

FEMALE**VIRTUAL 1 MILE STANDARDS TIME**

Age		40%	50%	60%	70%	80%
		Bronze Int	Bronze	Silver	Gold	Diamond
7	06:05	15:13	12:10	10:08	08:41	07:36
8	05:43	14:17	11:26	09:32	08:10	07:09
9	05:18	13:15	10:36	08:50	07:34	06:37
10	05:04	12:40	10:08	08:27	07:14	06:20
11	04:56	12:20	09:52	08:13	07:03	06:10
12	04:46	11:55	09:32	07:57	06:49	05:57
13	04:44	11:50	09:28	07:53	06:46	05:55
14	04:04	10:10	08:08	06:47	05:49	05:05
15	04:36	11:30	09:12	07:40	06:34	05:45
16	04:28	11:10	08:56	07:27	06:23	05:35
17	04:24	11:00	08:48	07:20	06:17	05:30
18	04:24	11:00	08:48	07:20	06:17	05:30
MO	04:17	10:43	08:34	07:08	06:07	05:21
40-44	04:24	11:00	08:48	07:20	06:17	05:30
45-49	04:48	12:00	09:36	08:00	06:51	06:00
50-54	04:58	12:25	09:56	08:17	07:06	06:13
55-59	05:08	12:50	10:16	08:33	07:20	06:25
60-64	05:04	12:40	10:08	08:27	07:14	06:20
65-69	05:52	14:40	11:44	09:47	08:23	07:20
70+	06:38	16:35	13:16	11:03	09:29	08:17