

**Outdoor Track Times**

<b>300m PR</b>	<b>80%</b>	<b>500m</b>	<b>400m</b>	<b>300m</b>	<b>200m</b>	<b>100m</b>
37	46.3	77.1	61.7	46.3	30.8	15.4
38	47.5	79.2	63.3	47.5	31.7	15.8
39	48.8	81.3	65.0	48.8	32.5	16.3
40	50.0	83.3	66.7	50.0	33.3	16.7
41	51.3	85.4	68.3	51.3	34.2	17.1
42	52.5	87.5	70.0	52.5	35.0	17.5
43	53.8	89.6	71.7	53.8	35.8	17.9
44	55.0	91.7	73.3	55.0	36.7	18.3
45	56.3	93.8	75.0	56.3	37.5	18.8
46	57.5	95.8	76.7	57.5	38.3	19.2
47	58.8	97.9	78.3	58.8	39.2	19.6
48	60.0	100.0	80.0	60.0	40.0	20.0
49	61.3	102.1	81.7	61.3	40.8	20.4
50	62.5	104.2	83.3	62.5	41.7	20.8
51	63.8	106.3	85.0	63.8	42.5	21.3
52	65.0	108.3	86.7	65.0	43.3	21.7
53	66.3	110.4	88.3	66.3	44.2	22.1
54	67.5	112.5	90.0	67.5	45.0	22.5
55	68.8	114.6	91.7	68.8	45.8	22.9
56	70.0	116.7	93.3	70.0	46.7	23.3
57	71.3	118.8	95.0	71.3	47.5	23.8
58	72.5	120.8	96.7	72.5	48.3	24.2
59	73.8	122.9	98.3	73.8	49.2	24.6
60	75.0	125.0	100.0	75.0	50.0	25.0
61	76.3	127.1	101.7	76.3	50.8	25.4
62	77.5	129.2	103.3	77.5	51.7	25.8
63	78.8	131.3	105.0	78.8	52.5	26.3
64	80.0	133.3	106.7	80.0	53.3	26.7
65	81.3	135.4	108.3	81.3	54.2	27.1