



AGE-GRADED LONGEVITY PERFORMANCE STANDARDS

Mile Run (aerobic/endurance) & 400m Run (anaerobic/speed)

MEN'S STANDARDS

AGE	MILE OUTST.	MILE V.GOOD	MILE PASS.	MILE DEFIC.	400M OUTST.	400M V.GOOD	400M PASS.	400M DEFIC.
50	8:00	9:00	10:00	12:00	1:32	1:45	2:00	2:45
60	8:29	9:32	10:36	12:43	1:38	1:51	2:07	2:55
70	9:10	10:18	11:26	13:44	1:45	2:00	2:18	3:10
80	10:05	11:20	12:34	15:06	1:56	2:12	2:31	3:31
90	11:36	13:02	14:27	17:22	2:14	2:32	2:54	4:02
100	14:30	16:18	18:03	21:43	2:48	3:10	3:38	5:02

WOMEN'S STANDARDS

AGE	MILE OUTST.	MILE V.GOOD	MILE PASS.	MILE DEFIC.	400M OUTST.	400M V.GOOD	400M PASS.	400M DEFIC.
50	9:00	10:00	11:00	13:00	1:45	2:00	2:20	3:00
60	9:32	10:36	11:40	13:47	1:51	2:07	2:28	3:11
70	10:18	11:26	12:36	14:54	2:00	2:18	2:42	3:22
80	11:20	12:34	13:52	16:24	2:12	2:31	2:59	3:44
90	13:02	14:27	15:55	18:52	2:32	2:54	3:26	4:18
100	16:18	18:03	19:54	23:35	3:10	3:38	4:17	5:23