

**BPFA Conversion Tables: Run**

**Table 1:** BPFA conversion table, run, under 30-39 age groups

Age Group	Under 30		30-34		35-39	
Points	Male	Female	Male	Female	Male	Female
100	8:15	10:00	8:30	10:30	9:00	11:00
99	8:19	10:06	8:35	10:36	9:05	11:06
98	8:24	10:12	8:40	10:42	9:10	11:12
97	8:28	10:18	8:45	10:48	9:15	11:18
96	8:33	10:24	8:50	10:54	9:20	11:24
95	8:37	10:30	8:55	11:00	9:25	11:30
94	8:42	10:36	9:00	11:06	9:30	11:36
93	8:46	10:42	9:05	11:12	9:35	11:42
92	8:51	10:48	9:10	11:18	9:40	11:48
91	8:55	10:54	9:15	11:24	9:45	11:54
90	9:00	11:00	9:20	11:30	9:50	12:00
89	9:04	11:06	9:25	11:36	9:55	12:06
88	9:09	11:12	9:30	11:42	10:00	12:12
87	9:13	11:18	9:35	11:48	10:05	12:18
86	9:18	11:24	9:40	11:54	10:10	12:24
85	9:22	11:30	9:45	12:00	10:15	12:30
84	9:27	11:36	9:50	12:06	10:20	12:36
83	9:31	11:42	9:55	12:12	10:25	12:42
82	9:36	11:48	10:00	12:18	10:30	12:48
81	9:40	11:54	10:05	12:24	10:35	12:54
80	9:45	12:00	10:10	12:30	10:40	13:00
79	9:49	12:06	10:15	12:36	10:45	13:06
78	9:54	12:12	10:20	12:42	10:50	13:12
77	9:58	12:18	10:25	12:48	10:55	13:18
76	10:03	12:24	10:30	12:54	11:00	13:24
75	10:07	12:30	10:35	13:00	11:05	13:30
74	10:12	12:36	10:40	13:06	11:10	13:36
73	10:16	12:42	10:45	13:12	11:15	13:42
72	10:21	12:48	10:50	13:18	11:20	13:48
71	10:25	12:54	10:55	13:24	11:25	13:54
70	10:30	13:00	11:00	13:30	11:30	14:00
69	10:34	13:06	11:05	13:36	11:35	14:06
68	10:39	13:12	11:10	13:42	11:40	14:12
67	10:43	13:18	11:15	13:48	11:45	14:18
66	10:48	13:24	11:20	13:54	11:50	14:24
65	10:52	13:30	11:25	14:00	11:55	14:30
64	10:57	13:36	11:30	14:06	12:00	14:36
63	11:01	13:42	11:35	14:12	12:05	14:42
62	11:06	13:48	11:40	14:18	12:10	14:48
61	11:10	13:54	11:45	14:24	12:15	14:54
60	11:15	14:00	11:50	14:30	12:20	15:00
59	11:19	14:06	11:55	14:36	12:25	15:06
58	11:24	14:12	12:00	14:42	12:30	15:12
57	11:28	14:18	12:05	14:48	12:35	15:18
56	11:33	14:24	12:10	14:54	12:40	15:24
55	11:37	14:30	12:15	15:00	12:45	15:30
54	11:42	14:36	12:20	15:06	12:50	15:36
53	11:46	14:42	12:25	15:12	12:55	15:42
52	11:51	14:48	12:30	15:18	13:00	15:48
51	11:55	14:54	12:35	15:24	13:05	15:54
50	12:00	15:00	12:40	15:30	13:10	16:00

**Table 2:** BPFA conversion table, run, 40-54 age groups

Age Group	40-44		45-49		50-54	
Points	M	F	M	F	M	F
100	9:15	11:30	9:30	12:00	10:00	12:45
99	9:20	11:36	9:36	12:06	10:07	12:51
98	9:26	11:42	9:42	12:12	10:14	12:58
97	9:31	11:48	9:48	12:18	10:21	13:04
96	9:37	11:54	9:54	12:24	10:28	13:11
95	9:42	12:00	10:00	12:30	10:35	13:17
94	9:48	12:06	10:06	12:36	10:42	13:24
93	9:53	12:12	10:12	12:42	10:49	13:30
92	9:59	12:18	10:18	12:48	10:56	13:37
91	10:04	12:24	10:24	12:54	11:03	13:43
90	10:10	12:30	10:30	13:00	11:10	13:50
89	10:15	12:36	10:36	13:06	11:17	13:56
88	10:21	12:42	10:42	13:12	11:24	14:03
87	10:26	12:48	10:48	13:18	11:31	14:09
86	10:32	12:54	10:54	13:24	11:38	14:16
85	10:37	13:00	11:00	13:30	11:45	14:22
84	10:43	13:06	11:06	13:36	11:52	14:29
83	10:48	13:12	11:12	13:42	11:59	14:35
82	10:54	13:18	11:18	13:48	12:06	14:42
81	10:59	13:24	11:24	13:54	12:13	14:48
80	11:05	13:30	11:30	14:00	12:20	14:55
79	11:10	13:36	11:36	14:06	12:27	15:01
78	11:16	13:42	11:42	14:12	12:34	15:08
77	11:21	13:48	11:48	14:18	12:41	15:14
76	11:27	13:54	11:54	14:24	12:48	15:21
75	11:32	14:00	12:00	14:30	12:55	15:27
74	11:38	14:06	12:06	14:36	13:02	15:34
73	11:43	14:12	12:12	14:42	13:09	15:40
72	11:49	14:18	12:18	14:48	13:16	15:47
71	11:54	14:24	12:24	14:54	13:23	15:53
70	12:00	14:30	12:30	15:00	13:30	16:00
69	12:05	14:36	12:36	15:06	13:37	16:06
68	12:11	14:42	12:42	15:12	13:44	16:13
67	12:16	14:48	12:48	15:18	13:51	16:19
66	12:22	14:54	12:54	15:24	13:58	16:26
65	12:27	15:00	13:00	15:30	14:05	16:32
64	12:33	15:06	13:06	15:36	14:12	16:39
63	12:38	15:12	13:12	15:42	14:19	16:45
62	12:44	15:18	13:18	15:48	14:26	16:52
61	12:49	15:24	13:24	15:54	14:33	16:58
60	12:55	15:30	13:30	16:00	14:40	17:05
59	13:00	15:36	13:36	16:06	14:47	17:11
58	13:06	15:42	13:42	16:12	14:54	17:18
57	13:11	15:48	13:48	16:18	15:01	17:24
56	13:17	15:54	13:54	16:24	15:08	17:31
55	13:22	16:00	14:00	16:30	15:15	17:37
54	13:28	16:06	14:06	16:36	15:22	17:44
53	13:33	16:12	14:12	16:42	15:29	17:50
52	13:39	16:18	14:18	16:48	15:36	17:57
51	13:44	16:24	14:24	16:54	15:43	18:03
50	13:50	16:30	14:30	17:00	15:50	18:10