33	58.00	65.25	72.50	79.75	89.42
21	0.9943	47.87	57.45	64.63	71.81	78.99	88.56
22	1	47.60	57.12	64.26	71.40	78.54	88.06
23	1	47.60	57.12	64.26	71.40	78.54	88.06
24	1	47.60	57.12	64.26	71.40	78.54	88.06
25	1	47.60	57.12	64.26	71.40	78.54	88.06
26	1	47.60	57.12	64.26	71.40	78.54	88.06
27	1	47.60	57.12	64.26	71.40	78.54	88.06
28	1	47.60	57.12	64.26	71.40	78.54	88.06
29	1	47.60	57.12	64.26	71.40	78.54	88.06
30	1	47.60	57.12	64.26	71.40	78.54	88.06
31	1	47.60	57.12	64.26	71.40	78.54	88.06
32	0.9927	47.95	57.54	64.73	71.93	79.12	88.71
33	0.9811	48.52	58.22	65.50	72.78	80.05	89.76
34	0.9696	49.09	58.91	66.27	73.64	81.00	90.82
35	0.958	49.69	59.62	67.08	74.53	81.98	91.92
36	0.9477	50.23	60.27	67.81	75.34	82.87	92.92
37	0.9374	50.78	60.93	68.55	76.17	83.78	93.94
38	0.9271	51.34	61.61	69.31	77.01	84.72	94.98
39	0.9168	51.92	62.30	70.09	77.88	85.67	96.05
40	0.9065	52.51	63.01	70.89	78.76	86.64	97.14
41	0.8972	53.05	63.66	71.62	79.58	87.54	98.15
42	0.888	53.60	64.32	72.36	80.41	88.45	99.17
43	0.8787	54.17	65.01	73.13	81.26	89.38	100.22
44	0.8695	54.74	65.69	73.90	82.12	90.33	101.28
45	0.8602	55.34	66.40	74.70	83.00	91.30	102.37
46	0.8518	55.88	67.06	75.44	83.82	92.20	103.38
47	0.8435	56.43	67.72	76.18	84.65	93.11	104.40
48	0.8351	57.00	68.40	76.95	85.50	94.05	105.45
49	0.8268	57.57	69.09	77.72	86.36	94.99	106.51
50	0.8184	58.16	69.79	78.52	87.24	95.97	107.60
51	0.8108	58.71	70.45	79.26	88.06	96.87	108.61
52	0.8032	59.26	71.12	80.00	88.89	97.78	109.64
53	0.7957	59.82	71.79	80.76	89.73	98.71	110.67
54	0.7881	60.40	72.48	81.54	90.60	99.66	111.74
55	0.7805	60.99	73.18	82.33	91.48	100.63	112.83

Standard times are given in seconds.

Event	F400m 400m	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.4						
OC	47.6						
<b>56</b>	0.7736	61.53	73.84	83.07	92.30	101.53	113.83
<b>57</b>	0.7667	62.08	74.50	83.81	93.13	102.44	114.86
<b>58</b>	0.7598	62.65	75.18	84.57	93.97	103.37	115.90
<b>59</b>	0.7529	63.22	75.87	85.35	94.83	104.32	116.96
<b>60</b>	0.746	63.81	76.57	86.14	95.71	105.28	118.04
<b>61</b>	0.7397	64.35	77.22	86.87	96.53	106.18	119.05
<b>62</b>	0.7333	64.91	77.89	87.63	97.37	107.10	120.09
<b>63</b>	0.727	65.47	78.57	88.39	98.21	108.03	121.13
<b>64</b>	0.7206	66.06	79.27	89.18	99.08	108.99	122.20
<b>65</b>	0.7143	66.64	79.97	89.96	99.96	109.95	123.28
<b>66</b>	0.7037	67.64	81.17	91.32	101.46	111.61	125.14
<b>67</b>	0.693	68.69	82.42	92.73	103.03	113.33	127.07
<b>68</b>	0.6824	69.75	83.70	94.17	104.63	115.09	129.04
<b>69</b>	0.6717	70.86	85.04	95.67	106.30	116.93	131.10
<b>70</b>	0.6611	72.00	86.40	97.20	108.00	118.80	133.20
<b>71</b>	0.6464	73.64	88.37	99.41	110.46	121.50	136.23
<b>72</b>	0.6317	75.35	90.42	101.73	113.03	124.33	139.40
<b>73</b>	0.6171	77.13	92.56	104.13	115.70	127.27	142.70
<b>74</b>	0.6024	79.02	94.82	106.67	118.53	130.38	146.18
<b>75</b>	0.5877	80.99	97.19	109.34	121.49	133.64	149.84
<b>76</b>	0.5759	82.65	99.18	111.58	123.98	136.38	152.91
<b>77</b>	0.5642	84.37	101.24	113.90	126.55	139.21	156.08
<b>78</b>	0.5524	86.17	103.40	116.33	129.25	142.18	159.41
<b>79</b>	0.5407	88.03	105.64	118.85	132.05	145.26	162.86
<b>80</b>	0.5289	90.00	108.00	121.50	135.00	148.50	166.50
<b>81</b>	0.5155	92.34	110.81	124.66	138.51	152.36	170.82
<b>82</b>	0.5022	94.78	113.74	127.96	142.17	156.39	175.35
<b>83</b>	0.4888	97.38	116.86	131.46	146.07	160.68	180.16
<b>84</b>	0.4755	100.11	120.13	135.14	150.16	165.17	185.19
<b>85</b>	0.4621	103.01	123.61	139.06	154.51	169.96	190.56
<b>86</b>	0.449	106.01	127.22	143.12	159.02	174.92	196.12
<b>87</b>	0.4359	109.20	131.04	147.42	163.80	180.18	202.02
<b>88</b>	0.4229	112.56	135.07	151.95	168.83	185.72	208.23
<b>89</b>	0.4098	116.15	139.39	156.81	174.23	191.65	214.89
<b>90</b>	0.3967	119.99	143.99	161.99	179.98	197.98	221.98
<b>91</b>	0.3808	125.00	150.00	168.75	187.50	206.25	231.25
<b>92</b>	0.3649	130.45	156.54	176.10	195.67	215.24	241.33
<b>93</b>	0.3491	136.35	163.62	184.07	204.53	224.98	252.25
<b>94</b>	0.3332	142.86	171.43	192.86	214.29	235.71	264.29
<b>95</b>	0.3173	150.02	180.02	202.52	225.02	247.53	277.53
<b>96</b>	0.3022	157.51	189.01	212.64	236.27	259.89	291.40
<b>97</b>	0.2871	165.80	198.96	223.82	248.69	273.56	306.72
<b>98</b>	0.2719	175.06	210.08	236.34	262.60	288.86	323.87
<b>99</b>	0.2568	185.36	222.43	250.23	278.04	305.84	342.91
<b>100</b>	0.2417	196.94	236.33	265.87	295.41	324.95	364.34

Standard times are given in seconds.

