

2015 SEA Games Bronze Benchmark

Event (Men)	AVG 3rd Placing (11 to 15)	Points	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%	15%	20%	30%														
100m	10.50	1042	1032	1053	1021	1056	1011	1059	1000	10.63	990	10.66	979	10.70	969	10.73	959	10.76	948	10.80	938	10.83	886	11	834	11.18	729	11.56	
200m	21.36	1016	1006	21.43	996	21.53	986	21.57	975	21.64	965	21.72	955	21.79	945	21.86	935	21.93	925	22	914	22.08	864	22.46	813	22.85	711	23.67	
400m	47.61	1006	996	47.76	986	47.92	976	48.08	966	48.24	956	48.40	946	48.56	936	48.72	926	48.88	915	49.06	905	49.22	855	50.06	805	50.92	704	52.74	
110mH (1.067m)	14.15	1040	1030	14.20	1019	14.27	1009	14.32	998	14.38	988	14.44	978	14.50	967	14.56	957	14.62	946	14.69	936	14.74	884	15.06	832	15.38	728	16.05	
400mH (0.914)	51.62	1051	1040	51.85	1030	52.06	1019	52.29	1009	52.51	998	52.74	988	52.96	977	53.19	967	53.41	956	53.65	946	53.87	893	55.05	841	56.25	736	58.78	
800m	1:51:40	986	976	1:51:80	966	1:52:10	956	1:52:50	947	1:52:80	937	1:53:20	927	1:53:60	917	1:53:90	907	1:54:3	897	1:54:70	887	1:55:10	838	1:55:20	789	1:58:90	690	2:03:00	
1500m	3:52:40	947	938	3:53:10	928	3:53:90	919	3:54:70	909	3:55:50	900	3:56:20	890	3:57:10	881	3:57:80	871	3:58:60	862	3:59:40	852	4:00:20	805	4:04:30	758	4:08:50	663	4:17:30	
3000m S/C	9:02:80	983	973	9:05:20	963	9:07:60	954	9:09:80	944	9:12:30	934	9:14:80	924	9:17:30	914	9:19:80	904	9:22:30	895	9:24:60	885	9:27:20	836	9:39:40	786	9:53:20	688	10:20:70	
5000m	14:36:50	882	873	14:39:40	864	14:42:30	856	14:44:90	847	14:47:80	838	14:50:80	829	14:53:70	820	14:56:70	811	14:59:70	803	15:02:40	794	15:05:40	750	15:20:40	706	15:35:90	617	16:08:70	
10000m	30:48:20	888	879	30:54:80	870	31:01:50	861	31:08:20	852	31:14:90	844	31:20:90	835	31:27:60	826	31:34:50	817	31:41:30	808	31:48:20	799	31:55:20	755	32:29:50	710	33:06:00	622	34:20:50	
Marathon	2:32:16	798	790	2:32:48	782	2:33:21	774	2:33:54	766	2:34:27	758	2:35:00	750	2:35:33	742	2:36:07	734	2:36:40	726	2:37:14	718	2:37:48	678	2:40:42	638	2:43:40	559	2:49:50	
20km Walk	1:37:43	870	861	1:38:14	853	1:38:43	844	1:39:15	835	1:39:47	827	1:40:16	818	1:40:49	809	1:41:22	800	1:41:55	792	1:42:24	783	1:42:57	740	1:45:40	696	1:48:30	609	1:54:25	
4x100m	39.96	1078	1067	40.11	1056	40.27	1046	40.40	1035	40.56	1024	40.71	1013	40.87	1003	41.01	992	41.16	981	41.32	970	41.48	916	42.27	862	43.09	755	44.78	
4x400m	3:12:80	1002	992	3:13:50	982	3:14:20	972	3:14:90	962	3:15:70	952	3:16:00	942	3:17:10	932	3:17:80	922	3:18:60	912	3:19:30	902	3:20:00	852	3:23:80	802	3:27:70	701	3:36:00	
Long Jump	7.48	1025	1015	7.43	1005	7.38	994	7.33	984	7.29	974	7.24	964	7.19	953	7.14	943	7.10	933	7.05	923	7	871	6.76	820	6.52	718	6.03	
High Jump	2.10	1008	998	2.09	988	2.08	978	2.07	968	2.06	958	2.05	948	2.03	937	2.02	927	2.01	917	2	907	1.99	857	1.93	806	1.87	706	1.76	
Triple Jump	16.31	1091	1080	16.20	1069	16.10	1058	16	1047	15.89	1036	15.79	1026	15.69	1015	15.59	1004	15.48	993	15.38	982	15.28	927	14.75	873	14.23	764	13.18	
Pole Vault	4.91	971	961	4.88	952	4.84	942	4.81	932	4.77	922	4.73	913	4.70	903	4.66	893	4.62	884	4.59	874	4.55	825	4.37	777	4.19	680	3.82	
Shot Put (7.26kg)	16.96	940	931	16.81	921	16.64	912	16.49	902	16.32	893	16.17	884	16.02	874	15.85	865	15.70	855	15.53	846	15.38	799	14.58	752	13.79	658	12.2	
Discus (2kg)	51.07	897	888	50.58	879	50.09	870	49.59	861	49.10	852	48.61	843	48.12	834	47.62	825	47.13	816	46.64	807	46.15	762	43.68	718	41.27	628	36.32	
Javelin (800g)	64.26	872	863	63.62	855	63.05	846	62.41	837	61.76	828	61.12	820	60.55	811	59.91	802	59.27	794	58.70	785	58.06	741	54.91	698	51.84	610	45.54	
Hammer Throw (7.26kg)	58.20	852	843	57.60	835	57.08	826	56.48	818	55.95	809	55.36	801	54.83	792	54.24	784	53.71	775	53.11	767	52.58	724	49.74	682	46.96	596	41.26	
Decathlon	6592	905	896	6533	887	6473	878	6413	869	6354	860	6294	851	6234	842	6174	833	6114	824	6054	815	5994	769	5687	724	5384	634	4777	
Avg		1012																											

