

EPA League Point System 2016

SENIOR MEN: <35 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	03:25:00	02:45:00	1:55:00	01:42:30	01:19:00	00:55:00	00:36:00
4	03:37:10	02:55:00	2:01:30	01:48:20	01:23:20	00:58:00	00:38:00
3	04:00:40	03:14:20	2:14:10	01:59:35	01:31:45	01:03:55	00:41:45
2	04:47:30	03:53:00	2:41:00	02:22:05	01:48:30	01:15:35	00:49:20
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

MEN : 35- 39 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	03:32:30	02:50:00	1:58:30	01:45:35	01:21:15	00:56:40	00:37:10
4	03:44:10	02:59:40	2:04:45	01:51:10	01:25:25	00:59:35	00:39:05
3	04:06:40	03:18:20	2:17:00	02:02:05	01:33:30	01:05:15	00:42:45
2	04:51:50	03:55:50	2:41:25	02:23:50	01:49:45	01:16:30	00:50:00
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

MEN : 40- 44 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	03:40:00	02:55:00	2:02:00	01:48:40	01:23:30	00:58:30	00:38:20
4	03:51:10	03:04:20	2:08:00	01:54:05	01:27:35	01:01:20	00:40:10
3	04:12:50	03:22:30	2:19:55	02:04:35	01:35:20	01:06:45	00:43:40
2	04:56:00	03:58:40	2:43:30	02:25:35	01:51:00	01:17:35	00:50:40
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

MEN : 45- 49 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	03:50:00	03:03:30	2:08:00	01:54:00	01:27:45	01:01:15	00:40:10
4	04:00:30	03:12:20	2:13:40	01:59:05	01:31:30	01:03:55	00:41:55
3	04:21:00	03:29:20	2:24:45	02:08:55	01:38:50	01:09:00	00:45:10
2	05:01:40	04:03:30	2:46:45	02:28:35	01:53:25	01:19:05	00:51:40
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

MEN : 50- 54 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:00:00	03:12:00	2:13:55	01:59:20	01:32:00	01:04:00	00:42:00
4	04:09:50	03:20:20	2:19:15	02:04:05	01:35:30	01:06:30	00:43:35
3	04:29:00	03:36:20	2:29:35	02:13:15	01:42:15	01:11:10	00:46:40
2	05:07:20	04:08:10	2:50:10	02:31:35	01:55:50	01:20:40	00:52:45
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

MEN : 55- 59 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:10:00	03:20:30	2:20:15	02:04:55	01:36:15	01:06:45	00:43:50
4	04:19:20	03:28:10	2:25:10	02:09:20	01:39:30	01:09:00	00:45:20
3	04:37:10	03:43:10	2:34:45	02:17:50	01:45:45	01:13:25	00:48:10
2	05:13:00	04:13:00	2:53:45	02:34:45	01:58:15	01:22:15	00:53:45
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

MEN : 60- 64 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:20:00	03:29:00	2:26:30	02:10:30	01:40:30	01:09:30	00:45:40
4	04:28:40	03:36:10	2:31:00	02:14:30	01:43:30	01:11:35	00:47:00
3	04:45:20	03:50:10	2:39:45	02:22:20	01:49:10	01:15:40	00:49:35
2	05:18:40	04:17:50	2:57:15	02:37:55	02:00:40	01:23:45	00:54:50
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

MEN : 65- 69 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:30:00	03:38:00	2:32:45	02:16:05	01:45:00	01:12:15	00:47:30
4	04:38:00	03:44:40	2:36:55	02:19:45	01:47:40	01:14:10	00:48:45
3	04:53:30	03:57:30	2:44:55	02:26:55	01:52:50	01:17:55	00:51:05
2	05:24:20	04:23:00	3:00:50	02:41:05	02:03:10	01:25:20	00:55:50
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

MEN : 70+ YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:40:00	03:47:00	2:39:00	02:21:40	01:49:30	01:15:00	00:49:20
4	04:47:20	03:53:00	2:42:50	02:25:00	01:51:55	01:16:45	00:50:30
3	05:01:40	04:04:40	2:50:00	02:31:25	01:56:30	01:20:10	00:52:35
2	05:30:00	04:28:00	3:04:20	02:44:15	02:05:45	01:26:55	00:56:55
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