Event	F800m 800m	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.8						
OC	113.28						
<b>5</b>	0.5989	189.15	227.0	255.3	283.7	312.1	349.9
<b>6</b>	0.6645	170.47	204.6	230.1	255.7	281.3	315.4
<b>7</b>	0.7177	157.84	189.4	213.1	236.8	260.4	292.0
<b>8</b>	0.7622	148.62	178.3	200.6	222.9	245.2	275.0
<b>9</b>	0.8001	141.58	169.9	191.1	212.4	233.6	261.9
<b>10</b>	0.8327	136.04	163.2	183.7	204.1	224.5	251.7
<b>11</b>	0.8609	131.58	157.9	177.6	197.4	217.1	243.4
<b>12</b>	0.8853	127.96	153.5	172.7	191.9	211.1	236.7
<b>13</b>	0.9064	124.98	150.0	168.7	187.5	206.2	231.2
<b>14</b>	0.9247	122.50	147.0	165.4	183.8	202.1	226.6
<b>15</b>	0.9406	120.43	144.5	162.6	180.7	198.7	222.8
<b>16</b>	0.9541	118.73	142.5	160.3	178.1	195.9	219.6
<b>17</b>	0.9656	117.32	140.8	158.4	176.0	193.6	217.0
<b>18</b>	0.9755	116.13	139.4	156.8	174.2	191.6	214.8
<b>19</b>	0.9836	115.17	138.2	155.5	172.8	190.0	213.1
<b>20</b>	0.9903	114.39	137.3	154.4	171.6	188.7	211.6
<b>21</b>	0.9957	113.77	136.5	153.6	170.7	187.7	210.5
<b>22</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>23</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>24</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>25</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>26</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>27</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>28</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>29</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>30</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>31</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>32</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>33</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>34</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>35</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>36</b>	1	113.28	135.9	152.9	169.9	186.9	209.6
<b>37</b>	0.9997	113.31	136.0	153.0	170.0	187.0	209.6
<b>38</b>	0.9906	114.35	137.2	154.4	171.5	188.7	211.6
<b>39</b>	0.9814	115.43	138.5	155.8	173.1	190.5	213.5
<b>40</b>	0.9722	116.52	139.8	157.3	174.8	192.3	215.6
<b>41</b>	0.9638	117.53	141.0	158.7	176.3	193.9	217.4
<b>42</b>	0.9554	118.57	142.3	160.1	177.9	195.6	219.4
<b>43</b>	0.9471	119.61	143.5	161.5	179.4	197.4	221.3
<b>44</b>	0.9387	120.68	144.8	162.9	181.0	199.1	223.3
<b>45</b>	0.9303	121.77	146.1	164.4	182.7	200.9	225.3
<b>46</b>	0.9226	122.78	147.3	165.8	184.2	202.6	227.1
<b>47</b>	0.9149	123.82	148.6	167.2	185.7	204.3	229.1
<b>48</b>	0.9072	124.87	149.8	168.6	187.3	206.0	231.0
<b>49</b>	0.8995	125.94	151.1	170.0	188.9	207.8	233.0
<b>50</b>	0.8918	127.02	152.4	171.5	190.5	209.6	235.0
<b>51</b>	0.8806	128.64	154.4	173.7	193.0	212.3	238.0
<b>52</b>	0.8693	130.31	156.4	175.9	195.5	215.0	241.1
<b>53</b>	0.8581	132.01	158.4	178.2	198.0	217.8	244.2
<b>54</b>	0.8468	133.77	160.5	180.6	200.7	220.7	247.5
<b>55</b>	0.8356	135.57	162.7	183.0	203.4	223.7	250.8

Standard times are given in seconds.

