



**AGE FACTORS TABLE
- COMBINED EVENTS -
MEN / WOMEN**

M O D E L 2 0 1 0

valid from May 1, 2010

by Bernd Rehenning (GER)
Rex Harvey (USA)
Serge Beckers (BEL)
et al.

MEN	MODEL 2010														
	Age factors for Masters Combined Events														
	M35	M40	M45	M50	M55	M60	M65	M70	M75	M80	M85	M90	M95	M100	
60m	,9859	,9568	,9277	,8986	,8695	,8404	,8101	,7772	,7399	,6957	,6413	,5725	,4840		
60m H (indoor)	,9838	,9466	,9094	,8922	,8550	,8312	,7940	,7714	,7328	,6826	,6178	,5001			
80m Hurdles	-	-	-	-	-	-	-	1,0220	,9845	,8912	,8344	,7496			
100m Hurdles	-	-	-	,9604	,9229	,9012	,8637								
110m / 0,991m	,9901	,9526	,9151	<i>,8776</i>	<i>,8401</i>										
<i>110m / 1,067m *1)</i>	<i>,9887</i>	<i>,9512</i>													
100m	,9869	,9578	,9287	,8996	,8705	,8414	,8111	,7782	,7409	,6967	,6423	,5735	,4850		
200m	,9837	,9536	,9235	,8934	,8633	,8332	,8007	,7642	,7215	,6697	,6051	,5231	,4181		
400m	,9654	,9354	,9054	,8754	,8454	,8154	,7836	,7460	,6984	,6363	,5548	,4485	,3114		
1.000m (indoor)	,9928	,9537	,9146	,8755	,8364	,7968	,7561	,7111	,6588	,5952	,5153	,4127	,2791		
1.500m	,9913	,9519	,9125	,8731	,8337	,7939	,7529	,7079	,6556	,5920	,5121	,4095	,2759		
High Jump	1,0260	1,0486	1,1022	1,1617	1,2280	1,3025	1,3869	1,4832	1,5943	1,7241	1,8779	2,0635	2,2925		
Pole Vault	1,0168	1,0773	1,1481	1,2272	1,3182	1,4236	1,5475	1,6949	1,8733	2,0938	2,3730	2,7382	3,2362		
Long Jump	1,0317	1,0899	1,1551	1,2286	1,3121	1,4078	1,5186	1,6482	1,8021	1,9876	2,2158	2,5031	2,8760		
Hammer	7,250kg	1,0300	1,1252	1,2397	<i>1,3802</i>	<i>1,5566</i>									
	6,000kg	-	-	-	1,1864	1,3145	<i>1,4736</i>								
	5,000kg	-	-	-	-	-	1,3082	1,4656	<i>1,6661</i>						
	4,000kg	-	-	-	-	-	-	1,5124	1,7268	<i>2,0193</i>	<i>2,4425</i>	<i>3,1123</i>			
<i>*2)</i>	3,000kg	-	-	-	-	-	-	-	-	1,9056	2,2784	2,8506	3,8462	6,0204	
Shot Put	7,250kg	1,0372	1,1137	1,2023	<i>1,3063</i>	<i>1,4300</i>	<i>1,5795</i>	<i>1,7670</i>							
	6,000kg	-	-	-	1,1721	1,2706	<i>1,3873</i>								
	5,000kg	-	-	-	-	-	1,2482	1,3607	<i>1,4954</i>						
	4,000kg	-	-	-	-	-	-	1,3471	1,4790	<i>1,6401</i>	<i>1,8577</i>	<i>2,1867</i>			
	3,000kg	-	-	-	-	-	-	-	-	1,5980	1,8037	2,1123	2,6497	3,8476	
Discus	2,000kg	1,0143	1,1014	1,2049	<i>1,3233</i>	<i>1,4838</i>	<i>1,6781</i>								
	1,500kg	-	-	-	1,0218	1,1103	<i>1,2156</i>	<i>1,3430</i>							
	1,000kg	-	-	-	-	-	1,0628	1,1637	1,2781	1,4332	1,6441	1,9508	2,4402	3,3478	5,6116
Javelin	800g	1,0126	1,0862	1,1716	<i>1,2715</i>	<i>1,3898</i>	<i>1,5325</i>	<i>1,7079</i>							
	700g	-	-	-	1,2278	1,3380									
	600g	-	-	-	-	-	1,4140	1,5620	<i>1,7445</i>	<i>1,9755</i>	<i>2,2841</i>	<i>2,7307</i>	<i>3,4626</i>		
	500g	-	-	-	-	-	-	1,6801	1,8932	<i>2,1682</i>					
	400g	-	-	-	-	-	-	-	-	2,0952	2,4378	2,9137	3,6206		
Weight	15,880kg	1,0203	1,0898	1,1697	<i>1,2621</i>	<i>1,3704</i>									
	11,340kg	-	-	-	1,0488	1,1225	<i>1,2074</i>	<i>1,3061</i>							
	9,080kg	-	-	-	-	-	1,0424	1,1153	<i>1,1988</i>						
	7,260kg	-	-	-	-	-	-	1,1408	1,2286	<i>1,3310</i>					
	5,450kg	-	-	-	-	-	-	-	-	1,3043	1,4452	1,6714	2,1057	3,2456	

