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| --- | --- | --- | --- | --- | --- | --- | --- |
| **Age Class**  | **Speed ratio** | **Age Class**  | **Speed ratio** | **Age Class**  | **Speed ratio** | **Age Class**  | **Speed ratio** |
| M10 | 0.74 | W10 | 0.73 | M45 | 0.86 | W45 | 0.67 |
| M12 | 0.70 | W12 | 0.62 | M50 | 0.82 | W50 | 0.63 |
| M14 | 0.80 | W14 | 0.65 | M55 | 0.77 | W55 | 0.58 |
| M16 | 0.84 | W16 | 0.67 | M60 | 0.70 | W60 | 0.53 |
| M18 | 0.90 | W18 | 0.70 | M65 | 0.64 | W65 | 0.48 |
| M20 | 0.92 | W20 | 0.71 | M70 | 0.57 | W70 | 0.42 |
| M21 | 1.00 | W21 | 0.82 | M75 | 0.50 | W75 | 0.35 |
| M35 | 0.92 | W35 | 0.71 | M80 | 0.41 | W80 | 0.28 |
| M40 | 0.89 | W40 | 0.69 | M85 | 0.32 | W85 | 0.19 |