

		5%	7.50%	10%	12.5%	15%	17.5%	20%	22.5%	
Male	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	00:12:58	00:14:55	00:15:34	00:16:32	00:17:50	00:19:27	00:21:24	00:23:40	00:26:15	00:29:11
40-44	00:13:40	00:15:43	00:16:24	00:17:25	00:18:47	00:20:30	00:22:33	00:24:56	00:27:40	00:30:45
45-49	00:14:12	00:16:20	00:17:02	00:18:06	00:19:31	00:21:18	00:23:26	00:25:55	00:28:45	00:31:57
50-54	00:14:46	00:16:59	00:17:43	00:18:50	00:20:18	00:22:09	00:24:22	00:26:57	00:29:54	00:33:14
55-59	00:15:25	00:17:44	00:18:30	00:19:39	00:21:12	00:23:07	00:25:26	00:28:08	00:31:13	00:34:41
60-64	00:16:09	00:18:34	00:19:23	00:20:35	00:22:12	00:24:13	00:26:39	00:29:28	00:32:42	00:36:20
65-69	00:17:01	00:19:34	00:20:25	00:21:42	00:23:24	00:25:31	00:28:05	00:31:03	00:34:28	00:38:17
70-74	00:18:04	00:20:47	00:21:41	00:23:02	00:24:50	00:27:06	00:29:49	00:32:58	00:36:35	00:40:39
75-79	00:19:07	00:21:59	00:22:56	00:24:22	00:26:17	00:28:41	00:31:33	00:34:53	00:38:43	00:43:01
5 Miles										
open	00:21:19	00:24:31	00:25:35	00:27:11	00:29:19	00:31:58	00:35:10	00:38:54	00:43:10	00:47:58
40-44	00:22:23	00:25:44	00:26:52	00:28:32	00:30:47	00:33:35	00:36:56	00:40:51	00:45:20	00:50:22
45-49	00:23:14	00:26:43	00:27:53	00:29:37	00:31:57	00:34:51	00:38:20	00:42:24	00:47:03	00:52:17
50-54	00:24:10	00:27:48	00:29:00	00:30:49	00:33:14	00:36:15	00:39:52	00:44:06	00:48:56	00:54:23
55-59	00:25:14	00:29:01	00:30:17	00:32:10	00:34:42	00:37:51	00:41:38	00:46:03	00:51:06	00:56:47
60-64	00:26:26	00:30:24	00:31:43	00:33:42	00:36:21	00:39:39	00:43:37	00:48:14	00:53:32	00:59:29
65-69	00:27:52	00:32:03	00:33:26	00:35:32	00:38:19	00:41:48	00:45:59	00:50:51	00:56:26	01:02:42
70-74	00:29:35	00:34:01	00:35:30	00:37:43	00:40:41	00:44:22	00:48:49	00:53:59	00:59:54	01:06:34
75-79	00:32:06	00:36:55	00:38:31	00:40:56	00:44:08	00:48:09	00:52:58	00:58:35	01:05:00	01:12:14
6 Miles										
open	00:26:06	00:30:01	00:31:19	00:33:17	00:35:53	00:39:09	00:43:04	00:47:38	00:52:51	00:58:44
40-44	00:27:21	00:31:27	00:32:49	00:34:52	00:37:36	00:41:02	00:45:08	00:49:55	00:55:23	01:01:32
45-49	00:28:34	00:32:51	00:34:17	00:36:25	00:39:17	00:42:51	00:47:08	00:52:08	00:57:51	01:04:17
50-54	00:29:33	00:33:59	00:35:28	00:37:41	00:40:38	00:44:19	00:48:45	00:53:56	00:59:50	01:06:29
55-59	00:30:50	00:35:27	00:37:00	00:39:19	00:42:24	00:46:15	00:50:52	00:56:16	01:02:26	01:09:23
60-64	00:32:19	00:37:10	00:38:47	00:41:12	00:44:26	00:48:29	00:53:19	00:58:59	01:05:26	01:12:43
65-69	00:34:04	00:39:11	00:40:53	00:43:26	00:46:51	00:51:06	00:56:13	01:02:10	01:08:59	01:16:39
70-74	00:36:11	00:41:37	00:43:25	00:46:08	00:49:45	00:54:16	00:59:42	01:06:02	01:13:16	01:21:25
75-79	00:38:58	00:44:49	00:46:46	00:49:41	00:53:35	00:58:27	01:04:18	01:11:07	01:18:54	01:27:41
10k										
open	00:26:58	00:31:01	00:32:22	00:34:23	00:37:05	00:40:27	00:44:30	00:49:13	00:54:36	01:00:41
40-44	00:28:16	00:32:30	00:33:55	00:36:02	00:38:52	00:42:24	00:46:38	00:51:35	00:57:14	01:03:36
45-49	00:29:31	00:33:57	00:35:25	00:37:38	00:40:35	00:44:16	00:48:42	00:53:52	00:59:46	01:06:25
