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97	0,1761	0,1761	0,1761	0,1761	0,1761	0,1761	0,1761	0,1761	0,1761	0,1761	0,1761	0,1549	0,1367	0,1143	0,1143	0,1143	0,1143	0,1143	0,1143	0,1143
98	0,1430	0,1430	0,1430	0,1430	0,1430	0,1430	0,1430	0,1430	0,1430	0,1430	0,1430	0,1222	0,1048	0,0847	0,0847	0,0847	0,0847	0,0847	0,0847	0,0847
99	0,1087	0,1087	0,1087	0,1087	0,1087	0,1087	0,1087	0,1087	0,1087	0,1087	0,1087	0,0885	0,0719	0,0543	0,0543	0,0543	0,0543	0,0543	0,0543	0,0543
100	0,0732	0,0732	0,0732	0,0732	0,0732	0,0732	0,0732	0,0732	0,0732	0,0732	0,0732	0,0536	0,0380	0,0231	0,0231	0,0231	0,0231	0,0231	0,0231	0,0231

Compiled by Alan Jones, 3717 Wildwood Drive, Endwell, NY 13760, 607-786-5866

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With lots of help from Rex Harvey

July 8, 2004

### Female Road Age Standards in H:MM:SS WMA 2010

Age	5 km	6 km	4 Mile	8 km	5 Mile	10 km	12 km	15 km	10 Mile	20 km	H. Mar	25 km	30 km	Marathon	50 km	50 Mile	100 km	150 km	100 Mile	200 km
OC sec	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
OC	0:14:48	0:17:53	0:19:14	0:24:05	0:24:12	0:30:20	0:36:40	0:46:12	0:49:41	1:02:18	1:05:50	1:18:32	1:34:56	2:15:25	2:43:40	4:56:00	6:33:11	11:01:40	12:05:00	16:00:00
5	0:20:25	0:24:40	0:26:32	0:33:13	0:33:23	0:41:50	0:50:34	1:03:43	1:08:32	1:25:56	1:30:48	1:48:19	2:10:57	3:06:47	3:45:45	6:48:17	9:02:19	15:12:39	16:40:00	
6	0:19:32	0:23:36	0:25:23	0:31:47	0:31:56	0:40:05	0:48:47	1:03:05	1:09:02	1:28:56	1:34:50	1:55:15	2:21:58	3:26:28	4:09:32	7:31:17	9:59:27	16:48:48	18:25:21	
7	0:18:46	0:22:41	0:24:23	0:30:32	0:30:41	0:38:31	0:46:51	1:00:23	1:05:57	1:24:41	1:30:12	1:49:22	2:14:23	3:14:57	3:55:38	7:06:09	9:26:03	15:52:35	17:23:46	23:02:05
8	0:18:07	0:21:53	0:23:32	0:29:28	0:29:37	0:37:10	0:45:10	0:58:04	1:03:18	1:21:03	1:26:14	1:44:21	2:07:58	3:05:13	3:43:52	6:44:52	8:57:48	15:05:02	16:31:39	21:53:05
9	0:17:33	0:21:12	0:22:48	0:28:33	0:28:42	0:36:00	0:43:44	0:56:04	1:01:01	1:17:55	1:22:50	1:40:03	2:02:28	2:56:55	3:33:50	6:26:44	8:33:42	14:24:28	15:47:13	20:54:15
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12	0:16:17	0:19:40	0:21:09	0:26:29	0:26:37	0:33:24	0:40:29	0:51:35	0:55:54	1:10:54	1:15:12	1:30:25	1:50:09	2:38:22	3:11:24	5:46:10	7:39:49	12:53:47	14:07:51	18:42:41
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50	0:16:46	0:20:15	0:21:47	0:27:17	0:27:25	0:34:22	0:41:32	0:52:20	0:56:17	1:10:34	1:14:34	1:29:59	1:50:07	2:40:50	3:14:23	5:51:33	7:46:58	13:05:50	14:21:03	19:00:09