EPA League Point System 2016

SENIOR WOMEN : < 35 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	03:53:00	03:06:00	2:09:40	01:55:30	01:29:00	01:01:50	00:40:30
4	04:03:20	03:14:40	2:15:15	02:00:30	01:32:40	01:04:25	00:42:10
3	04:23:20	03:31:20	2:26:10	02:10:10	01:39:50	01:09:25	00:45:25
2	05:03:20	04:04:50	2:47:40	02:29:25	01:54:10	01:19:25	00:51:55
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

WOMEN : 35 - 39 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:05:30	03:13:00	2:14:10	01:59:35	01:32:00	01:04:00	00:41:55
4	04:15:00	03:21:10	2:19:35	02:04:20	01:35:30	01:06:30	00:43:30
3	04:33:30	03:37:10	2:29:50	02:13:30	01:42:15	01:11:10	00:46:35
2	05:10:30	04:08:50	2:50:25	02:31:45	01:55:50	01:20:40	00:52:40
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

WOMEN : 40 - 44 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:18:00	03:20:00	2:18:50	02:03:40	01:35:00	01:06:10	00:43:20
4	04:26:50	03:27:50	2:23:50	02:08:10	01:38:20	01:08:30	00:44:50
3	04:43:40	03:42:50	2:33:30	02:16:45	01:44:45	01:13:00	00:47:45
2	05:17:30	04:12:50	2:52:55	02:34:05	01:57:30	01:21:55	00:53:30
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

WOMEN : 45 - 49 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:32:30	03:30:30	2:25:50	02:09:55	01:39:35	01:09:25	00:45:30
4	04:40:20	03:37:40	2:30:20	02:14:00	01:42:35	01:11:30	00:46:50
3	04:55:30	03:51:20	2:39:10	02:21:50	01:48:25	01:15:35	00:49:30
2	05:25:50	04:18:40	2:56:55	02:37:35	02:00:10	01:23:45	00:54:45
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

WOMEN : 50 - 54 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	04:47:00	03:41:00	2:32:55	02:16:10	01:44:10	01:12:40	00:47:40
4	04:54:00	03:47:30	2:36:55	02:19:50	01:46:55	01:14:35	00:48:55
3	05:07:20	03:59:50	2:44:55	02:26:55	01:52:10	01:18:15	00:51:13
2	05:34:00	04:24:40	3:00:50	02:41:10	02:02:45	01:25:35	00:55:55
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

WOMEN : 55 - 59 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	05:01:30	03:52:00	2:39:50	02:22:25	01:48:45	01:15:55	00:49:50
4	05:07:30	03:57:50	2:43:30	02:25:40	01:51:10	01:17:40	00:50:55
3	05:19:00	04:08:50	2:50:40	02:32:00	01:55:55	01:20:55	00:53:00
2	05:42:10	04:30:50	3:04:50	02:44:40	02:05:20	01:27:25	00:57:10
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

WOMEN : 60 - 64 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	05:16:00	04:03:00	2:46:50	02:28:40	01:53:20	01:19:10	00:52:00
4	05:21:10	04:08:00	2:50:10	02:31:35	01:55:30	01:20:40	00:53:00
3	05:30:50	04:17:50	2:56:15	02:37:05	01:59:40	01:23:30	00:54:45
2	05:50:30	04:37:10	3:08:50	02:48:15	02:07:55	01:29:15	00:58:25
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

WOMEN : 65 - 69 YEARS

PTS	50	42.2	30	27	21.1	15	10
5	05:31:00	04:15:00	2:53:55	02:34:55	01:58:00	01:22:25	00:54:10
4	05:35:10	04:19:20	2:56:40	02:37:25	01:59:50	01:23:45	00:55:00
3	05:43:00	04:27:30	3:02:00	02:42:10	02:03:25	01:26:10	00:56:30
2	05:59:00	04:44:00	3:12:45	02:51:45	02:10:35	01:31:05	00:59:35
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00

WOMEN : 70+ YEARS

PTS	50	42.2	30	27	21.1	15	10
5	05:46:00	04:27:00	3:00:55	02:41:10	02:02:40	01:25:40	00:56:20
4	05:49:10	04:30:30	3:03:15	02:43:15	02:04:15	01:26:45	00:57:00
3	05:55:20	04:37:20	3:07:45	02:47:15	02:07:15	02:28:50	00:58:20
2	06:07:20	04:50:40	3:16:50	02:55:20	02:13:10	01:32:55	01:00:50
1	06:30:00	05:30:00	4:30:00	04:00:00	03:30:00	02:15:00	01:40:00