WOMEN	MODEL 2010													
	Age factors for Masters Combined Events													
	W35	W40	W45	W50	W55	W60	W65	W70	W75	W80	W85	W90	W95	W100
60m	,9890	,9538	,9186	,8834	,8482	,8130	,7778	,7386	,6940	,6410	,5750	,4898	,3776	
60m H (indoor)	,9644	,9060	,8965	,8621	,8277	,7923	,7560	,7184	,6739	,6209	,5549	,4697	,3572	
80m Hurdles	-	1,1834	1,0914	1,0964	1,0044	,9924	,9004	,8084	,7114	,5946	,4391	,2209		
100m Hurdles	,9852	-	-	-	-	-	-	-	-	-	-	-	-	-
100m	,9900	,9548	,9196	,8844	,8492	,8140	,7788	,7396	,6950	,6420	,5760	,4908	,3786	
200m	,9702	,9342	,8982	,8622	,8262	,7902	,7542	,7068	,6545	,5857	,4932	,3600		
<i>400m *3)</i>	,9799	,9391	,8983	,8575	,8167	,7715	,7201	,6602	,5889	,5026	,3969	,2665		
800m	,9951	,9537	,9123	,8709	,8295	,7848	,7342	,6752	,6053	,5220	,4228	,3052		
<i>1.500m *3)</i>	,9872	,9457	,9042	,8627	,8212	,7759	,7242	,6635	,5912	,5047	,4014			
High Jump	1,0512	1,1036	1,1614	1,2256	1,2973	1,3779	1,4708	1,5795	1,7094	1,8681	2,0673	2,3261	2,6766	
<i>Pole Vault *3)</i>	1,0820	1,1451	1,2159	1,2961	1,3877	1,4932	1,6160	1,7854	2,0333	2,4342	3,2020	4,8402		
Long Jump	1,0500	1,1101	1,1776	1,2538	1,3405	1,4400	1,5557	1,6943	1,8695	2,1645	2,9154			
Hammer 4,000kg	1,0942	1,1763	1,2717	<i>1,3840</i>										
3,000kg	-	-	-	1,2838	1,3984	1,5353	1,7038	1,9160	<i>2,1915</i>	<i>2,5634</i>	<i>3,0931</i>	<i>3,9077</i>		
*2) 2,000kg	-	-	-	-	-	-	-	-	1,9984	2,3030	2,7218	3,3333	4,3103	6,1120
Shot Put 4,000kg	1,0368	1,1100	1,1943	<i>1,2925</i>	<i>1,4082</i>	<i>1,5468</i>	-	-	-	-	-	-	-	-
3,000kg	-	-	-	1,2607	1,3706	1,5015	1,6600	1,8559	<i>2,1043</i>	<i>2,4295</i>	<i>2,8735</i>	<i>3,5161</i>	<i>4,5289</i>	<i>6,3613</i>
2,000kg	-	-	-	-	-	-	-	-	1,8324	2,0742	2,3894	2,8176	3,4328	4,3917
Discus 1,000kg	1,0368	1,1150	1,2058	1,3128	1,4407	1,5961	1,7927	2,0542	<i>2,4254</i>	<i>3,0021</i>	<i>3,8895</i>			
*2) 0,750kg	-	-	-	-	-	-	-	-	2,1546	2,5220	3,0404	3,8270	5,1626	7,9302
Javelin 600g	1,0621	1,1475	1,2479	<i>1,3676</i>	<i>1,5126</i>	<i>1,6920</i>	<i>1,9197</i>	<i>2,2202</i>						
500g	-	-	-	1,3147	1,4482	<i>1,6118</i>	<i>1,8171</i>							
400g	-	-	-	-	-	1,5408	1,7274	1,9654	2,2794	2,7129	3,3500	4,3782	6,3171	11,337
Weight 9,080kg	1,0922	1,1852	1,2955	<i>1,4283</i>										
7,260kg	-	-	-	1,1822	1,2918	<i>1,4238</i>								
5,450kg	-	-	-	-	-	1,2108	1,3260	1,4667	<i>1,6428</i>	<i>1,8712</i>	<i>2,1815</i>	<i>2,6308</i>	<i>3,3467</i>	
*2) 4,000kg	-	-	-	-	-	-	-	-	1,5146	1,7006	1,9493	2,2716	2,7412	3,4891

Explanations :

***1)** = all figures, written in italic (cursive), are valid for Age Categories and Competition Events until the 30th April and their purpose is only for record calculations

***2)** = the following Age Factors have been conditionally calculated without any performances existing and will therefore be adjusted and redefined after a certain test phase:

-Hammer-Factor (new weight) for Age Category M80+

-Hammer-Factor (2,0kg/Women), Shot Put-Factor (2,0kg/Women) and Heavy Weight-Factor (4,0kg/Women) for Age Category W75+

***3)** = are made for Competition Events, which can be part of a possible Decathlon for Women