

		5%	7.50%	10%	12.5%	15%	17.50%	20%	22.5%	
Female	World Standard Times 100%	Rhodium 115%	Platinum 120%	Diamond 127.5%	Gold 137.5%	Silver 150%	Bronze 165%	Copper 182.5%	Pewter 202.5%	Tungsten 225%
5k										
open	00:14:24	00:16:34	00:17:17	00:18:22	00:19:48	00:21:36	00:23:46	00:26:17	00:29:10	00:32:24
35-39	00:14:45	00:16:58	00:17:42	00:18:48	00:20:17	00:22:08	00:24:20	00:26:55	00:29:52	00:33:11
40-44	00:15:22	00:17:40	00:18:26	00:19:36	00:21:08	00:23:03	00:25:21	00:28:03	00:31:07	00:34:34
45-49	00:16:03	00:18:27	00:19:16	00:20:28	00:22:04	00:24:05	00:26:29	00:29:17	00:32:30	00:36:07
50-54	00:16:48	00:19:19	00:20:10	00:21:25	00:23:06	00:25:12	00:27:43	00:30:40	00:34:01	00:37:48
55-59	00:17:39	00:20:18	00:21:11	00:22:30	00:24:16	00:26:28	00:29:07	00:32:13	00:35:44	00:39:43
60-64	00:18:39	00:21:27	00:22:23	00:23:47	00:25:39	00:27:58	00:30:46	00:34:02	00:37:46	00:41:58
65-69	00:19:50	00:22:48	00:23:48	00:25:17	00:27:16	00:29:45	00:32:43	00:36:12	00:40:10	00:44:37
5 Miles										
open	00:23:39	00:27:12	00:28:23	00:30:09	00:32:31	00:35:29	00:39:01	00:43:10	00:47:53	00:53:13
35-39	00:24:08	00:27:45	00:28:58	00:30:46	00:33:11	00:36:12	00:39:49	00:44:03	00:48:52	00:54:18
40-44	00:25:08	00:28:54	00:30:10	00:32:03	00:34:34	00:37:42	00:41:28	00:45:52	00:50:54	00:56:33
45-49	00:26:15	00:30:11	00:31:30	00:33:28	00:36:06	00:39:22	00:43:19	00:47:54	00:53:09	00:59:04
50-54	00:27:29	00:31:36	00:32:59	00:35:02	00:37:47	00:41:14	00:45:21	00:50:09	00:55:39	01:01:50
55-59	00:28:53	00:33:13	00:34:40	00:36:50	00:39:43	00:43:20	00:47:39	00:52:43	00:58:29	01:04:59
60-64	00:30:30	00:35:04	00:36:36	00:38:53	00:41:56	00:45:45	00:50:19	00:55:40	01:01:46	01:08:37
65-69	00:32:26	00:37:18	00:38:55	00:41:21	00:44:36	00:48:39	00:53:31	00:59:11	01:05:41	01:12:58
6 Miles										
open	00:28:57	00:33:18	00:34:44	00:36:55	00:39:48	00:43:25	00:47:46	00:52:50	00:58:37	01:05:08
35-39	00:29:29	00:33:54	00:35:23	00:37:35	00:40:32	00:44:14	00:48:39	00:53:48	00:59:42	01:06:20
40-44	00:30:43	00:35:19	00:36:52	00:39:10	00:42:14	00:46:05	00:50:41	00:56:03	01:02:12	01:09:07
45-49	00:32:03	00:36:51	00:38:28	00:40:52	00:44:04	00:48:04	00:52:53	00:58:29	01:04:54	01:12:07
50-54	00:33:34	00:38:36	00:40:17	00:42:48	00:46:09	00:50:21	00:55:23	01:01:16	01:07:58	01:15:32
55-59	00:35:15	00:40:32	00:42:18	00:44:57	00:48:28	00:52:52	00:58:10	01:04:20	01:11:23	01:19:19
60-64	00:37:15	00:42:50	00:44:42	00:47:30	00:51:13	00:55:53	01:01:28	01:07:59	01:15:26	01:23:49
65-69	00:39:35	00:45:31	00:47:30	00:50:28	00:54:26	00:59:23	01:05:19	01:12:14	01:20:09	01:29:04
10k										
open	00:29:55	00:34:24	00:35:54	00:38:09	00:41:08	00:44:53	00:49:22	00:54:36	01:00:35	01:07:19
35-39	00:30:28	00:35:02	00:36:34	00:38:51	00:41:53	00:45:42	00:50:16	00:55:36	01:01:42	01:08:33