FRC Standards 2017.xlsx

Event	F800m 800m	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	0.8						
OC	113.28						
<b>56</b>	0.8239	137.49	165.0	185.6	206.2	226.9	254.4
<b>57</b>	0.8121	139.49	167.4	188.3	209.2	230.2	258.1
<b>58</b>	0.8004	141.53	169.8	191.1	212.3	233.5	261.8
<b>59</b>	0.7886	143.65	172.4	193.9	215.5	237.0	265.7
<b>60</b>	0.7769	145.81	175.0	196.8	218.7	240.6	269.7
<b>61</b>	0.7621	148.64	178.4	200.7	223.0	245.3	275.0
<b>62</b>	0.7473	151.59	181.9	204.6	227.4	250.1	280.4
<b>63</b>	0.7324	154.67	185.6	208.8	232.0	255.2	286.1
<b>64</b>	0.7176	157.86	189.4	213.1	236.8	260.5	292.0
<b>65</b>	0.7028	161.18	193.4	217.6	241.8	266.0	298.2
<b>66</b>	0.6893	164.34	197.2	221.9	246.5	271.2	304.0
<b>67</b>	0.6759	167.60	201.1	226.3	251.4	276.5	310.1
<b>68</b>	0.6624	171.01	205.2	230.9	256.5	282.2	316.4
<b>69</b>	0.649	174.55	209.5	235.6	261.8	288.0	322.9
<b>70</b>	0.6355	178.25	213.9	240.6	267.4	294.1	329.8
<b>71</b>	0.6205	182.56	219.1	246.5	273.8	301.2	337.7
<b>72</b>	0.6054	187.12	224.5	252.6	280.7	308.7	346.2
<b>73</b>	0.5904	191.87	230.2	259.0	287.8	316.6	355.0
<b>74</b>	0.5753	196.91	236.3	265.8	295.4	324.9	364.3
<b>75</b>	0.5603	202.18	242.6	272.9	303.3	333.6	374.0
<b>76</b>	0.547	207.09	248.5	279.6	310.6	341.7	383.1
<b>77</b>	0.5336	212.29	254.8	286.6	318.4	350.3	392.7
<b>78</b>	0.5203	217.72	261.3	293.9	326.6	359.2	402.8
<b>79</b>	0.5069	223.48	268.2	301.7	335.2	368.7	413.4
<b>80</b>	0.4936	229.50	275.4	309.8	344.2	378.7	424.6
<b>81</b>	0.4808	235.61	282.7	318.1	353.4	388.8	435.9
<b>82</b>	0.468	242.05	290.5	326.8	363.1	399.4	447.8
<b>83</b>	0.4552	248.86	298.6	336.0	373.3	410.6	460.4
<b>84</b>	0.4424	256.06	307.3	345.7	384.1	422.5	473.7
<b>85</b>	0.4296	263.69	316.4	356.0	395.5	435.1	487.8
<b>86</b>	0.4172	271.52	325.8	366.6	407.3	448.0	502.3
<b>87</b>	0.4048	279.84	335.8	377.8	419.8	461.7	517.7
<b>88</b>	0.3925	288.61	346.3	389.6	432.9	476.2	533.9
<b>89</b>	0.3801	298.03	357.6	402.3	447.0	491.7	551.3
<b>90</b>	0.3677	308.08	369.7	415.9	462.1	508.3	569.9
<b>91</b>	0.3549	319.19	383.0	430.9	478.8	526.7	590.5
<b>92</b>	0.3421	331.13	397.4	447.0	496.7	546.4	612.6
<b>93</b>	0.3293	344.00	412.8	464.4	516.0	567.6	636.4
<b>94</b>	0.3165	357.91	429.5	483.2	536.9	590.6	662.1
<b>95</b>	0.3037	373.00	447.6	503.5	559.5	615.4	690.0
<b>96</b>	0.2913	388.88	466.7	525.0	583.3	641.6	719.4
<b>97</b>	0.2789	406.17	487.4	548.3	609.3	670.2	751.4
<b>98</b>	0.2665	425.07	510.1	573.8	637.6	701.4	786.4
<b>99</b>	0.2541	445.81	535.0	601.8	668.7	735.6	824.7
<b>100</b>	0.2417	468.68	562.4	632.7	703.0	773.3	867.1

Standard times are given in seconds.

FRC Standards 2017.xlsx

F1500m		Fraserburgh Running Club Standards					
Event	1500m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	1.5						
OC	232.47						
5	0.725	320.65	384.8	432.9	481.0	529.1	593.2
6	0.7579	306.73	368.1	414.1	460.1	506.1	567.4
7	0.7886	294.79	353.7	398.0	442.2	486.4	545.4
8	0.8171	284.51	341.4	384.1	426.8	469.4	526.3
9	0.8434	275.63	330.8	372.1	413.5	454.8	509.9
10	0.8675	267.98	321.6	361.8	402.0	442.2	495.8
11	0.8894	261.38	313.7	352.9	392.1	431.3	483.6
12	0.9091	255.71	306.9	345.2	383.6	421.9	473.1
13	0.9266	250.88	301.1	338.7	376.3	414.0	464.1
14	0.9419	246.81	296.2	333.2	370.2	407.2	456.6
15	0.955	243.42	292.1	328.6	365.1	401.6	450.3
16	0.967	240.40	288.5	324.5	360.6	396.7	444.7
17	0.979	237.46	284.9	320.6	356.2	391.8	439.3
18	0.9893	234.98	282.0	317.2	352.5	387.7	434.7
19	0.9961	233.38	280.1	315.1	350.1	385.1	431.8
20	0.9996	232.56	279.1	314.0	348.8	383.7	430.2
21	1	232.47	279.0	313.8	348.7	383.6	430.1
22	1	232.47	279.0	313.8	348.7	383.6	430.1
23	1	232.47	279.0	313.8	348.7	383.6	430.1
24	1	232.47	279.0	313.8	348.7	383.6	430.1
25	1	232.47	279.0	313.8	348.7	383.6	430.1
26	1	232.47	279.0	313.8	348.7	383.6	430.1
27	1	232.47	279.0	313.8	348.7	383.6	430.1
28	1	232.47	279.0	313.8	348.7	383.6	430.1
29	0.9998	232.52	279.0	313.9	348.8	383.7	430.2
30	0.9989	232.73	279.3	314.2	349.1	384.0	430.5
31	0.9971	233.15	279.8	314.7	349.7	384.7	431.3
32	0.9946	233.73	280.5	315.5	350.6	385.7	432.4
33	0.9913	234.51	281.4	316.6	351.8	386.9	433.8
34	0.9871	235.51	282.6	317.9	353.3	388.6	435.7
35	0.9822	236.68	284.0	319.5	355.0	390.5	437.9
36	0.9765	238.06	285.7	321.4	357.1	392.8	440.4
37	0.9701	239.64	287.6	323.5	359.5	395.4	443.3
38	0.9628	241.45	289.7	326.0	362.2	398.4	446.7
39	0.9547	243.50	292.2	328.7	365.3	401.8	450.5
40	0.9459	245.77	294.9	331.8	368.6	405.5	454.7
41	0.9362	248.31	298.0	335.2	372.5	409.7	459.4
42	0.9258	251.10	301.3	339.0	376.7	414.3	464.5
43	0.9151	254.04	304.8	343.0	381.1	419.2	470.0
44	0.9044	257.04	308.5	347.0	385.6	424.1	475.5
45	0.8937	260.12	312.1	351.2	390.2	429.2	481.2
46	0.8831	263.24	315.9	355.4	394.9	434.4	487.0
47	0.8724	266.47	319.8	359.7	399.7	439.7	493.0
48	0.8617	269.78	323.7	364.2	404.7	445.1	499.1
49	0.851	273.17	327.8	368.8	409.8	450.7	505.4
50	0.8403	276.65	332.0	373.5	415.0	456.5	511.8
51	0.8297	280.19	336.2	378.3	420.3	462.3	518.3
52	0.819	283.85	340.6	383.2	425.8	468.3	525.1
53	0.8083	287.60	345.1	388.3	431.4	474.5	532.1
54	0.7976	291.46	349.8	393.5	437.2	480.9	539.2
55	0.7869	295.43	354.5	398.8	443.1	487.5	546.5

Standard times are given in seconds.