51	0:16:58	0:20:31	0:22:04	0:27:37	0:27:45	0:34:47	0:42:03	0:52:59	0:56:59	1:11:27	1:15:30	1:31:07	1:51:32	2:42:56	3:16:56	5:56:09	7:53:05	13:16:08	14:32:20	19:15:06
52	0:17:11	0:20:46	0:22:20	0:27:58	0:28:06	0:35:14	0:42:35	0:53:40	0:57:42	1:12:21	1:16:28	1:32:17	1:52:59	2:45:06	3:19:33	6:00:53	7:59:22	13:26:43	14:43:56	19:30:27
53	0:17:25	0:21:02	0:22:37	0:28:20	0:28:28	0:35:41	0:43:08	0:54:21	0:58:27	1:13:17	1:17:27	1:33:29	1:54:28	2:47:20	3:22:14	6:05:45	8:05:50	13:37:35	14:55:50	19:46:13
54	0:17:38	0:21:19	0:22:55	0:28:42	0:28:50	0:36:09	0:43:42	0:55:03	0:59:12	1:14:14	1:18:27	1:34:43	1:55:59	2:49:37	3:25:00	6:10:44	8:12:28	13:48:44	15:08:04	20:02:24

55	0:17:52	0:21:35	0:23:13	0:29:05	0:29:13	0:36:37	0:44:16	0:55:47	0:59:59	1:15:13	1:19:29	1:35:58	1:57:33	2:51:57	3:27:50	6:15:52	8:19:17	14:00:13	15:20:38	20:19:03
56	0:18:06	0:21:53	0:23:32	0:29:28	0:29:36	0:37:07	0:44:51	0:56:31	1:00:47	1:16:13	1:20:32	1:37:16	1:59:09	2:54:22	3:30:45	6:21:09	8:26:17	14:12:00	15:33:33	20:36:09
57	0:18:21	0:22:10	0:23:51	0:29:52	0:30:00	0:37:37	0:45:28	0:57:17	1:01:36	1:17:15	1:21:38	1:38:36	2:00:49	2:56:51	3:33:45	6:26:34	8:33:30	14:24:08	15:46:51	20:53:45
58	0:18:36	0:22:29	0:24:10	0:30:16	0:30:25	0:38:08	0:46:05	0:58:04	1:02:27	1:18:18	1:22:45	1:39:58	2:02:31	2:59:24	3:36:50	6:32:09	8:40:55	14:36:37	16:00:31	21:11:52
59	0:18:52	0:22:47	0:24:31	0:30:41	0:30:50	0:38:39	0:46:44	0:58:53	1:03:19	1:19:24	1:23:54	1:41:22	2:04:15	3:02:02	3:40:01	6:37:54	8:48:33	14:49:27	16:14:36	21:30:30
60	0:19:08	0:23:07	0:24:51	0:31:07	0:31:16	0:39:12	0:47:23	0:59:42	1:04:12	1:20:31	1:25:05	1:42:49	2:06:03	3:04:45	3:43:17	6:43:49	8:56:24	15:02:41	16:29:05	21:49:41
61	0:19:24	0:23:26	0:25:13	0:31:34	0:31:43	0:39:46	0:48:04	1:00:34	1:05:07	1:21:40	1:26:18	1:44:18	2:07:54	3:07:32	3:46:39	6:49:55	9:04:30	15:16:19	16:44:01	22:09:27
62	0:19:41	0:23:47	0:25:35	0:32:02	0:32:11	0:40:20	0:48:46	1:01:26	1:06:04	1:22:51	1:27:33	1:45:50	2:09:49	3:10:24	3:50:08	6:56:12	9:12:51	15:30:21	16:59:24	22:29:50
63	0:19:58	0:24:08	0:25:57	0:32:30	0:32:39	0:40:56	0:49:29	1:02:20	1:07:02	1:24:04	1:28:50	1:47:25	2:11:47	3:13:22	3:53:43	7:02:41	9:21:27	15:44:50	17:15:16	22:50:50
64	0:20:16	0:24:29	0:26:20	0:32:59	0:33:08	0:41:32	0:50:13	1:03:16	1:08:02	1:25:19	1:30:09	1:49:03	2:13:48	3:16:26	3:57:24	7:09:22	9:30:20	15:59:46	17:31:38	23:12:31
65	0:20:35	0:24:52	0:26:44	0:33:29	0:33:39	0:42:10	0:50:59	1:04:14	1:09:04	1:26:37	1:31:31	1:50:43	2:15:53	3:19:35	4:01:13	7:16:15	9:39:29	16:15:11	17:48:32	23:34:53
66	0:20:54	0:25:15	0:27:09	0:34:00	0:34:10	0:42:49	0:51:46	1:05:13	1:10:08	1:27:57	1:32:56	1:52:27	2:18:03	3:22:50	4:05:09	7:23:23	9:48:57	16:31:07	18:05:59	23:57:59