40-44	00:31:44	00:36:30	00:38:05	00:40:28	00:43:38	00:47:36	00:52:22	00:57:55	01:04:16	01:11:24
45-49	00:33:07	00:38:05	00:39:44	00:42:13	00:45:32	00:49:41	00:54:39	01:00:26	01:07:04	01:14:31
50-54	00:34:41	00:39:53	00:41:37	00:44:13	00:47:41	00:52:02	00:57:14	01:03:18	01:10:14	01:18:02
55-59	00:36:26	00:41:54	00:43:43	00:46:27	00:50:06	00:54:39	01:00:07	01:06:29	01:13:47	01:21:59
60-64	00:38:29	00:44:15	00:46:11	00:49:04	00:52:55	00:57:44	01:03:30	01:10:14	01:17:56	01:26:35
65-69	00:40:54	00:47:02	00:49:05	00:52:09	00:56:14	01:01:21	01:07:29	01:14:39	01:22:49	01:32:01
7 Miles										
open	00:33:47	00:38:51	00:40:32	00:43:04	00:46:27	00:50:41	00:55:45	01:01:39	01:08:25	01:16:01
35-39	00:34:24	00:39:34	00:41:17	00:43:52	00:47:18	00:51:36	00:56:46	01:02:47	01:09:40	01:17:24
40-44	00:35:50	00:41:13	00:43:00	00:45:41	00:49:16	00:53:45	00:59:08	01:05:24	01:12:34	01:20:37
45-49	00:37:23	00:42:59	00:44:52	00:47:40	00:51:24	00:56:05	01:01:41	01:08:13	01:15:42	01:24:07
50-54	00:39:10	00:45:02	00:47:00	00:49:56	00:53:51	00:58:45	01:04:38	01:11:29	01:19:19	01:28:07
55-59	00:41:08	00:47:18	00:49:22	00:52:27	00:56:34	01:01:42	01:07:52	01:15:04	01:23:18	01:32:33
60-64	00:43:27	00:49:58	00:52:08	00:55:24	00:59:45	01:05:11	01:11:42	01:19:18	01:27:59	01:37:46
65-69	00:46:11	00:53:07	00:55:25	00:58:53	01:03:30	01:09:16	01:16:12	01:24:17	01:33:31	01:43:55

Female	World Standard Times 100%	Rhodium 115%	Platinum 120%	Diamond 127.5%	Gold 137.5%	Silver 150%	Bronze 165%	Copper 182.5%	Pewter 202.5%	Tungsten 225%
8 Miles										
open	00:38:36	00:44:23	00:46:19	00:49:13	00:53:05	00:57:54	01:03:41	01:10:27	01:18:10	01:26:51
35-39	00:39:19	00:45:13	00:47:11	00:50:08	00:54:04	00:58:59	01:04:52	01:11:45	01:19:37	01:28:28
40-44	00:40:57	00:47:06	00:49:08	00:52:13	00:56:18	01:01:26	01:07:34	01:14:44	01:22:55	01:32:08
45-49	00:42:44	00:49:09	00:51:17	00:54:29	00:58:45	01:04:06	01:10:31	01:17:59	01:26:32	01:36:09
50-54	00:44:45	00:51:28	00:53:42	00:57:03	01:01:32	01:07:08	01:13:50	01:21:40	01:30:37	01:40:41
55-59	00:47:01	00:54:04	00:56:25	00:59:57	01:04:39	01:10:32	01:17:35	01:25:48	01:35:13	01:45:47
60-64	00:49:39	00:57:06	00:59:35	01:03:18	01:08:16	01:14:28	01:21:55	01:30:37	01:40:32	01:51:43
65-69	00:52:46	01:00:41	01:03:19	01:07:17	01:12:33	01:19:09	01:27:04	01:36:18	01:46:51	01:58:43
10 Miles										
open	00:49:23	00:56:47	00:59:16	01:02:58	01:07:54	01:14:05	01:21:29	01:30:07	01:40:00	01:51:07
35-39	00:50:04	00:57:35	01:00:05	01:03:50	01:08:51	01:15:06	01:22:37	01:31:22	01:41:23	01:52:39
40-44	00:52:08	00:59:57	01:02:34	01:06:28	01:11:41	01:18:12	01:26:01	01:35:09	01:45:34	01:57:18
45-49	00:54:24	01:02:34	01:05:17	01:09:22	01:14:48	01:21:36	01:29:46	01:39:17	01:50:10	02:02:24