F1500m		Fraserburgh Running Club Standards					
Event	1500m	W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	1.5						
OC	232.47						
56	0.7763	299.46	359.4	404.3	449.2	494.1	554.0
57	0.7656	303.64	364.4	409.9	455.5	501.0	561.7
58	0.7549	307.95	369.5	415.7	461.9	508.1	569.7
59	0.7442	312.38	374.9	421.7	468.6	515.4	577.9
60	0.7335	316.93	380.3	427.9	475.4	522.9	586.3
61	0.7229	321.58	385.9	434.1	482.4	530.6	594.9
62	0.7122	326.41	391.7	440.7	489.6	538.6	603.9
63	0.7015	331.39	397.7	447.4	497.1	546.8	613.1
64	0.6908	336.52	403.8	454.3	504.8	555.3	622.6
65	0.6801	341.82	410.2	461.5	512.7	564.0	632.4
66	0.6695	347.23	416.7	468.8	520.8	572.9	642.4
67	0.6588	352.87	423.4	476.4	529.3	582.2	652.8
68	0.6481	358.69	430.4	484.2	538.0	591.8	663.6
69	0.6374	364.72	437.7	492.4	547.1	601.8	674.7
70	0.6267	370.94	445.1	500.8	556.4	612.1	686.2
71	0.6161	377.33	452.8	509.4	566.0	622.6	698.1
72	0.6054	383.99	460.8	518.4	576.0	633.6	710.4
73	0.5947	390.90	469.1	527.7	586.4	645.0	723.2
74	0.584	398.07	477.7	537.4	597.1	656.8	736.4
75	0.5733	405.49	486.6	547.4	608.2	669.1	750.2
76	0.5627	413.13	495.8	557.7	619.7	681.7	764.3
77	0.552	421.14	505.4	568.5	631.7	694.9	779.1
78	0.5413	429.47	515.4	579.8	644.2	708.6	794.5
79	0.5306	438.13	525.8	591.5	657.2	722.9	810.5
80	0.5199	447.14	536.6	603.6	670.7	737.8	827.2
81	0.5087	456.99	548.4	616.9	685.5	754.0	845.4
82	0.4962	468.50	562.2	632.5	702.8	773.0	866.7
83	0.4825	481.80	578.2	650.4	722.7	795.0	891.3
84	0.4676	497.16	596.6	671.2	745.7	820.3	919.7
85	0.4515	514.88	617.9	695.1	772.3	849.6	952.5
86	0.4343	535.28	642.3	722.6	802.9	883.2	990.3
87	0.4158	559.09	670.9	754.8	838.6	922.5	1034.3
88	0.3961	586.90	704.3	792.3	880.3	968.4	1085.8
89	0.3752	619.59	743.5	836.4	929.4	1022.3	1146.2
90	0.3531	658.37	790.0	888.8	987.6	1086.3	1218.0
91	0.3299	704.67	845.6	951.3	1057.0	1162.7	1303.6
92	0.3054	761.20	913.4	1027.6	1141.8	1256.0	1408.2
93	0.2797	831.14	997.4	1122.0	1246.7	1371.4	1537.6
94	0.2528	919.58	1103.5	1241.4	1379.4	1517.3	1701.2
95	0.2247	1034.58	1241.5	1396.7	1551.9	1707.1	1914.0
96	0.1955	1189.10	1426.9	1605.3	1783.7	1962.0	2199.8
97	0.165	1408.91	1690.7	1902.0	2113.4	2324.7	2606.5
98	0.1333	1743.96	2092.8	2354.3	2615.9	2877.5	3226.3
99	0.1004	2315.44	2778.5	3125.8	3473.2	3820.5	4283.6
100	0.0663	3506.33	4207.6	4733.6	5259.5	5785.5	6486.7

Standard times are given in seconds.



Event	Fmile 1Mile	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	1.609						
OC	251.6						
<b>5</b>	0.725	347.03	416.4	468.5	520.6	572.6	642.0
<b>6</b>	0.7579	331.97	398.4	448.2	498.0	547.8	614.1
<b>7</b>	0.7886	319.05	382.9	430.7	478.6	526.4	590.2
<b>8</b>	0.8171	307.92	369.5	415.7	461.9	508.1	569.6
<b>9</b>	0.8434	298.32	358.0	402.7	447.5	492.2	551.9
<b>10</b>	0.8675	290.03	348.0	391.5	435.0	478.5	536.6
<b>11</b>	0.8894	282.89	339.5	381.9	424.3	466.8	523.3
<b>12</b>	0.9091	276.76	332.1	373.6	415.1	456.6	512.0
<b>13</b>	0.9266	271.53	325.8	366.6	407.3	448.0	502.3
<b>14</b>	0.9419	267.12	320.5	360.6	400.7	440.7	494.2
<b>15</b>	0.955	263.46	316.1	355.7	395.2	434.7	487.4
<b>16</b>	0.967	260.19	312.2	351.3	390.3	429.3	481.3
<b>17</b>	0.979	257.00	308.4	346.9	385.5	424.0	475.4
<b>18</b>	0.9893	254.32	305.2	343.3	381.5	419.6	470.5
<b>19</b>	0.9961	252.59	303.1	341.0	378.9	416.8	467.3
<b>20</b>	0.9996	251.70	302.0	339.8	377.6	415.3	465.6
<b>21</b>	1	251.60	301.9	339.7	377.4	415.1	465.5
<b>22</b>	1	251.60	301.9	339.7	377.4	415.1	465.5
<b>23</b>	1	251.60	301.9	339.7	377.4	415.1	465.5
<b>24</b>	1	251.60	301.9	339.7	377.4	415.1	465.5
<b>25</b>	1	251.60	301.9	339.7	377.4	415.1	465.5
<b>26</b>	1	251.60	301.9	339.7	377.4	415.1	465.5
<b>27</b>	1	251.60	301.9	339.7	377.4	415.1	465.5
<b>28</b>	1	251.60	301.9	339.7	377.4	415.1	465.5
<b>29</b>	0.9998	251.65	302.0	339.7	377.5	415.2	465.6
<b>30</b>	0.9989	251.88	302.3	340.0	377.8	415.6	466.0
<b>31</b>	0.9972	252.31	302.8	340.6	378.5	416.3	466.8
<b>32</b>	0.9948	252.92	303.5	341.4	379.4	417.3	467.9
<b>33</b>	0.9915	253.76	304.5	342.6	380.6	418.7	469.5
<b>34</b>	0.9875	254.78	305.7	344.0	382.2	420.4	471.4
<b>35</b>	0.9827	256.03	307.2	345.6	384.0	422.4	473.7
<b>36</b>	0.9771	257.50	309.0	347.6	386.2	424.9	476.4
<b>37</b>	0.9707	259.19	311.0	349.9	388.8	427.7	479.5
<b>38</b>	0.9636	261.10	313.3	352.5	391.7	430.8	483.0
<b>39</b>	0.9557	263.26	315.9	355.4	394.9	434.4	487.0
<b>40</b>	0.9469	265.71	318.9	358.7	398.6	438.4	491.6
<b>41</b>	0.9375	268.37	322.0	362.3	402.6	442.8	496.5
<b>42</b>	0.9272	271.35	325.6	366.3	407.0	447.7	502.0
<b>43</b>	0.9165	274.52	329.4	370.6	411.8	453.0	507.9
<b>44</b>	0.9058	277.77	333.3	375.0	416.6	458.3	513.9
<b>45</b>	0.8951	281.09	337.3	379.5	421.6	463.8	520.0
<b>46</b>	0.8844	284.49	341.4	384.1	426.7	469.4	526.3
<b>47</b>	0.8737	287.97	345.6	388.8	432.0	475.2	532.7
<b>48</b>	0.863	291.54	349.8	393.6	437.3	481.0	539.4
<b>49</b>	0.8523	295.20	354.2	398.5	442.8	487.1	546.1
<b>50</b>	0.8416	298.95	358.7	403.6	448.4	493.3	553.1
<b>51</b>	0.8309	302.80	363.4	408.8	454.2	499.6	560.2
<b>52</b>	0.8202	306.75	368.1	414.1	460.1	506.1	567.5
<b>53</b>	0.8095	310.81	373.0	419.6	466.2	512.8	575.0
<b>54</b>	0.7988	314.97	378.0	425.2	472.5	519.7	582.7
<b>55</b>	0.7881	319.25	383.1	431.0	478.9	526.8	590.6

