

2010 STROMLO Running Festival Australian Age-Sex Handicap Cross Country Handicaps

Males	Start in Secs	Males	Start in Secs
14 years	226	57 years	264
15 years	190	58 years	277
16 years	156	59 years	290
17 years	123	60 years	303
18 years	82	61 years	317
19 years	44	62 years	331
20 years	Scratch	63 years	345
21 years	Scratch	64 years	360
22 years	Scratch	65 years	374
23 years	Scratch	66 years	389
24 years	Scratch	67 years	405
25 years	Scratch	68 years	420
26 years	Scratch	69 years	438
27 years	Scratch	70 years	457
28 years	Scratch	71 years	478
29 years	1	72 years	501
30 years	3	73 years	527
31 years	6	74 years	554
32 years	10	75 years	585
33 years	15	76 years	618
34 years	20	77 years	654
35 years	27	78 years	694
36 years	35	79 years	737
37 years	44	80 years	785
38 years	53	81 years	837
39 years	63	82 years	894
40 years	72	83 years	956
41 years	82	84 years	1025
42 years	92	85 years	1102
43 years	103	86 years	1187
44 years	113	87 years	1281
45 years	123	88 years	1387
46 years	134	89 years	1505
47 years	145	90 years	1639
48 years	156	91 years	1791
49 years	167	92 years	1966
50 years	179	93 years	2168
51 years	190	94 years	2403
52 years	202	95 years	2682
53 years	214	96 years	3015
54 years	226	97 years	3422
55 years	238	98 years	3929
56 years	251	99 years	4575

Females	Start in Secs	Females	Start in Secs
14 years	273	57 years	568
15 years	261	58 years	594
16 years	248	59 years	620
17 years	236	60 years	648
18 years	226	61 years	676
19 years	208	62 years	705
20 years	178	63 years	735
21 years	178	64 years	766
22 years	178	65 years	797
23 years	178	66 years	831
24 years	178	67 years	864
25 years	178	68 years	899
26 years	178	69 years	936
27 years	178	70 years	973
28 years	178	71 years	1012
29 years	178	72 years	1052
30 years	178	73 years	1094
31 years	180	74 years	1137
32 years	182	75 years	1181
33 years	185	76 years	1228
34 years	190	77 years	1276
35 years	195	78 years	1327
36 years	201	79 years	1381
37 years	208	80 years	1443
38 years	216	81 years	1514
39 years	226	82 years	1594
40 years	236	83 years	1684
41 years	248	84 years	1787
42 years	261	85 years	1905
43 years	275	86 years	2040
44 years	290	87 years	2195
45 years	307	88 years	2374
46 years	325	89 years	2584
47 years	345	90 years	2830
48 years	364	91 years	3126
49 years	385	92 years	3481
50 years	406	93 years	3918
51 years	427	94 years	4467
52 years	449	95 years	5175
53 years	472	96 years	6125
54 years	495	97 years	7453
55 years	518	98 years	9443
56 years	543	99 years	12751