

AGN RUNNING LEAGUE POINTS TABLE - MALE

SENIOR

	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	36.00	56.50	83.25	131.25	180.25	220.00
6	40.75	63.25	92.75	147.00	203.00	248.50
5	46.75	71.75	103.50	163.00	223.75	275.00
4	53.00	80.00	113.50	179.25	246.25	301.00
3	58.50	86.75	122.00	192.75	264.75	321.00
2	65.75	94.00	132.25	208.25	285.50	344.00

40 PLUS

	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	41.25	64.00	91.50	143.00	195.25	235.00
6	47.50	71.00	100.50	157.00	214.25	258.00
5	52.25	78.00	109.00	170.50	232.50	281.00
4	57.25	83.50	117.75	184.75	252.50	305.00
3	63.00	89.25	126.00	196.25	267.75	323.00
2	71.25	97.00	137.00	212.00	289.25	349.00

50 PLUS

	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	44.50	68.50	98.25	152.50	206.00	252.00
6	50.25	75.00	106.00	166.00	226.50	276.00
5	56.00	82.75	114.75	179.50	244.25	297.50
4	61.75	89.75	122.50	192.00	261.50	318.50
3	70.50	100.00	132.75	206.50	280.00	341.00
2	79.00	110.00	143.75	221.00	296.25	360.75

60 PLUS

	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	49.00	73.00	102.25	160.00	217.50	264.00
6	54.50	80.50	112.00	177.25	243.75	296.00
5	60.25	87.75	120.25	191.00	263.75	320.00
4	67.00	96.50	130.75	204.50	278.00	337.00
3	73.25	105.00	141.25	217.50	291.00	353.00
2	82.50	115.75	152.75	231.75	305.50	370.50

70 PLUS

	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	54.75	81.50	115.25	165.25	220.00	275.00
6	59.50	89.50	129.75	185.00	246.50	308.00
5	65.25	98.00	138.00	200.00	266.75	333.50
4	68.00	102.00	143.75	211.00	281.00	351.25
3	73.50	106.00	149.25	219.00	294.25	367.50
2	84.00	112.00	157.75	232.00	309.00	386.00

AGN RUNNING LEAGUE POINTS TABLE - FEMALE

SENIOR						
	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	48.75	71.75	100.75	157.50	214.00	258.00
6	54.50	78.25	110.25	172.50	236.00	284.00
5	59.50	84.25	118.75	186.00	254.25	306.50
4	65.75	90.25	127.25	198.50	267.00	321.00
3	74.00	96.75	136.25	210.50	283.00	340.00
2	82.00	104.00	146.50	223.25	296.00	355.00

40 PLUS						
	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	52.00	74.75	105.25	164.00	221.50	267.50
6	58.00	81.00	114.00	177.00	238.25	287.50
5	63.25	86.50	121.75	190.00	257.75	310.00
4	70.00	92.75	130.75	203.00	274.00	329.50
3	79.00	99.50	140.00	215.50	288.50	347.00
2	86.50	110.75	156.00	227.50	300.00	360.00

50 PLUS						
	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	57.25	79.25	112.00	171.00	227.00	275.00
6	63.00	85.00	120.00	183.50	244.00	295.00
5	69.00	90.75	128.25	197.50	264.00	318.00
4	77.50	97.50	137.75	210.50	280.50	337.00
3	84.75	104.50	147.50	223.50	294.75	353.00
2	92.25	113.50	160.25	237.00	305.00	365.00

60 PLUS						
	10 KM	15 KM	21.1 KM	32 KM	42.2 KM	50 KM
7	64.75	83.50	115.75	178.75	240.00	287.50
6	71.75	88.75	124.25	191.50	257.00	308.00
5	79.25	95.50	135.00	207.75	278.00	332.00
4	84.00	102.50	145.00	221.75	295.00	352.00
3	89.25	110.50	156.00	235.00	310.00	370.00
2	97.00	119.75	169.00	242.50	320.00	381.50

70 PLUS						
	10 KM	15 KM	21.1 KM			
7	71.00	110.00	160.00			
6	77.00	118.00	170.00			
5	83.00	126.00	180.00			
4	88.00	133.50				
3	92.50	140.50				
2	99.00	150.50				