Standard times are given in seconds.

Event	Fmile 1Mile	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	1.609						
OC	251.6						
<b>56</b>	0.7774	323.64	388.4	436.9	485.5	534.0	598.7
<b>57</b>	0.7667	328.16	393.8	443.0	492.2	541.5	607.1
<b>58</b>	0.756	332.80	399.4	449.3	499.2	549.1	615.7
<b>59</b>	0.7453	337.58	405.1	455.7	506.4	557.0	624.5
<b>60</b>	0.7346	342.50	411.0	462.4	513.7	565.1	633.6
<b>61</b>	0.7239	347.56	417.1	469.2	521.3	573.5	643.0
<b>62</b>	0.7132	352.78	423.3	476.2	529.2	582.1	652.6
<b>63</b>	0.7025	358.15	429.8	483.5	537.2	590.9	662.6
<b>64</b>	0.6918	363.69	436.4	491.0	545.5	600.1	672.8
<b>65</b>	0.6811	369.40	443.3	498.7	554.1	609.5	683.4
<b>66</b>	0.6704	375.30	450.4	506.7	562.9	619.2	694.3
<b>67</b>	0.6597	381.39	457.7	514.9	572.1	629.3	705.6
<b>68</b>	0.649	387.67	465.2	523.4	581.5	639.7	717.2
<b>69</b>	0.6383	394.17	473.0	532.1	591.3	650.4	729.2
<b>70</b>	0.6276	400.89	481.1	541.2	601.3	661.5	741.7
<b>71</b>	0.6169	407.85	489.4	550.6	611.8	672.9	754.5
<b>72</b>	0.6062	415.04	498.1	560.3	622.6	684.8	767.8
<b>73</b>	0.5955	422.50	507.0	570.4	633.8	697.1	781.6
<b>74</b>	0.5848	430.23	516.3	580.8	645.3	709.9	795.9
<b>75</b>	0.5741	438.25	525.9	591.6	657.4	723.1	810.8
<b>76</b>	0.5634	446.57	535.9	602.9	669.9	736.8	826.2
<b>77</b>	0.5527	455.22	546.3	614.5	682.8	751.1	842.2
<b>78</b>	0.542	464.21	557.0	626.7	696.3	765.9	858.8
<b>79</b>	0.5313	473.56	568.3	639.3	710.3	781.4	876.1
<b>80</b>	0.5206	483.29	579.9	652.4	724.9	797.4	894.1
<b>81</b>	0.5091	494.21	593.0	667.2	741.3	815.4	914.3
<b>82</b>	0.4965	506.75	608.1	684.1	760.1	836.1	937.5
<b>83</b>	0.4827	521.23	625.5	703.7	781.9	860.0	964.3
<b>84</b>	0.4678	537.84	645.4	726.1	806.8	887.4	995.0
<b>85</b>	0.4516	557.13	668.6	752.1	835.7	919.3	1030.7
<b>86</b>	0.4343	579.32	695.2	782.1	869.0	955.9	1071.7
<b>87</b>	0.4158	605.10	726.1	816.9	907.6	998.4	1119.4
<b>88</b>	0.3961	635.19	762.2	857.5	952.8	1048.1	1175.1
<b>89</b>	0.3752	670.58	804.7	905.3	1005.9	1106.4	1240.6
<b>90</b>	0.3532	712.34	854.8	961.7	1068.5	1175.4	1317.8
<b>91</b>	0.3299	762.66	915.2	1029.6	1144.0	1258.4	1410.9
<b>92</b>	0.3055	823.57	988.3	1111.8	1235.4	1358.9	1523.6
<b>93</b>	0.2799	898.89	1078.7	1213.5	1348.3	1483.2	1663.0
<b>94</b>	0.2532	993.68	1192.4	1341.5	1490.5	1639.6	1838.3
<b>95</b>	0.2252	1117.23	1340.7	1508.3	1675.8	1843.4	2066.9
<b>96</b>	0.1961	1283.02	1539.6	1732.1	1924.5	2117.0	2373.6
<b>97</b>	0.1658	1517.49	1821.0	2048.6	2276.2	2503.9	2807.4
<b>98</b>	0.1343	1873.42	2248.1	2529.1	2810.1	3091.1	3465.8
<b>99</b>	0.1016	2476.38	2971.7	3343.1	3714.6	4086.0	4581.3
<b>100</b>	0.0677	3716.40	4459.7	5017.1	5574.6	6132.1	6875.3

