

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 L.L.	200 L.L.	300 1/2	400 Furn.	600	800
	50	55	60						
30	10254	10289	10284	10196	10178	10089	10000		
35	9841	9836	9831	9823 ³⁷³	9784 ³⁷¹	9714 ³⁷⁵	9645 ³⁵⁵		
40	9477	9472	9467	9459 ³⁶⁴	9399 ³⁶⁵	9343 ³⁷¹	9288 ³⁵⁷		
45	9125	9120	9115	9107 ³⁵²	9026 ³⁷³	8976 ³⁶⁷	8927 ³⁶¹		
50	8782	8777	8772	8764 ³⁴³	8662 ³⁶⁴	8610 ³⁶⁶	8559 ³⁶⁸		
55	8450	8445	8440	8432 ³³²	8309 ³³³	8244 ³⁶⁶	8180 ³⁷⁹		
60	8121	8116	8111	8103	7959	7872 ³¹²	7785		
65	7767	7762	7757	7749	7584	7476 ³⁹⁶	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