

# Mile High Mile

## Age Graded Results

August 13, 2022  
Centaurus High School. Lafayette, 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  | Gender | Age | Original Time | Age Graded Time | Age Grade % |
|--------------|------------|--------|-----|---------------|-----------------|-------------|
| Dan          | King       | M      | 63  | 5:23.56       | <b>4:13.4</b>   | 87.84%      |
| Neil         | McDonagh   | M      | 40  | 4:35.84       | <b>4:20.7</b>   | 85.39%      |
| Timothy      | DeGrado    | M      | 62  | 5:34.74       | <b>4:24.5</b>   | 84.16%      |
| Martin       | Lascelles  | M      | 67  | 5:54.46       | <b>4:27.6</b>   | 83.18%      |
| Justin       | Garrard    | M      | 35  | 4:35.02       | <b>4:29.2</b>   | 82.69%      |
| Robbie       | Genzel Jr. | M      | 48  | 5:03.71       | <b>4:29.9</b>   | 82.46%      |
| Adam         | Feerst     | M      | 62  | 5:42.16       | <b>4:30.4</b>   | 82.33%      |
| Kirk         | Anderson   | M      | 43  | 5:00.20       | <b>4:37.4</b>   | 80.25%      |
| Vitaly       | Stepanov   | M      | 40  | 4:55.25       | <b>4:39.0</b>   | 79.77%      |
| Scott        | Siriano    | M      | 56  | 5:50.43       | <b>4:51.7</b>   | 76.31%      |
| Michael      | Quispe     | M      | 55  | 5:54.24       | <b>4:57.4</b>   | 74.85%      |
| Lon          | Waters     | M      | 61  | 6:15.75       | <b>4:59.5</b>   | 74.31%      |
| Rick         | Katz       | M      | 73  | 7:09.32       | <b>5:01.9</b>   | 73.74%      |
| Rich         | Sandoval   | M      | 68  | 6:44.36       | <b>5:02.4</b>   | 73.61%      |
| Peter        | Hegelbach  | M      | 58  | 6:15.47       | <b>5:07.3</b>   | 72.44%      |
| Mike         | Wien       | M      | 70  | 7:03.89       | <b>5:10.2</b>   | 71.75%      |
| Peter        | Mack       | M      | 42  | 5:34.10       | <b>5:11.0</b>   | 71.56%      |
| Charles      | Garabedian | M      | 40  | 5:32.53       | <b>5:14.3</b>   | 70.83%      |
| John         | Raessler   | M      | 43  | 5:43.34       | <b>5:17.2</b>   | 70.17%      |
| Vince        | Calvo      | M      | 56  | 6:23.36       | <b>5:19.1</b>   | 69.76%      |
| Zachary      | Norman     | M      | 38  | 5:41.85       | <b>5:27.9</b>   | 67.89%      |
| Juan Roberto | Madrid     | M      | 54  | 6:36.08       | <b>5:35.3</b>   | 66.39%      |

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### Masters Women

| First Name | Last Name   | Gender | Age | Original Time | Age Graded Time | Age Grade % |
|------------|-------------|--------|-----|---------------|-----------------|-------------|
| Tracey     | Bernett     | F      | 66  | 7:10.85       | <b>4:48.8</b>   | 87.11%      |
| AnnMarie   | Kirkpatrick | F      | 40  | 5:11.24       | <b>4:54.7</b>   | 85.37%      |
| Lynn       | Hermanson   | F      | 71  | 8:14.30       | <b>5:04.9</b>   | 82.51%      |
| Kerrie     | Wlad        | F      | 50  | 6:38.54       | <b>5:35.4</b>   | 75.01%      |
| Sarah      | Cohen       | F      | 68  | 8:41.84       | <b>5:38.7</b>   | 74.29%      |
| Nancy      | Antos       | F      | 72  | 9:24.80       | <b>5:42.4</b>   | 73.49%      |
| Ellen      | Rich        | F      | 67  | 9:04.28       | <b>5:59.1</b>   | 70.07%      |
| Linda      | Yar         | F      | 78  | 11:04.47      | <b>6:00.1</b>   | 69.86%      |
| Barbara    | Wood        | F      | 69  | 10:12.50      | <b>6:31.0</b>   | 64.35%      |
| Virginia   | Schultz     | F      | 67  | 10:43.17      | <b>7:04.3</b>   | 59.30%      |

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