Event	F3km 3km	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
dist(km)	3						
OC	501.42						
<b>5</b>	0.725	691.61	829.9	933.7	1037.4	1141.2	1279.5
<b>6</b>	0.7579	661.59	793.9	893.1	992.4	1091.6	1223.9
<b>7</b>	0.7886	635.84	763.0	858.4	953.8	1049.1	1176.3
<b>8</b>	0.8171	613.66	736.4	828.4	920.5	1012.5	1135.3
<b>9</b>	0.8434	594.52	713.4	802.6	891.8	981.0	1099.9
<b>10</b>	0.8675	578.01	693.6	780.3	867.0	953.7	1069.3
<b>11</b>	0.8894	563.77	676.5	761.1	845.7	930.2	1043.0
<b>12</b>	0.9091	551.56	661.9	744.6	827.3	910.1	1020.4
<b>13</b>	0.9266	541.14	649.4	730.5	811.7	892.9	1001.1
<b>14</b>	0.9419	532.35	638.8	718.7	798.5	878.4	984.8
<b>15</b>	0.955	525.05	630.1	708.8	787.6	866.3	971.3
<b>16</b>	0.967	518.53	622.2	700.0	777.8	855.6	959.3
<b>17</b>	0.979	512.18	614.6	691.4	768.3	845.1	947.5
<b>18</b>	0.9893	506.84	608.2	684.2	760.3	836.3	937.7
<b>19</b>	0.9961	503.38	604.1	679.6	755.1	830.6	931.3
<b>20</b>	0.9996	501.62	601.9	677.2	752.4	827.7	928.0
<b>21</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>22</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>23</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>24</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>25</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>26</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>27</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>28</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>29</b>	1	501.42	601.7	676.9	752.1	827.3	927.6
<b>30</b>	0.9994	501.72	602.1	677.3	752.6	827.8	928.2
<b>31</b>	0.9981	502.37	602.8	678.2	753.6	828.9	929.4
<b>32</b>	0.9962	503.33	604.0	679.5	755.0	830.5	931.2
<b>33</b>	0.9935	504.70	605.6	681.3	757.1	832.8	933.7
<b>34</b>	0.9902	506.38	607.7	683.6	759.6	835.5	936.8
<b>35</b>	0.9861	508.49	610.2	686.5	762.7	839.0	940.7
<b>36</b>	0.9813	510.98	613.2	689.8	766.5	843.1	945.3
<b>37</b>	0.9759	513.80	616.6	693.6	770.7	847.8	950.5
<b>38</b>	0.9697	517.09	620.5	698.1	775.6	853.2	956.6
<b>39</b>	0.9628	520.79	625.0	703.1	781.2	859.3	963.5
<b>40</b>	0.9553	524.88	629.9	708.6	787.3	866.1	971.0
<b>41</b>	0.947	529.48	635.4	714.8	794.2	873.6	979.5
<b>42</b>	0.938	534.56	641.5	721.7	801.8	882.0	988.9
<b>43</b>	0.9283	540.15	648.2	729.2	810.2	891.2	999.3
<b>44</b>	0.918	546.21	655.5	737.4	819.3	901.2	1010.5
<b>45</b>	0.9071	552.77	663.3	746.2	829.2	912.1	1022.6
<b>46</b>	0.8962	559.50	671.4	755.3	839.2	923.2	1035.1
<b>47</b>	0.8854	566.32	679.6	764.5	849.5	934.4	1047.7
<b>48</b>	0.8745	573.38	688.1	774.1	860.1	946.1	1060.8
<b>49</b>	0.8636	580.62	696.7	783.8	870.9	958.0	1074.1
<b>50</b>	0.8527	588.04	705.6	793.9	882.1	970.3	1087.9
<b>51</b>	0.8419	595.58	714.7	804.0	893.4	982.7	1101.8
<b>52</b>	0.831	603.39	724.1	814.6	905.1	995.6	1116.3
<b>53</b>	0.8201	611.41	733.7	825.4	917.1	1008.8	1131.1
<b>54</b>	0.8092	619.65	743.6	836.5	929.5	1022.4	1146.4
<b>55</b>	0.7984	628.03	753.6	847.8	942.0	1036.3	1161.9

Standard times are given in seconds.