67	0:21:13	0:25:38	0:27:34	0:34:32	0:34:42	0:43:29	0:52:34	1:06:14	1:11:14	1:29:19	1:34:23	1:54:14	2:20:16	3:26:12	4:09:14	7:30:44	9:58:44	16:47:34	18:24:00	
68	0:21:33	0:26:03	0:28:01	0:35:05	0:35:15	0:44:11	0:53:24	1:07:17	1:12:22	1:30:44	1:35:53	1:56:04	2:22:34	3:29:41	4:13:26	7:38:21	10:08:50	17:04:34	18:42:38	
69	0:21:54	0:26:28	0:28:28	0:35:39	0:35:49	0:44:54	0:54:16	1:08:22	1:13:32	1:32:12	1:37:26	1:57:58	2:24:56	3:33:17	4:17:47	7:46:13	10:19:17	17:22:10	19:01:55	
70	0:22:16	0:26:54	0:28:56	0:36:14	0:36:24	0:45:38	0:55:09	1:09:30	1:14:44	1:33:43	1:39:02	1:59:56	2:27:23	3:37:01	4:22:17	7:54:22	10:30:06	17:40:22	19:21:52	
71	0:22:38	0:27:21	0:29:25	0:36:50	0:37:01	0:46:23	0:56:04	1:10:39	1:15:59	1:35:16	1:40:41	2:01:58	2:29:56	3:40:52	4:26:57	8:02:48	10:41:18	17:59:13	19:42:31	
72	0:23:01	0:27:49	0:29:55	0:37:27	0:37:38	0:47:10	0:57:01	1:11:51	1:17:16	1:36:53	1:42:23	2:04:04	2:32:33	3:44:52	4:31:47	8:11:32	10:52:55	18:18:45	20:03:55	
73	0:23:25	0:28:18	0:30:26	0:38:06	0:38:17	0:47:59	0:58:00	1:13:05	1:18:36	1:38:34	1:44:09	2:06:14	2:35:16	3:49:01	4:36:47	8:20:36	11:04:57	18:39:00	20:26:07	
74	0:23:49	0:28:47	0:30:58	0:38:46	0:38:57	0:48:50	0:59:02	1:14:22	1:19:59	1:40:17	1:45:59	2:08:29	2:38:05	3:53:21	4:42:02	8:30:05	11:17:33	19:00:13	20:49:21	
75	0:24:15	0:29:18	0:31:31	0:39:28	0:39:39	0:49:42	1:00:05	1:15:42	1:21:24	1:42:05	1:47:52	2:10:49	2:41:01	3:58:09	4:47:50	8:40:35	11:31:30	19:23:41	21:15:04	
76	0:24:41	0:29:50	0:32:05	0:40:11	0:40:22	0:50:36	1:01:10	1:17:05	1:22:53	1:43:56	1:49:50	2:13:15	2:44:03	4:03:31	4:54:19	8:52:17	11:47:02	19:49:50	21:43:43	
77	0:25:09	0:30:23	0:32:41	0:40:55	0:41:07	0:51:33	1:02:18	1:18:30	1:24:25	1:45:52	1:51:52	2:15:45	2:47:17	4:09:26	5:01:28	9:05:13	12:04:14	20:18:46	22:15:25	
78	0:25:37	0:30:58	0:33:18	0:41:42	0:41:54	0:52:31	1:03:29	1:19:59	1:26:01	1:47:52	1:53:59	2:18:23	2:50:58	4:16:02	5:09:27	9:19:39	12:23:24	20:51:01		
79	0:26:07	0:31:33	0:33:56	0:42:30	0:42:42	0:53:32	1:04:42	1:21:31	1:27:40	1:49:56	1:56:10	2:21:19	2:55:07	4:23:24	5:18:21	9:35:46	12:44:48	21:27:02		
80	0:26:39	0:32:13	0:34:39	0:43:23	0:43:35	0:54:38	1:06:03	1:23:13	1:29:29	1:52:13	1:58:35	2:24:41	2:59:48	4:31:39	5:28:19	9:53:47	13:08:44	22:07:19		
81	0:27:17	0:32:58	0:35:27	0:44:24	0:44:36	0:55:55	1:07:35	1:25:10	1:31:35	1:54:50	2:01:21	2:28:32	3:05:08	4:40:53	5:39:29	10:13:59	13:35:34			

82	0:28:00	0:33:50	0:36:23	0:45:34	0:45:47	0:57:23	1:09:22	1:27:24	1:33:59	1:57:52	2:04:33	2:32:54	3:11:08	4:51:13	5:51:58	10:36:34	14:05:33			
