

STANDARDS - Fast Cow

CLASS	EVENT	WOMEN	MEN
11	100	17.15	15.31
11	200	37.88	31.5
11	400	1.28.00	1.13.75
11	800	3.52.00	
11	1500	6.40.50	5.32.00
11	5000		21.32.35
12	100	18	14.94
12	200	37.5	30.25
12	400	1.24.00	1.08.25
12	800	3.52.00	
12	1500	6.20.00	5.15.00
12	5000		18.30.00
13	100	18	15.25
13	200	36.8	30.77
13	400	1.24.00	1.08.75
13	800		2.42.30
13	1500	5.45.00	5.15.00
13	5000		18.30.00
20	400	1.22.00	1.10.50
20	1500	5.45.00	5.15.00
33	100	36	28.3
33	200		44
33	400		1.20.00
33	800	3.58.00	3.20.00
34	100	36	24
34	200	49	44
34	400		1.20.00
34	800	3.58.00	3.20.00
35	100	34.38	19.5
35	200	56.25	43.09
36	100	23.25	18.33
36	200	48.25	35.4

CLASS	EVENT	WOMEN	MEN
36	400		1.23.54
36	800		3.05.00
37	100	21.06	16.38
37	200	42.5	33
37	400	1.34.00	1.20.00
37	800		2.58.48
37	1500		5.50.16
38	100	20.83	16.25
38	200	40.78	32.1
38	400	1.33.00	1.20.00
38	800		2.58.48
38	1500		5.30.16
42	100	25	20.31
42	200		42.5
43	100	21.25	16.75
43	200	40.83	35.5
43	400	1.34.00	1.16.13
44	100	21.25	16.75
44	200	40.63	35.5
44	400	1.38.00	1.16.13
45	100	19.5	14.82
45	200	32	30.15
45	400	1.50.00	1.05.00
45	1500	5.50.00	5.20.00
46	100	19.5	14.82
46	200	33	30.15
46	400	1.30.00	1.05.00
46	1500	5.50.00	5.20.00
47	100	19.5	14.82
47	200	38	50.15
47	400	1.30.00	1.05.00

CLASS	EVENT	WOMEN	MEN
51	100	41.45	39.38
51	200	54	
51	400	1.34.00	2.15.00
52	100	36	25.46
52	200	54	45
52	400	1.34.00	1.31.00
52	800	3.00.00	2.40.35
52	1500		5.40.00
53	100	28.38	20.51
53	200	44	35.96
53	400	1.30.00	1.10.00
53	800	3.00.00	2.40.35
53	1500	4.10.00	3.58.23
53	5000	14.12.00	13.28.00
54	100	23.63	18.75
54	200	37	33.21
54	400	1.20.00	1.03.75
54	800	2.40.00	2.07.45
54	1500	4.10.00	3.58.93
54	5000	14.12.00	13.28.00
61	100	25	20.31
61	200		42.5
62	100	21.25	16.75
62	200	40.63	35.5
62	400	1.38.00	1.16.13
63	100	25	20.31
63	200		42.5
64	100	21.25	16.75
64	200	40.63	35.5
64	400	1.38.00	1.16.13