FRC Standards 2017.xlsx

Event	F3km 3km	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
OC	501.42						
<b>56</b>	0.7875	636.72	764.1	859.6	955.1	1050.6	1177.9
<b>57</b>	0.7766	645.66	774.8	871.6	968.5	1065.3	1194.5
<b>58</b>	0.7657	654.85	785.8	884.0	982.3	1080.5	1211.5
<b>59</b>	0.7549	664.22	797.1	896.7	996.3	1096.0	1228.8
<b>60</b>	0.744	673.95	808.7	909.8	1010.9	1112.0	1246.8
<b>61</b>	0.7331	683.97	820.8	923.4	1026.0	1128.6	1265.3
<b>62</b>	0.7222	694.30	833.2	937.3	1041.4	1145.6	1284.4
<b>63</b>	0.7114	704.84	845.8	951.5	1057.3	1163.0	1303.9
<b>64</b>	0.7005	715.80	859.0	966.3	1073.7	1181.1	1324.2
<b>65</b>	0.6896	727.12	872.5	981.6	1090.7	1199.7	1345.2
<b>66</b>	0.6787	738.79	886.6	997.4	1108.2	1219.0	1366.8
<b>67</b>	0.6678	750.85	901.0	1013.7	1126.3	1238.9	1389.1
<b>68</b>	0.657	763.20	915.8	1030.3	1144.8	1259.3	1411.9
<b>69</b>	0.6461	776.07	931.3	1047.7	1164.1	1280.5	1435.7
<b>70</b>	0.6352	789.39	947.3	1065.7	1184.1	1302.5	1460.4
<b>71</b>	0.6243	803.17	963.8	1084.3	1204.8	1325.2	1485.9
<b>72</b>	0.6135	817.31	980.8	1103.4	1226.0	1348.6	1512.0
<b>73</b>	0.6026	832.09	998.5	1123.3	1248.1	1373.0	1539.4
<b>74</b>	0.5917	847.42	1016.9	1144.0	1271.1	1398.2	1567.7
<b>75</b>	0.5808	863.33	1036.0	1165.5	1295.0	1424.5	1597.2
<b>76</b>	0.57	879.68	1055.6	1187.6	1319.5	1451.5	1627.4
<b>77</b>	0.5591	896.83	1076.2	1210.7	1345.3	1479.8	1659.1
<b>78</b>	0.5482	914.67	1097.6	1234.8	1372.0	1509.2	1692.1
<b>79</b>	0.5373	933.22	1119.9	1259.8	1399.8	1539.8	1726.5
<b>80</b>	0.5257	953.81	1144.6	1287.6	1430.7	1573.8	1764.6
<b>81</b>	0.5131	977.24	1172.7	1319.3	1465.9	1612.4	1807.9
<b>82</b>	0.4993	1004.25	1205.1	1355.7	1506.4	1657.0	1857.9
<b>83</b>	0.4845	1034.92	1241.9	1397.1	1552.4	1707.6	1914.6
<b>84</b>	0.4686	1070.04	1284.0	1444.6	1605.1	1765.6	1979.6
<b>85</b>	0.4517	1110.07	1332.1	1498.6	1665.1	1831.6	2053.6
<b>86</b>	0.4336	1156.41	1387.7	1561.2	1734.6	1908.1	2139.4
<b>87</b>	0.4145	1209.70	1451.6	1633.1	1814.5	1996.0	2237.9
<b>88</b>	0.3942	1271.99	1526.4	1717.2	1908.0	2098.8	2353.2
<b>89</b>	0.3729	1344.65	1613.6	1815.3	2017.0	2218.7	2487.6
<b>90</b>	0.3506	1430.18	1716.2	1930.7	2145.3	2359.8	2645.8
<b>91</b>	0.3271	1532.93	1839.5	2069.4	2299.4	2529.3	2835.9
<b>92</b>	0.3026	1657.04	1988.4	2237.0	2485.6	2734.1	3065.5
<b>93</b>	0.277	1810.18	2172.2	2443.7	2715.3	2986.8	3348.8
<b>94</b>	0.2503	2003.28	2403.9	2704.4	3004.9	3305.4	3706.1
<b>95</b>	0.2225	2253.57	2704.3	3042.3	3380.4	3718.4	4169.1
<b>96</b>	0.1936	2589.98	3108.0	3496.5	3885.0	4273.5	4791.5
<b>97</b>	0.1637	3063.04	3675.7	4135.1	4594.6	5054.0	5666.6
<b>98</b>	0.1327	3778.60	4534.3	5101.1	5667.9	6234.7	6990.4
<b>99</b>	0.1006	4984.29	5981.2	6728.8	7476.4	8224.1	9220.9
<b>100</b>	0.0674	7439.47	8927.4	10043.3	11159.2	12275.1	13763.0

Standard times are given in seconds.

FRC Standards 2017.xlsx

Event	F5km 5km	Fraserburgh Running Club Standards					
		W Std.	Plat	Gold	Silver	Bronze	Copper
OC	864.68						
<b>5</b>	0.725	1192.66	1431.2	1610.1	1789.0	1967.9	2206.4
<b>6</b>	0.7579	1140.89	1369.1	1540.2	1711.3	1882.5	2110.6
<b>7</b>	0.7886	1096.47	1315.8	1480.2	1644.7	1809.2	2028.5
<b>8</b>	0.8171	1058.23	1269.9	1428.6	1587.3	1746.1	1957.7
<b>9</b>	0.8434	1025.23	1230.3	1384.1	1537.8	1691.6	1896.7
<b>10</b>	0.8675	996.75	1196.1	1345.6	1495.1	1644.6	1844.0
<b>11</b>	0.8894	972.21	1166.6	1312.5	1458.3	1604.1	1798.6
<b>12</b>	0.9091	951.14	1141.4	1284.0	1426.7	1569.4	1759.6
<b>13</b>	0.9266	933.18	1119.8	1259.8	1399.8	1539.7	1726.4
<b>14</b>	0.9419	918.02	1101.6	1239.3	1377.0	1514.7	1698.3
<b>15</b>	0.955	905.42	1086.5	1222.3	1358.1	1493.9	1675.0
<b>16</b>	0.967	894.19	1073.0	1207.2	1341.3	1475.4	1654.2
<b>17</b>	0.979	883.23	1059.9	1192.4	1324.8	1457.3	1634.0
<b>18</b>	0.9893	874.03	1048.8	1179.9	1311.0	1442.2	1617.0
<b>19</b>	0.9961	868.07	1041.7	1171.9	1302.1	1432.3	1605.9
<b>20</b>	0.9996	865.03	1038.0	1167.8	1297.5	1427.3	1600.3
<b>21</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>22</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>23</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>24</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>25</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>26</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>27</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>28</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>29</b>	1	864.68	1037.6	1167.3	1297.0	1426.7	1599.7
<b>30</b>	0.9997	864.94	1037.9	1167.7	1297.4	1427.2	1600.1
<b>31</b>	0.9987	865.81	1039.0	1168.8	1298.7	1428.6	1601.7
<b>32</b>	0.9971	867.19	1040.6	1170.7	1300.8	1430.9	1604.3
<b>33</b>	0.9948	869.20	1043.0	1173.4	1303.8	1434.2	1608.0
<b>34</b>	0.9919	871.74	1046.1	1176.9	1307.6	1438.4	1612.7
<b>35</b>	0.9883	874.92	1049.9	1181.1	1312.4	1443.6	1618.6
<b>36</b>	0.9841	878.65	1054.4	1186.2	1318.0	1449.8	1625.5
<b>37</b>	0.9793	882.96	1059.5	1192.0	1324.4	1456.9	1633.5
<b>38</b>	0.9737	888.04	1065.6	1198.8	1332.1	1465.3	1642.9
<b>39</b>	0.9676	893.63	1072.4	1206.4	1340.5	1474.5	1653.2
<b>40</b>	0.9608	899.96	1080.0	1214.9	1349.9	1484.9	1664.9
<b>41</b>	0.9533	907.04	1088.4	1224.5	1360.6	1496.6	1678.0
<b>42</b>	0.9452	914.81	1097.8	1235.0	1372.2	1509.4	1692.4
<b>43</b>	0.9365	923.31	1108.0	1246.5	1385.0	1523.5	1708.1
<b>44</b>	0.9271	932.67	1119.2	1259.1	1399.0	1538.9	1725.4
<b>45</b>	0.917	942.94	1131.5	1273.0	1414.4	1555.9	1744.4
<b>46</b>	0.9063	954.08	1144.9	1288.0	1431.1	1574.2	1765.0
<b>47</b>	0.8953	965.80	1159.0	1303.8	1448.7	1593.6	1786.7
<b>48</b>	0.8843	977.81	1173.4	1320.0	1466.7	1613.4	1809.0
<b>49</b>	0.8733	990.13	1188.2	1336.7	1485.2	1633.7	1831.7
<b>50</b>	0.8623	1002.76	1203.3	1353.7	1504.1	1654.6	1855.1
<b>51</b>	0.8512	1015.84	1219.0	1371.4	1523.8	1676.1	1879.3
<b>52</b>	0.8402	1029.14	1235.0	1389.3	1543.7	1698.1	1903.9
<b>53</b>	0.8292	1042.79	1251.3	1407.8	1564.2	1720.6	1929.2
<b>54</b>	0.8182	1056.81	1268.2	1426.7	1585.2	1743.7	1955.1
<b>55</b>	0.8072	1071.21	1285.5	1446.1	1606.8	1767.5	1981.7