83	0:28:49	0:34:50	0:37:27	0:46:54	0:47:08	0:59:04	1:11:24	1:29:58	1:36:45	2:01:19	2:08:12	2:37:53	3:17:57	5:02:53	6:06:04	11:02:03	14:39:24			
84	0:29:46	0:35:58	0:38:41	0:48:26	0:48:40	1:01:00	1:13:45	1:32:55	1:39:56	2:05:18	2:12:24	2:43:35	3:25:42	5:16:06	6:22:03	11:30:57	15:17:48			
85	0:30:51	0:37:17	0:40:06	0:50:12	0:50:27	1:03:14	1:16:26	1:36:19	1:43:34	2:09:52	2:17:14	2:50:08	3:34:32	5:31:10	6:40:16	12:03:54	16:01:34			
86	0:32:06	0:38:48	0:41:43	0:52:14	0:52:30	1:05:48	1:19:32	1:40:13	1:47:46	2:15:08	2:22:48	2:57:38	3:44:45	5:48:28	7:01:10	12:41:43	16:51:48			
87	0:33:33	0:40:33	0:43:36	0:54:36	0:54:52	1:08:46	1:23:08	1:44:44	1:52:38	2:21:14	2:29:15	3:06:19	3:56:30	6:08:23	7:25:14	13:25:13	17:49:36			
88	0:35:14	0:42:35	0:45:48	0:57:20	0:57:37	1:12:13	1:27:18	1:50:00	1:58:18	2:28:20	2:36:45	3:16:26	4:10:17	6:31:36	7:53:18	14:15:59	18:57:02			
89	0:37:13	0:44:58	0:48:22	1:00:33	1:00:51	1:16:16	1:32:12	1:56:10	2:04:56	2:36:39	2:45:32	3:28:19	4:26:27	6:58:59	8:26:24	15:15:50	20:16:32			
90	0:39:33	0:47:47	0:51:24	1:04:22	1:04:40	1:21:04	1:37:59	2:03:28	2:12:46	2:46:29	2:55:56	3:42:25	4:45:41	7:31:41	9:05:55	16:27:19	21:51:29			
91	0:42:21	0:51:10	0:55:02	1:08:54	1:09:15	1:26:47	1:44:55	2:12:11	2:22:09	2:58:15	3:08:22	3:59:21	5:08:56	8:11:21	9:53:51	17:54:01	23:46:39			
92	0:45:44	0:55:16	0:59:26	1:14:25	1:14:47	1:33:44	1:53:19	2:22:46	2:33:32	3:12:31	3:23:26	4:20:08	5:37:29	9:00:09	10:52:50	19:40:42				
93	0:49:55	1:00:19	1:04:52	1:21:14	1:21:37	1:42:18	2:03:40	2:35:49	2:47:34	3:30:07	3:42:02	4:45:53	6:13:10	10:01:51	12:07:24	21:55:33				
94	0:55:11	1:06:41	1:11:43	1:29:48	1:30:14	1:53:06	2:16:43	2:52:16	3:05:15	3:52:17	4:05:28	5:18:43	6:59:19	11:22:12	13:44:31	0:51:11				
95	1:02:00	1:14:55	1:20:35	1:40:54	1:41:23	2:07:05	2:33:37	3:13:33	3:28:08	4:21:00	4:35:48	6:01:54	8:00:41	13:10:59	15:56:00	4:48:58				
96	1:11:09	1:25:59	1:32:28	1:55:47	1:56:21	2:25:50	2:56:17	3:42:07	3:58:52	4:59:31	5:16:30	7:01:05	9:26:26	15:46:18	19:03:43					
97	1:24:03	1:41:33	1:49:13	2:16:46	2:17:25	2:52:15	3:28:13	4:22:21	4:42:08	5:53:47	6:13:50	8:27:00	11:34:28	19:44:45	23:51:54					
98	1:43:30	2:05:03	2:14:30	2:48:25	2:49:14	3:32:07	4:16:25	5:23:05	5:47:26	7:15:40	7:40:22	10:42:40	15:05:51	2:38:47	8:12:19					
99	2:16:09	2:44:31	2:56:56	3:41:33	3:42:38	4:39:03	5:37:19	7:05:01	7:37:04	9:33:08	10:05:39	14:47:23	22:00:21	17:33:52	2:14:07					
100	3:22:11	4:04:18	4:22:45	5:29:00	5:30:36	6:54:23	8:20:55	10:31:09	11:18:44	14:11:06	14:59:22	0:25:10	17:38:15	1:42:12	22:05:08					