50-54	00:30:32	00:35:07	00:36:38	00:38:56	00:41:59	00:45:48	00:50:23	00:55:43	01:01:50	01:08:42
55-59	00:31:52	00:36:39	00:38:14	00:40:38	00:43:49	00:47:48	00:52:35	00:58:09	01:04:32	01:11:42
60-64	00:33:24	00:38:25	00:40:05	00:42:35	00:45:56	00:50:06	00:55:07	01:00:57	01:07:38	01:15:09
65-69	00:35:12	00:40:29	00:42:14	00:44:53	00:48:24	00:52:48	00:58:05	01:04:14	01:11:17	01:19:12
70-74	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
75-79	00:40:16	00:46:18	00:48:19	00:51:20	00:55:22	01:00:24	01:06:26	01:13:29	01:21:32	01:30:36

Male	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%
7 Miles										
open	00:30:27	00:35:01	00:36:32	00:38:49	00:41:52	00:45:41	00:50:15	00:55:34	01:01:40	01:08:31
40-44	00:31:55	00:36:42	00:38:18	00:40:42	00:43:53	00:47:53	00:52:40	00:58:15	01:04:38	01:11:49
45-49	00:33:20	00:38:20	00:40:00	00:42:30	00:45:50	00:50:00	00:55:00	01:00:50	01:07:30	01:15:00
50-54	00:34:28	00:39:38	00:41:22	00:43:57	00:47:24	00:51:42	00:56:52	01:02:54	01:09:48	01:17:33
55-59	00:35:59	00:41:23	00:43:11	00:45:53	00:49:29	00:53:59	00:59:22	01:05:40	01:12:52	01:20:58
60-64	00:37:43	00:43:22	00:45:16	00:48:05	00:51:52	00:56:35	01:02:14	01:08:50	01:16:23	01:24:52
65-69	00:39:45	00:45:43	00:47:42	00:50:41	00:54:39	00:59:37	01:05:35	01:12:33	01:20:30	01:29:26
70-74	00:42:12	00:48:32	00:50:38	00:53:48	00:58:02	01:03:18	01:09:38	01:17:01	01:25:27	01:34:57
75-79	00:45:44	00:52:36	00:54:53	00:58:19	01:02:53	01:08:36	01:15:28	01:23:28	01:32:37	01:42:54
8 Miles										
open	00:34:48	00:40:01	00:41:46	00:44:22	00:47:51	00:52:12	00:57:25	01:03:31	01:10:28	01:18:18
40-44	00:36:28	00:41:56	00:43:46	00:46:30	00:50:09	00:54:42	01:00:10	01:06:33	01:13:51	01:22:03
45-49	00:38:05	00:43:48	00:45:42	00:48:33	00:52:22	00:57:08	01:02:50	01:09:30	01:17:07	01:25:41
50-54	00:39:24	00:45:19	00:47:17	00:50:14	00:54:10	00:59:06	01:05:01	01:11:54	01:19:47	01:28:39
55-59	00:41:07	00:47:17	00:49:20	00:52:25	00:56:32	01:01:40	01:07:51	01:15:02	01:23:16	01:32:31
60-64	00:43:06	00:49:34	00:51:43	00:54:57	00:59:16	01:04:39	01:11:07	01:18:39	01:27:17	01:36:59
65-69	00:45:25	00:52:14	00:54:30	00:57:54	01:02:27	01:08:08	01:14:56	01:22:53	01:31:58	01:42:11
70-74	00:48:14	00:55:28	00:57:53	01:01:30	01:06:19	01:12:21	01:19:35	01:28:02	01:37:40	01:48:31
75-79	00:52:32	01:00:25	01:03:02	01:06:59	01:12:14	01:18:48	01:26:41	01:35:52	01:46:23	01:58:12
10 Miles										
open	00:44:40	00:51:22	00:53:36	00:56:57	01:01:25	01:07:00	01:13:42	01:21:31	01:30:27	01:40:30
40-44	00:46:37	00:53:37	00:55:56	00:59:26	01:04:06	01:09:56	01:16:55	01:25:05	01:34:24	01:44:53
45-49	00:48:23	00:55:38	00:58:04	01:01:41	01:06:32	01:12:35	01:19:50	01:28:18	01:37:59	01:48:52
50-54	00:50:20	00:57:53	01:00:24	01:04:11	01:09:13	01:15:30	01:23:03	01:31:52	01:41:56	01:53:15
55-59	00:52:32	01:00:25	01:03:02	01:06:59	01:12:14	01:18:48	01:26:41	01:35:52	01:46:23	01:58:12
60-64	00:55:03	01:03:18	01:06:04	01:10:11	01:15:42	01:22:35	01:30:50	01:40:28	01:51:29	02:03:52
