

American Birkebeiner Trail Run, Relay and Trek

Determining the Handicap for Marathon Relay Teams:

The following table contains handicap percentages based on Age and Gender that will be used to determine the overall handicap for each 3-Person and 6-Person Marathon Relay Team.

The handicap adjusted finish time for each Team will be calculated by averaging the individual handicaps of all team members. The Team's actual relay finish time will be multiplied by the Team's average handicap percentage to calculate the Team's handicap adjusted finish time which will then be used to determine the Team's finish place (See example below).

The results will indicate the Team's actual relay finish time, the Team's average handicap percentage, and the Team's adjusted handicap finish time.

Example: 3-Person Team is made up of a 14 year old female, 36 year old male and 58 year old male. Their **actual finish time is 3:50:24**. Their Team Handicap is the average of **their individual handicaps** (highlighted in yellow in table below). Their **handicap adjusted Team Finish Time** is calculated:

$$3:50:24 \times \left(\frac{.981 + .821 + .932}{3} \right) = 3:50:24 \times .911 = \underline{3:29:54}$$

Age and Gender Handicaps

Male: **Female:**

Age: 6-Person 3-Person 6-Person 3-Person

12	0.868	0.867	0.909	0.896
13	0.889	0.889	0.927	0.915
14	0.909	0.908	0.942	0.932
15	0.927	0.926	0.955	0.948
16	0.942	0.941	0.967	0.962
17	0.955	0.955	0.979	0.976
18	0.967	0.967	0.989	0.988
19	0.979	0.979	0.996	0.996
20	0.989	0.989	1.000	1.000
21	0.996	0.996	1.000	1.000
22	1.000	1.000	1.000	1.000
23	1.000	1.000	1.000	1.000
24	1.000	1.000	1.000	1.000
25	1.000	1.000	1.000	1.000
26	1.000	1.000	1.000	1.000
27	1.000	1.000	1.000	1.000
28	1.000	1.000	1.000	1.000
29	0.999	1.000	1.000	1.000
30	0.998	1.000	1.000	1.000
31	0.995	0.999	0.999	0.999
32	0.992	0.997	0.997	0.997

33	0.989	0.995	0.995	0.995
34	0.984	0.991	0.993	0.993
35	0.979	0.986	0.990	0.990
36	0.973	0.981	0.986	0.986
37	0.966	0.975	0.982	0.982
38	0.959	0.967	0.977	0.977
39	0.952	0.960	0.971	0.971
40	0.945	0.953	0.965	0.965
41	0.938	0.946	0.959	0.959
42	0.931	0.938	0.952	0.952
43	0.924	0.931	0.944	0.944
44	0.917	0.924	0.936	0.936
45	0.910	0.916	0.927	0.927
46	0.903	0.909	0.917	0.917
47	0.896	0.902	0.907	0.907
48	0.889	0.894	0.897	0.897
49	0.882	0.887	0.886	0.886
50	0.875	0.880	0.875	0.875
51	0.868	0.872	0.864	0.864
52	0.861	0.865	0.853	0.853
53	0.854	0.858	0.842	0.842
54	0.847	0.850	0.831	0.831
55	0.840	0.843	0.820	0.820
56	0.832	0.836	0.809	0.809
57	0.825	0.828	0.798	0.798
58	0.818	0.821	0.788	0.788
59	0.811	0.814	0.777	0.777
60	0.804	0.807	0.766	0.766
61	0.797	0.799	0.755	0.755
62	0.790	0.792	0.744	0.744
63	0.783	0.785	0.733	0.733
64	0.776	0.777	0.722	0.722
65	0.769	0.770	0.711	0.711
66	0.762	0.763	0.700	0.700
67	0.755	0.755	0.689	0.689
68	0.748	0.748	0.679	0.679
69	0.740	0.741	0.668	0.668
70	0.732	0.733	0.657	0.657
71	0.723	0.724	0.646	0.646
72	0.713	0.715	0.635	0.635
73	0.703	0.705	0.624	0.624
74	0.692	0.694	0.613	0.613
75	0.681	0.683	0.602	0.602
76	0.669	0.671	0.591	0.591
77	0.656	0.659	0.580	0.580
78	0.643	0.646	0.570	0.570
79	0.629	0.632	0.559	0.559
80	0.614	0.617	0.547	0.547