### Female Road Age Standards in Seconds WMA 2010

Age	5 km	6 km	4 Mile	8 km	5 Mile	10 km	12 km	15 km	10 Mile	20 km	H. Mar	25 km	30 km	Marathon	50 km	50 Mile	100 km	150 km	100 Mile	200 km
OC sec	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
OC	0:14:48	0:17:53	0:19:14	0:24:05	0:24:12	0:30:20	0:36:40	0:46:12	0:49:41	1:02:18	1:05:50	1:18:32	1:34:56	2:15:25	2:43:40	4:56:00	6:33:11	11:01:40	12:05:00	16:00:00
5	1225	1480	1592	1993	2003	2510	3034	3823	4112	5156	5448	6499	7857	11207	13545	24497	32539	54759	60000	79448
6	1172	1416	1523	1907	1916	2405	2927	3785	4142	5336	5690	6915	8518	12388	14972	27077	35967	60528	66321	87818
7	1126	1361	1463	1832	1841	2311	2811	3623	3957	5081	5412	6562	8063	11697	14138	25569	33963	57155	62626	82925
8	1087	1313	1412	1768	1777	2230	2710	3484	3798	4863	5174	6261	7678	11113	13432	24292	32268	54302	59499	78785
9	1053	1272	1368	1713	1722	2160	2624	3364	3661	4675	4970	6003	7348	10615	12830	23204	30822	51868	56833	75255
10	1024	1237	1330	1666	1674	2100	2549	3261	3543	4514	4795	5782	7064	10188	12313	22270	29581	49781	54545	72226
11	998	1206	1298	1625	1633	2048	2484	3172	3441	4374	4643	5590	6820	9820	11869	21465	28512	47982	52574	69616
12	977	1180	1269	1589	1597	2004	2429	3095	3354	4254	4512	5425	6609	9502	11484	20770	27589	46427	50871	67361
13	958	1158	1245	1559	1567	1965	2382	3029	3278	4150	4399	5282	6426	9227	11151	20168	26790	45083	49398	65410
14	943	1139	1225	1534	1542	1933	2342	2973	3213	4061	4302	5159	6268	8989	10864	19648	26099	43921	48125	63724
15	930	1124	1208	1513	1520	1907	2308	2926	3159	3985	4219	5053	6133	8784	10616	19200	25504	42919	47027	62270
16	918	1110	1193	1494	1502	1883	2278	2883	3109	3916	4144	4957	6010	8598	10392	18794	24964	42011	46032	60952
17	907	1096	1179	1476	1483	1859	2249	2842	3061	3849	4071	4865	5892	8420	10176	18404	24447	41140	45078	59689
18	898	1085	1166	1461	1468	1840	2225	2807	3021	3794	4011	4789	5795	8273	9999	18084	24021	40424	44293	58650
19	891	1077	1159	1451	1458	1827	2209	2785	2995	3758	3972	4739	5731	8177	9883	17874	23743	39956	43780	57971
20	888	1073	1154	1446	1453	1821	2201	2773	2982	3740	3952	4715	5700	8131	9827	17772	23608	39728	43530	57640
21	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
22	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
23	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
24	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
25	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
26	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600

27	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
28	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
