

VET on standard tables

subtract your time from those below based on your age

10 Miles

Age	Men	Women
40	0:25:59	0:28:02
41	0:26:04	0:28:08
42	0:26:09	0:28:13
43	0:26:13	0:28:19
44	0:26:18	0:28:24
45	0:26:23	0:28:29
46	0:26:27	0:28:34
47	0:26:32	0:28:39
48	0:26:36	0:28:43
49	0:26:41	0:28:48
50	0:26:45	0:28:53
51	0:26:50	0:28:58
52	0:26:54	0:29:03
53	0:26:59	0:29:09
54	0:27:04	0:29:14
55	0:27:09	0:29:20
56	0:27:14	0:29:26
57	0:27:20	0:29:32
58	0:27:26	0:29:38
59	0:27:32	0:29:44
60	0:27:38	0:29:51
61	0:27:44	0:29:59
62	0:27:51	0:30:06
63	0:27:59	0:30:14
64	0:28:06	0:30:23
65	0:28:14	0:30:31
66	0:28:23	0:30:41
67	0:28:32	0:30:51
68	0:28:42	0:31:01
69	0:28:52	0:31:12
70	0:29:02	0:31:24
71	0:29:14	0:31:37
72	0:29:26	0:31:50
73	0:29:39	0:32:04
74	0:29:53	0:32:20
75	0:30:07	0:32:36