Standard times are given in seconds.

FRC Standards 2017.xlsx

Event	F5km 5km	Fraserburgh Running Club Standards					
		5 W Std.	Plat	Gold	Silver	Bronze	Copper
OC	864.68						
<b>56</b>	0.7961	1086.14	1303.4	1466.3	1629.2	1792.1	2009.4
<b>57</b>	0.7851	1101.36	1321.6	1486.8	1652.0	1817.2	2037.5
<b>58</b>	0.7741	1117.01	1340.4	1508.0	1675.5	1843.1	2066.5
<b>59</b>	0.7631	1133.11	1359.7	1529.7	1699.7	1869.6	2096.3
<b>60</b>	0.7521	1149.69	1379.6	1552.1	1724.5	1897.0	2126.9
<b>61</b>	0.741	1166.91	1400.3	1575.3	1750.4	1925.4	2158.8
<b>62</b>	0.73	1184.49	1421.4	1599.1	1776.7	1954.4	2191.3
<b>63</b>	0.719	1202.61	1443.1	1623.5	1803.9	1984.3	2224.8
<b>64</b>	0.708	1221.30	1465.6	1648.8	1831.9	2015.1	2259.4
<b>65</b>	0.697	1240.57	1488.7	1674.8	1860.9	2046.9	2295.1
<b>66</b>	0.6859	1260.65	1512.8	1701.9	1891.0	2080.1	2332.2
<b>67</b>	0.6749	1281.20	1537.4	1729.6	1921.8	2114.0	2370.2
<b>68</b>	0.6639	1302.43	1562.9	1758.3	1953.6	2149.0	2409.5
<b>69</b>	0.6529	1324.37	1589.2	1787.9	1986.6	2185.2	2450.1
<b>70</b>	0.6419	1347.06	1616.5	1818.5	2020.6	2222.7	2492.1
<b>71</b>	0.6308	1370.77	1644.9	1850.5	2056.2	2261.8	2535.9
<b>72</b>	0.6198	1395.10	1674.1	1883.4	2092.6	2301.9	2580.9
<b>73</b>	0.6088	1420.30	1704.4	1917.4	2130.5	2343.5	2627.6
<b>74</b>	0.5978	1446.44	1735.7	1952.7	2169.7	2386.6	2675.9
<b>75</b>	0.5868	1473.55	1768.3	1989.3	2210.3	2431.4	2726.1
<b>76</b>	0.5757	1501.96	1802.4	2027.6	2252.9	2478.2	2778.6
<b>77</b>	0.5647	1531.22	1837.5	2067.1	2296.8	2526.5	2832.8
<b>78</b>	0.5537	1561.64	1874.0	2108.2	2342.5	2576.7	2889.0
<b>79</b>	0.5422	1594.76	1913.7	2152.9	2392.1	2631.4	2950.3
<b>80</b>	0.5297	1632.40	1958.9	2203.7	2448.6	2693.5	3019.9
<b>81</b>	0.5161	1675.41	2010.5	2261.8	2513.1	2764.4	3099.5
<b>82</b>	0.5016	1723.84	2068.6	2327.2	2585.8	2844.3	3189.1
<b>83</b>	0.4861	1778.81	2134.6	2401.4	2668.2	2935.0	3290.8
<b>84</b>	0.4696	1841.31	2209.6	2485.8	2762.0	3038.2	3406.4
<b>85</b>	0.4521	1912.59	2295.1	2582.0	2868.9	3155.8	3538.3
<b>86</b>	0.4335	1994.65	2393.6	2692.8	2992.0	3291.2	3690.1
<b>87</b>	0.414	2088.60	2506.3	2819.6	3132.9	3446.2	3863.9
<b>88</b>	0.3935	2197.41	2636.9	2966.5	3296.1	3625.7	4065.2
<b>89</b>	0.372	2324.41	2789.3	3138.0	3486.6	3835.3	4300.2
<b>90</b>	0.3495	2474.05	2968.9	3340.0	3711.1	4082.2	4577.0
<b>91</b>	0.3259	2653.21	3183.8	3581.8	3979.8	4377.8	4908.4
<b>92</b>	0.3014	2868.88	3442.7	3873.0	4303.3	4733.6	5307.4
<b>93</b>	0.2759	3134.03	3760.8	4230.9	4701.1	5171.2	5798.0
<b>94</b>	0.2494	3467.04	4160.4	4680.5	5200.6	5720.6	6414.0
<b>95</b>	0.2219	3896.71	4676.1	5260.6	5845.1	6429.6	7208.9
<b>96</b>	0.1933	4473.25	5367.9	6038.9	6709.9	7380.9	8275.5
<b>97</b>	0.1638	5278.88	6334.7	7126.5	7918.3	8710.1	9765.9
<b>98</b>	0.1333	6486.72	7784.1	8757.1	9730.1	10703.1	12000.4
<b>99</b>	0.1018	8493.91	10192.7	11466.8	12740.9	14015.0	15713.7
<b>100</b>	0.0692	12495.38	14994.5	16868.8	18743.1	20617.4	23116.4

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FRC Standards 2017.xlsx