29	888	1073	1154	1445	1452	1820	2200	2772	2981	3738	3950	4712	5696	8125	9820	17760	23591	39700	43500	57600
30	888	1073	1154	1445	1452	1821	2201	2773	2982	3739	3951	4713	5698	8128	9824	17767	23600	39716	43517	57623
31	889	1074	1155	1447	1454	1822	2202	2775	2984	3742	3954	4718	5703	8139	9837	17790	23631	39768	43574	57698
32	890	1076	1157	1448	1455	1824	2205	2779	2988	3747	3960	4724	5713	8156	9857	17828	23681	39851	43666	57820
33	892	1078	1159	1451	1458	1828	2210	2784	2994	3754	3967	4734	5726	8180	9886	17880	23750	39968	43793	57989
34	894	1080	1162	1455	1462	1832	2215	2790	3001	3763	3976	4747	5743	8211	9924	17948	23841	40121	43962	58211
35	897	1083	1165	1459	1466	1838	2221	2799	3010	3774	3988	4762	5764	8250	9971	18032	23953	40309	44167	58483
36	900	1087	1169	1464	1471	1844	2229	2809	3020	3787	4002	4780	5789	8295	10026	18132	24085	40531	44410	58806
37	903	1092	1174	1470	1477	1851	2238	2820	3033	3803	4018	4802	5818	8349	10090	18249	24241	40793	44698	59186
38	908	1097	1179	1477	1484	1860	2248	2833	3046	3820	4037	4826	5850	8411	10166	18385	24421	41097	45031	59627
39	912	1102	1186	1484	1492	1870	2260	2848	3062	3840	4058	4854	5889	8480	10249	18537	24623	41436	45402	60119
40	918	1109	1192	1493	1500	1881	2273	2864	3080	3862	4081	4884	5930	8559	10344	18709	24851	41820	45823	60676
41	923	1116	1200	1503	1510	1892	2288	2882	3100	3887	4107	4919	5977	8647	10451	18902	25107	42252	46296	61303
42	930	1123	1208	1513	1520	1906	2303	2902	3121	3914	4136	4957	6029	8744	10568	19113	25389	42725	46814	61989
43	937	1132	1217	1524	1532	1920	2321	2924	3145	3943	4167	4998	6085	8848	10694	19340	25690	43232	47370	62725
44	944	1141	1227	1537	1544	1936	2340	2948	3171	3976	4201	5043	6148	8954	10822	19572	25998	43751	47939	63478
45	953	1151	1238	1551	1558	1953	2361	2975	3199	4011	4239	5093	6216	9063	10954	19810	26315	44283	48522	64250
46	962	1162	1250	1565	1573	1971	2383	3003	3229	4049	4279	5146	6289	9175	11089	20054	26638	44828	49119	65041
47	972	1174	1263	1581	1589	1991	2407	3033	3262	4090	4322	5204	6366	9289	11227	20304	26970	45387	49731	65851
48	982	1187	1277	1598	1606	2013	2434	3066	3298	4135	4369	5267	6444	9406	11368	20560	27311	45960	50359	66682
49	994	1201	1291	1617	1625	2036	2462	3102	3336	4183	4420	5332	6525	9526	11514	20823	27660	46547	51002	67534
50	1006	1215	1307	1637	1645	2062	2492	3140	3377	4234	4474	5399	6607	9650	11663	21093	28018	47150	51663	68409
51	1018	1231	1324	1657	1665	2087	2523	3179	3419	4287	4530	5467	6692	9776	11816	21369	28385	47768	52340	69306
52	1031	1246	1340	1678	1686	2114	2555	3220	3462	4341	4588	5537	6779	9906	11973	21653	28762	48403	53036	70227