50-54	00:56:57	01:05:30	01:08:20	01:12:37	01:18:18	01:25:26	01:33:58	01:43:56	01:55:19	02:08:08
55-59	00:59:49	01:08:47	01:11:47	01:16:16	01:22:15	01:29:44	01:38:42	01:49:10	02:01:08	02:14:35
60-64	01:03:09	01:12:37	01:15:47	01:20:31	01:26:50	01:34:43	01:44:12	01:55:15	02:07:53	02:22:05
65-69	01:07:06	01:17:10	01:20:31	01:25:33	01:32:16	01:40:39	01:50:43	02:02:27	02:15:53	02:30:59
1/2 Marathon										
open	01:05:48	01:15:40	01:18:58	01:23:54	01:30:29	01:38:42	01:48:34	02:00:05	02:13:15	02:28:03
35-39	01:06:32	01:16:31	01:19:50	01:24:50	01:31:29	01:39:48	01:49:47	02:01:25	02:14:44	02:29:42
40-44	01:09:16	01:19:39	01:23:07	01:28:19	01:35:14	01:43:54	01:54:17	02:06:25	02:20:16	02:35:51
45-49	01:12:17	01:23:08	01:26:44	01:32:10	01:39:23	01:48:26	01:59:16	02:11:55	02:26:22	02:42:38
50-54	01:15:39	01:27:00	01:30:47	01:36:27	01:44:01	01:53:28	02:04:49	02:18:04	02:33:11	02:50:13
55-59	01:19:29	01:31:24	01:35:23	01:41:20	01:49:17	01:59:14	02:11:09	02:25:03	02:40:57	02:58:50
60-64	01:23:54	01:36:29	01:40:41	01:46:58	01:55:22	02:05:51	02:18:26	02:33:07	02:49:54	03:08:47
65-69	01:29:09	01:42:31	01:46:59	01:53:40	02:02:35	02:13:43	02:27:06	02:42:42	03:00:32	03:20:35
20 Miles										
open	01:50:15	02:06:47	02:12:18	02:20:34	02:31:36	02:45:22	03:01:55	03:21:12	03:43:15	04:08:04
35-39	01:51:36	02:08:20	02:13:55	02:22:17	02:33:27	02:47:24	03:04:08	03:23:40	03:45:59	04:11:06
40-44	01:55:51	02:13:14	02:19:01	02:27:43	02:39:18	02:53:46	03:11:09	03:31:26	03:54:36	04:20:40
45-49	02:00:54	02:19:02	02:25:05	02:34:09	02:46:14	03:01:21	03:19:29	03:40:39	04:04:49	04:32:02
50-54	02:06:31	02:25:30	02:31:49	02:41:19	02:53:58	03:09:47	03:28:45	03:50:54	04:16:12	04:44:40
55-59	02:12:53	02:32:49	02:39:28	02:49:26	03:02:43	03:19:19	03:39:15	04:02:31	04:29:05	04:58:59
60-64	02:20:16	02:41:18	02:48:19	02:58:50	03:12:52	03:30:24	03:51:26	04:15:59	04:44:02	05:15:36
65-69	02:29:01	02:51:22	02:58:49	03:10:00	03:24:54	03:43:31	04:05:53	04:31:57	05:01:46	05:35:17
Marathon										
open	02:18:51	02:39:41	02:46:37	02:57:02	03:10:55	03:28:17	03:49:06	04:13:24	04:41:10	05:12:25
35-39	02:19:09	02:40:01	02:46:59	02:57:25	03:11:20	03:28:44	03:49:36	04:13:57	04:41:47	05:13:05
40-44	02:24:50	02:46:33	02:53:48	03:04:40	03:19:09	03:37:15	03:58:59	04:24:19	04:53:17	05:25:52
45-49	02:31:05	02:53:45	03:01:18	03:12:38	03:27:44	03:46:38	04:09:17	04:35:44	05:05:57	05:39:56
50-54	02:38:03	03:01:45	03:09:40	03:21:31	03:37:19	03:57:05	04:20:47	04:48:26	05:20:03	05:55:37
55-59	02:45:57	03:10:51	03:19:08	03:31:35	03:48:11	04:08:56	04:33:49	05:02:52	05:36:03	06:13:23
60-64	02:55:06	03:21:22	03:30:07	03:43:15	04:00:46	04:22:39	04:48:55	05:19:33	05:54:35	06:33:59
65-69	03:05:55	03:33:48	03:43:06	03:57:03	04:15:38	04:38:53	05:06:46	05:39:18	06:16:29	06:58:19