

Mile High Mile

Age Graded Results

July 29, 2023
Fairview High School. Boulder, CO

What if the race was run based on age grading using variables of "age factors" and "age standards" to put all runners, regardless of age and sex on a level playing field?

Masters Men

First Name	Last Name	Age	Finish Time	Age Graded Time	Age Grade %
Anthony	Bruns	43	4:26.32	4:07.6	91.70%
Neil	McDunagh	41	4:27.28	4:12.2	90.02%
John	Borthwick	59	5:22.24	4:24.0	85.99%
Chris	McDonald	54	5:17.22	4:28.6	83.82%
Dewayne	Gill	53	5:15.91	4:31.9	83.50%
Thomas David	Kehoe	61	5:44.45	4:37.4	81.81%
Hidemori	Noguchi	43	5:02.92	4:41.6	80.62%
James	Cotter	54	5:54.92	5:03.0	74.92%
Rick	Katz	74	7:14.18	5:04.3	74.60%
Rich	Castro	75	7:28.58	5:09.2	73.41%
Charles	Garabedian	41	5:30.19	5:11.5	72.87%
Jim	Bogus	60	6:25.25	5:12.9	72.55%
Jason	Renk	43	5:37.43	5:13.7	72.37%
Peter	Mack	43	5:40.47	5:16.5	71.72%
Neal	Henderson	50	6:02.06	5:19.1	71.15%
Alan	Mills	57	6:24.98	5:20.7	70.78%
Masaru	SHINDO	43	6:20.31	5:53.5	64.21%
Kenichi	Shimada	41	7:11.91	6:47.5	55.71%

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Masters Women

First Name	Last Name	Age	Finish Time	Age Graded Time	Age Grade %
Kelly	Joy	46	5:42.28	5:18.8	79.35%
Kate	Davis	41	5:32.29	5:21.6	78.67%
Rose	Wetzel	41	5:41.78	5:30.8	76.48%
Marcey	Cote	52	6:28.63	5:39.8	74.47%
Lynn	Hermanson	72	8:46.64	5:58.2	70.64%
Ellen	Rich	68	8:48.42	6:19.9	66.59%
Ellen	Burnes	55	8:09.53	6:53.7	61.16%
Virginia	Schultz	68	11:41.26	8:24.1	50.18%

Age grading uses tables of "age factors" and "age standards" to put all runners, regardless of age and sex on a level playing field. In particular, they allow runners' performances, no matter what their age, to be corrected to what they would have been achieving in their prime years, and permit valid comparisons to be made between people of different ages.

- >100% = World record level
- > 90% = World class
- > 80% = National class
- > 70% = Regional class