53	1045	1262	1357	1700	1708	2141	2588	3261	3507	4397	4647	5609	6868	10040	12134	21945	29150	49055	53750	71173
54	1058	1279	1375	1722	1730	2169	2622	3303	3552	4454	4707	5683	6959	10177	12300	22244	29548	49724	54484	72144
55	1072	1295	1393	1745	1753	2197	2656	3347	3599	4513	4769	5758	7053	10317	12470	22552	29957	50413	55238	73143
56	1086	1313	1412	1768	1776	2227	2691	3391	3647	4573	4832	5836	7149	10462	12645	22869	30377	51120	56013	74169
57	1101	1330	1431	1792	1800	2257	2728	3437	3696	4635	4898	5916	7249	10611	12825	23194	30810	51848	56811	75225
58	1116	1349	1450	1816	1825	2288	2765	3484	3747	4698	4965	5998	7351	10764	13010	23529	31255	52597	57631	76312
59	1132	1367	1471	1841	1850	2319	2804	3533	3799	4764	5034	6082	7455	10922	13201	23874	31713	53367	58476	77430
60	1148	1387	1491	1867	1876	2352	2843	3582	3852	4831	5105	6169	7563	11085	13397	24229	32184	54161	59345	78581
61	1164	1406	1513	1894	1903	2386	2884	3634	3907	4900	5178	6258	7674	11252	13599	24595	32670	54979	60241	79767
62	1181	1427	1535	1922	1931	2420	2926	3686	3964	4971	5253	6350	7789	11424	13808	24972	33171	55821	61164	80990
63	1198	1448	1557	1950	1959	2456	2969	3740	4022	5044	5330	6445	7907	11602	14023	25361	33687	56690	62116	82250
64	1216	1469	1580	1979	1988	2492	3013	3796	4082	5119	5409	6543	8028	11786	14244	25762	34220	57586	63098	83551
65	1235	1492	1604	2009	2019	2530	3059	3854	4144	5197	5491	6643	8153	11975	14473	26175	34769	58511	64112	84893
66	1254	1515	1629	2040	2050	2569	3106	3913	4208	5277	5576	6747	8283	12170	14709	26603	35337	59467	65159	86279
67	1273	1538	1654	2072	2082	2609	3154	3974	4274	5359	5663	6854	8416	12372	14954	27044	35924	60454	66240	87711
68	1293	1563	1681	2105	2115	2651	3204	4037	4342	5444	5753	6964	8554	12581	15206	27501	36530	61474	67358	89192
69	1314	1588	1708	2139	2149	2694	3256	4102	4412	5532	5846	7078	8696	12797	15467	27973	37157	62530	68515	90723
70	1336	1614	1736	2174	2184	2738	3309	4170	4484	5623	5942	7196	8843	13021	15737	28462	37806	63622	69712	92308
71	1358	1641	1765	2210	2221	2783	3364	4239	4559	5716	6041	7318	8996	13252	16017	28968	38478	64753	70951	93949
72	1381	1669	1795	2247	2258	2830	3421	4311	4636	5813	6143	7444	9153	13492	16307	29492	39175	65925	72235	95649
73	1405	1698	1826	2286	2297	2879	3480	4385	4716	5914	6249	7574	9316	13741	16607	30036	39897	67140	73567	97412
74	1429	1727	1858	2326	2337	2930	3542	4462	4799	6017	6359	7709	9485	14001	16922	30605	40653	68413	74961	99259
75	1455	1758	1891	2368	2379	2982	3605	4542	4884	6125	6472	7849	9661	14289	17270	31235	41490	69821	76504	101301
