

Fri. March 25, 1994  
9 p.m. PST

Rex:

- 1) When I did the women's factors last week, I made an error. That resulted in Ottey's going over 100%.
- 2) On the next page are the factors I now suggest for the women's 50, 55, 60, 100, 200, and 300. (I did not change any women's factors for 400 and up). To get these, I did them in the same manner as the men's 100; namely, the percentage of loss increase which you developed.
- 3) To be consistent, I then changed the men's 200 factors to follow the same progression as the men's 100.
- 4) On both the women's and men's 300, I took the difference between the 200 and 400 factors and divided by two.
- 5) That gives a much better fit to the 100-200-300-400 times than we now have.
- 6) Since I didn't change anything for the women 400 thru 10K, that means I can't fit in Silai (1:58 800 at 38) or Podkopayeva (1500s at 40 and 41).
- 7) I changed the OC on the women's marathon to 2:18:52. That gets Evy Palm in at both age 46 and 47. This makes sense, since the common wisdom, buttressed by Palm and Welch, is that women do better in the marathon than in the shorter events.
- 8) That means we'll have to adjust the WOC's from about the 25K to the 40K and 50K to 100K. You can do that with your computer, if you like.
- 9) I have two summary sheets from you; one on March 15 and one on March 19. They look virtually identical, with a small difference of .0001 on the 5000 factors. (These are men's). Is there a difference?
- 10) There is an error in the M100 factors. They're too low. They're lower than the women's 100 factors, whereas all the other age groups, the men's factors are higher.
- 11) I spoke at length with Pete; he feels Luther, for example, is about an 85% performer, at best. The way it is now, Irvine gets 94.7% at age 60 in the 5K. That seems about right. Luther is 89.6% at 77 at 10K. I think that's plenty high.



3/24/94

WOMEN

13, 8210

Same as Now

| OC  | WOMEN: |       |       | 100<br>L.L.         | 200<br>L.L.         | 300<br>1/2          | 400<br>Furn.        | 600 | 800 |
|-----|--------|-------|-------|---------------------|---------------------|---------------------|---------------------|-----|-----|
|     | 50     | 55    | 60    |                     |                     |                     |                     |     |     |
| 30  | 10254  | 10289 | 10284 | 10196               | 10178               | 10089               | 10000               |     |     |
| 35  | 9841   | 9836  | 9831  | 9823 <sup>373</sup> | 9784 <sup>371</sup> | 9714 <sup>375</sup> | 9645 <sup>355</sup> |     |     |
| 40  | 9477   | 9472  | 9467  | 9459 <sup>364</sup> | 9399 <sup>365</sup> | 9343 <sup>371</sup> | 9288 <sup>357</sup> |     |     |
| 45  | 9125   | 9120  | 9115  | 9107 <sup>352</sup> | 9026 <sup>373</sup> | 8976 <sup>367</sup> | 8927 <sup>361</sup> |     |     |
| 50  | 8782   | 8777  | 8772  | 8764 <sup>343</sup> | 8662 <sup>364</sup> | 8610 <sup>366</sup> | 8559 <sup>368</sup> |     |     |
| 55  | 8450   | 8445  | 8440  | 8432 <sup>332</sup> | 8309 <sup>333</sup> | 8244 <sup>366</sup> | 8180 <sup>379</sup> |     |     |
| 60  | 8121   | 8116  | 8111  | 8103                | 7959                | 7872 <sup>312</sup> | 7785                |     |     |
| 65  | 7767   | 7762  | 7757  | 7749                | 7584                | 7476 <sup>396</sup> | 7368                |     |     |
| 70  | 7393   | 7368  | 7363  | 7355                | 7169                | 7045                | 6922                |     |     |
| 75  | 6941   | 6936  | 6931  | 6923                | 6716                | 6577                | 6439                |     |     |
| 80  | 6468   | 6463  | 6458  | 6450                | 6221                | 6065                | 5909                |     |     |
| 85  | 5952   | 5947  | 5942  | 5934                | 5684                | 5501                | 5318                |     |     |
| 90  | 5394   | 5389  | 5384  | 5376                | 5102                | 4873                | 4644                |     |     |
| 95  | 4787   | 4782  | 4777  | 4769                | 4476                | 4162                | 3849                |     |     |
| 100 | 4136   | 4131  | 4126  | 4118                | 3803                | 3333                | 2863                |     |     |

MEN: SAME AS NOW

SAME AS NOW

| OC  | SAME AS NOW |    |    | 100   | 200   | 300   | 400   |
|-----|-------------|----|----|-------|-------|-------|-------|
|     | 50          | 55 | 60 |       |       |       |       |
| 30  |             |    |    | 10196 | 10178 | 10089 | 10000 |
| 35  |             |    |    | 9864  | 9828  | 9760  | 9693  |
| 40  |             |    |    | 9542  | 9488  | 9436  | 9384  |
| 45  |             |    |    | 9231  | 9159  | 9115  | 9071  |
| 50  |             |    |    | 8930  | 8840  | 8795  | 8751  |
| 55  |             |    |    | 8639  | 8531  | 8475  | 8420  |
| 60  |             |    |    | 8352  | 8226  | 8149  | 8073  |
| 65  |             |    |    | 8039  | 7895  | 7799  | 7704  |
| 70  |             |    |    | 7687  | 7525  | 7415  | 7306  |
| 75  |             |    |    | 7296  | 7116  | 6993  | 6871  |
| 80  |             |    |    | 6864  | 6666  | 6527  | 6388  |
| 85  |             |    |    | 6389  | 6173  | 6005  | 5837  |
| 90  |             |    |    | 5870  | 5636  | 5403  | 5171  |
| 95  |             |    |    | 5306  | 5054  | 4658  | 4262  |
| 100 |             |    |    | 4696  | 4426  |       | 2739  |

← Computer Error