Event (Women)	AVG 3rd Placing (11 to 15)	Points	1%	2%	3%	4%	5%	6%	7%	8%	9%	10%	15%	20%	30%													
100m	11.84	1023	1013	11.89	1003	11.94	992	12.01	982	12.05	972	12.1	962	12.15	951	12.21	941	12.26	931	12.31	921	12.36	870	12.63	818	12.92	716	13.50
200m	24.04	1032	1022	24.14	1011	24.26	1001	24.37	991	24.47	980	24.51	970	24.69	960	24.8	949	24.92	939	25.03	929	25.14	877	25.72	826	26.30	722	27.55
400m	54.41	1035	1025	54.68	1014	54.98	1004	55.25	994	55.52	983	55.83	973	56.10	963	56.38	952	56.69	942	56.97	932	57.25	880	58.74	828	60.28	725	63.47
100mH (0.838)	13.75	1050	1040	13.83	1029	13.92	1019	14.00	1008	14.08	998	14.16	987	14.25	977	14.33	966	14.42	956	14.50	945	14.59	893	15.02	840	15.47	735	16.41
400mH (0.762)	60.46	1008	998	60.82	988	61.17	978	61.52	968	61.87	958	62.22	948	62.58	937	62.97	927	63.33	917	63.69	907	64.05	857	65.89	806	67.83	706	71.81
800m	2:09:66	988	978	2:10:30	968	2:10:91	958	2:11:53	948	2:12:15	939	2:12:71	929	2:13:33	919	2:13:96	909	2:14:60	899	2:15:23	889	2:15:87	840	2:19:06	790	2:22:42	692	2:29:31
1500m	4:28:92	984	974	4:30:39	964	4:31:78	954	4:33:17	945	4:34:43	935	4:35:84	925	4:37:26	915	4:38:68	905	4:40:12	895	4:41:56	886	4:42:86	836	4:50:22	787	4:57:65	689	5:13:24
3000m S/C	10:50:24	977	967	10:55:06	957	10:59:49	948	11:03:50	938	11:07:98	928	11:12:48	918	11:17:00	909	11:21:10	899	11:25:67	889	11:30:26	879	11:34:89	830	11:57:93	782	12:21:18	684	13:10:96
5000m	17:37:57	878	869	17:42:93	860	17:48:32	852	17:53:13	843	17:58:57	834	18:04:03	825	18:09:53	817	18:14:44	808	18:19:99	799	18:25:58	790	18:31:20	746	18:59:13	702	19:27:89	615	20:27:56
10000m	36:26:42	916	907	36:38:28	898	36:49:73	889	37:01:23	879	37:14:09	870	37:25:72	861	37:37:41	852	37:49:16	843	38:00:97	834	38:12:85	824	38:26:12	779	39:26:87	733	40:30:81	641	42:45:01
Marathon	2:54:59	900	891	2:56:02	882	2:57:04	873	2:58:07	864	2:59:09	855	3:00:12	846	3:01:15	837	3:02:19	828	3:03:23	819	3:04:27	810	3:05:32	765	3:11:01	720	3:16:39	630	3:28:30
20km Walk	1:44:54	963	953	1:45:46	944	1:46:30	934	1:47:19	924	1:48:08	915	1:48:53	905	1:49:42	896	1:50:27	886	1:51:17	876	1:52:08	867	1:52:54	819	1:57:01	770	2:01:22	674	2:10:18
4x100m	45.47	1084	1073	45.74	1062	46.01	1051	46.28	1041	46.53	1030	46.8	1019	47.07	1008	47.35	997	47.63	986	47.91	976	48.16	921	49.59	867	51.03	759	54.05
4x400m	3:44:34	1020	1010	3:45:71	1000	3:46:97	989	3:48:37	979	3:49:64	969	3:50:93	959	3:52:21	949	3:53:51	938	3:54:81	928	3:56:25	918	3:57:57	867	4:04:40	816	4:11:43	714	4:26:19
Long Jump	6.27	1045	1035	6.22	1024	6.17	1014	6.12	1003	6.07	993	6.02	982	5.97	972	5.93	961	5.88	951	5.83	941	5.78	888	5.53	836	5.29	732	4.80
High Jump	1.83	1038	1028	1.82	1017	1.80	1007	1.79	996	1.78	986	1.77	976	1.76	965	1.75	955	1.74	945	1.73	934	1.72	882	1.66	830	1.61	727	1.50
Triple Jump	13.80	1082	1071	13.70	1060	13.59	1050	13.49	1039	13.38	1028	13.27	1017	13.16	1006	13.05	995	12.94	985	12.84	974	12.73	920	12.18	866	11.64	757	10.53
Pole Vault	3.77	883	874	3.74	865	3.71	857	3.68	848	3.65	839	3.62	830	3.59	821	3.56	812	3.53	804	3.50	795	3.48	751	3.33	706	3.18	618	2.88
Shot Put (4kg)	14.17	822	814	14.04	806	13.91	797	13.76	789	13.63	781	13.50	773	13.36	764	13.21	756	13.08	748	12.95	740	12.82	699	12.14	658	11.45	575	10.07
Discus (1kg)	44.99	796	788	44.55	780	44.11	772	43.67	764	43.23	756	42.80</																