

Race Points Calculation Formula

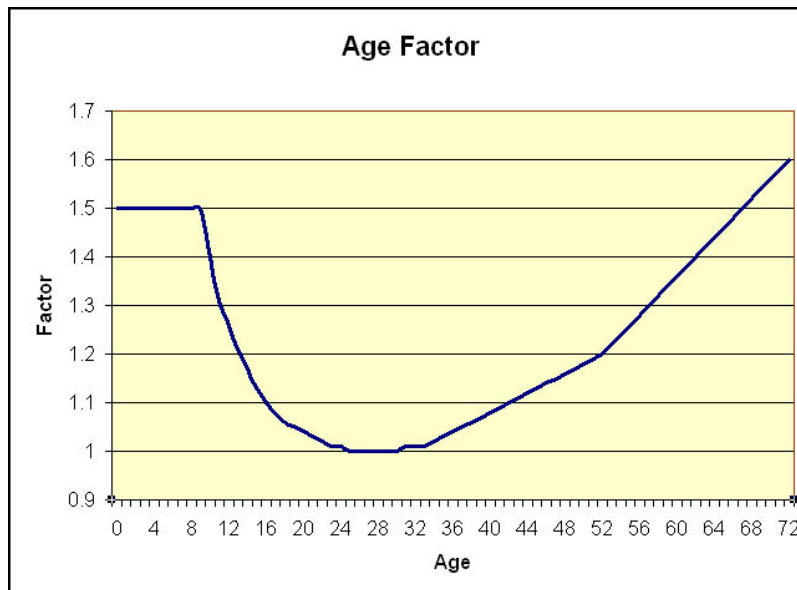
Race points are calculated from the number of miles raced and the number of minutes it took to complete the race using the following formula:

$$points = 100 \cdot ageFactor \cdot \frac{miles^{1.8138}}{minutes}$$

An age factor is also factored into the formula to compensate for age using the look-up table below. Points are also factored by 1.16 if the participant is female. Points may be also increased by 50% for official Striders races — so-called “bonus points”.

Age Factor Look-up Table

1 = 1.5	21 = 1.03	41 = 1.09	61 = 1.38
2 = 1.5	22 = 1.02	42 = 1.1	62 = 1.4
3 = 1.5	23 = 1.01	43 = 1.11	63 = 1.42
4 = 1.5	24 = 1.01	44 = 1.12	64 = 1.44
5 = 1.5	25 = 1	45 = 1.13	65 = 1.46
6 = 1.5	26 = 1	46 = 1.14	66 = 1.48
7 = 1.5	27 = 1	47 = 1.15	67 = 1.5
8 = 1.5	28 = 1	48 = 1.16	68 = 1.52
9 = 1.5	29 = 1	49 = 1.17	69 = 1.54
10 = 1.4	30 = 1	50 = 1.18	70 = 1.56
11 = 1.31	31 = 1.01	51 = 1.19	71 = 1.58
12 = 1.26	32 = 1.01	52 = 1.2	72 = 1.6
13 = 1.21	33 = 1.01	53 = 1.22	
14 = 1.17	34 = 1.02	54 = 1.24	
15 = 1.13	35 = 1.03	55 = 1.26	
16 = 1.1	36 = 1.04	56 = 1.28	
17 = 1.08	37 = 1.05	57 = 1.3	
18 = 1.06	38 = 1.06	58 = 1.32	
19 = 1.05	39 = 1.07	59 = 1.34	
20 = 1.04	40 = 1.08	60 = 1.36	



Performance Factor

The performance factor is a relative measure of performance that is adjusted so that a performance factor of 1000 would be a world class performance. The formula for calculating the performance factor is as follows:

$$performanceFactor = 3911 \cdot \frac{miles^{1.0689}}{minutes}$$