76	1481	1790	1925	2411	2422	3036	3670	4625	4973	6236	6590	7995	9843	14611	17659	31937	42422	71390	78223	103578
77	1509	1823	1961	2455	2467	3093	3738	4710	5065	6352	6712	8145	10037	14966	18088	32713	43454	73126	80125	106097
78	1537	1858	1998	2502	2514	3151	3809	4799	5161	6472	6839	8303	10258	15362	18567	33579	44604	75061	82246	108905

79	1567	1893	2036	2550	2562	3212	3882	4891	5260	6596	6970	8479	10507	15804	19101	34546	45888	77222	84614	112040
80	1599	1933	2079	2603	2615	3278	3963	4993	5369	6733	7115	8681	10788	16299	19699	35627	47324	79639	87262	115547
81	1637	1978	2127	2664	2676	3355	4055	5110	5495	6890	7281	8912	11108	16853	20369	36839	48934	82348	90230	119477
82	1680	2030	2183	2734	2747	3443	4162	5244	5639	7072	7473	9174	11468	17473	21118	38194	50733	85376	93548	123871
83	1729	2090	2247	2814	2828	3544	4284	5398	5805	7279	7692	9473	11877	18173	21964	39723	52764	88794	97294	128830
84	1786	2158	2321	2906	2920	3660	4425	5575	5996	7518	7944	9815	12342	18966	22923	41457	55068	92670	101541	134454
85	1851	2237	2406	3012	3027	3794	4586	5779	6214	7792	8234	10208	12872	19870	24016	43434	57694	97090	106383	140866
86	1926	2328	2503	3134	3150	3948	4772	6013	6466	8108	8568	10658	13485	20908	25270	45703	60708	102162	111940	148224
87	2013	2433	2616	3276	3292	4126	4988	6284	6758	8474	8955	11179	14190	22103	26714	48313	64176	107998	118335	156692
88	2114	2555	2748	3440	3457	4333	5238	6600	7098	8900	9405	11786	15017	23496	28398	51359	68222	114806	125795	166570
89	2233	2698	2902	3633	3651	4576	5532	6970	7496	9399	9932	12499	15987	25139	30384	54950	72992	122834	134592	178218
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91	2541	3070	3302	4134	4155	5207	6295	7931	8529	10695	11302	14361	18536	29481	35631	64441	85599	144049	157837	208999
92	2744	3316	3566	4465	4487	5624	6799	8566	9212	11551	12206	15608	20249	32409	39170	70842	94101	158357	173514	229757
93	2995	3619	3892	4874	4897	6138	7420	9349	10054	12607	13322	17153	22390	36111	43644	78933	104849	176444	193333	256000
94	3311	4001	4303	5388	5414	6786	8203	10336	11115	13937	14728	19123	25159	40932	49471	89471	118846	200000	219144	290176
95	3720	4495	4835	6054	6083	7625	9217	11613	12488	15660	16548	21714	28841	47459	57360	103738	137798	231893	254089	336449
96	4269	5159	5548	6947	6981	8750	10577	13327	14332	17971	18990	25265	33986	56778	68623	124109	164857	277428	303983	402516
97	5043	6093	6553	8206	8245	10335	12493	15741	16928	21227	22430	30420	41668	71085	85914	155381	206395	347332	380577	503937
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