65-69	00:58:01	01:06:43	01:09:37	01:13:58	01:19:46	01:27:01	01:35:44	01:45:53	01:57:29	02:10:32
70-74	01:01:35	01:10:49	01:13:54	01:18:31	01:24:41	01:32:22	01:41:37	01:52:23	02:04:42	02:18:34
75-79	01:06:41	01:16:41	01:20:01	01:25:01	01:31:41	01:40:01	01:50:02	02:01:42	02:15:02	02:30:02
1/2 Marathon										
open	00:59:39	01:08:36	01:11:35	01:16:03	01:22:01	01:29:29	01:38:25	01:48:52	02:00:47	02:14:13
40-44	01:02:03	01:11:21	01:14:28	01:19:07	01:25:19	01:33:05	01:42:23	01:53:14	02:05:39	02:19:37
45-49	01:04:24	01:14:04	01:17:17	01:22:07	01:28:33	01:36:36	01:46:16	01:57:32	02:10:25	02:24:54
50-54	01:07:00	01:17:03	01:20:24	01:25:26	01:32:07	01:40:30	01:50:33	02:02:17	02:15:41	02:30:45
55-59	01:09:55	01:20:24	01:23:54	01:29:09	01:36:08	01:44:53	01:55:22	02:07:36	02:21:35	02:37:19
60-64	01:13:15	01:24:14	01:27:54	01:33:24	01:40:43	01:49:52	02:00:52	02:13:41	02:28:20	02:44:49
65-69	01:19:11	01:31:04	01:35:01	01:40:58	01:48:53	01:58:46	02:10:39	02:24:31	02:40:21	02:58:10
70-74	01:21:55	01:34:12	01:38:18	01:44:27	01:52:38	02:02:52	02:15:10	02:29:30	02:45:53	03:04:19
75-79	01:27:42	01:40:51	01:45:14	01:51:49	02:00:35	02:11:33	02:24:42	02:40:03	02:57:36	03:17:19

Male	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%
20 Miles										
open	01:40:13	01:55:15	02:00:16	02:07:47	02:17:48	02:30:19	02:45:21	03:02:54	03:22:56	03:45:29
40-44	01:44:04	01:59:41	02:04:53	02:12:41	02:23:06	02:36:06	02:51:43	03:09:55	03:30:44	03:54:09
45-49	01:48:01	02:04:13	02:09:37	02:17:43	02:28:31	02:42:01	02:58:14	03:17:08	03:38:44	04:03:02
50-54	01:52:21	02:09:12	02:14:49	02:23:15	02:34:29	02:48:31	03:05:23	03:25:02	03:47:31	04:12:47
55-59	01:57:15	02:14:50	02:20:42	02:29:30	02:41:13	02:55:52	03:13:28	03:33:59	03:57:26	04:23:49
60-64	02:02:51	02:21:17	02:27:25	02:36:38	02:48:55	03:04:17	03:22:42	03:44:12	04:08:46	04:36:25
65-69	02:09:26	02:28:51	02:35:19	02:45:02	02:57:58	03:14:09	03:33:34	03:56:13	04:22:06	04:51:14
70-74	02:17:22	02:37:58	02:44:50	02:55:09	03:08:53	03:26:03	03:46:39	04:10:42	04:38:10	05:09:04
75-79	02:17:40	02:38:19	02:45:12	02:55:31	03:09:17	03:26:30	03:47:09	04:11:15	04:38:46	05:09:45
Marathon										
open	02:06:50	02:25:51	02:32:12	02:41:43	02:54:24	03:10:15	03:29:16	03:51:28	04:16:50	04:45:23
40-44	02:10:49	02:30:26	02:36:59	02:46:47	02:59:52	03:16:14	03:35:51	03:58:44	04:24:54	04:54:20
45-49	02:15:45	02:36:07	02:42:54	02:53:05	03:06:39	03:23:38	03:43:59	04:07:45	04:34:54	05:05:26
50-54	02:21:11	02:42:22	02:49:25	03:00:01	03:14:08	03:31:47	03:52:57	04:17:40	04:45:54	05:17:40
55-59	02:27:19	02:49:25	02:56:47	03:07:50	03:22:34	03:40:59	04:03:04	04:28:51	04:58:19	05:31:28
60-64	02:34:20	02:57:29	03:05:12	03:16:47	03:32:13	03:51:30	04:14:39	04:41:40	05:12:32	05:47:15
65-69	02:42:35	03:06:58	03:15:06	03:27:18	03:43:33	04:03:53	04:28:16	04:56:43	05:29:14	06:05:49
70-74	02:52:30	03:18:23	03:27:00	03:39:56	03:57:11	04:18:45	04:44:38	05:14:49	05:49:19	06:28:08
75-79	03:04:35	03:32:16	03:41:30	03:55:21	04:13:48	04:36:53	05:04:34	05:36:52	06:13:47	06:55:19