

WOMEN		World	Platinum	Gold	Silver	Bronze	Copper	Pewter
		100%	120%	135%	150%	165%	185%	200%
Open	5 Km Road Race	0:14:24	0:17:17	0:19:26	0:21:36	0:23:46	0:26:38	0:28:48
	5 Mile Road Race	0:23:39	0:28:23	0:31:56	0:35:29	0:39:01	0:43:45	0:47:18
	6 Mile Road Race	0:28:57	0:34:45	0:39:05	0:43:26	0:47:46	0:53:34	0:57:54
	10 Km Road Race	0:29:55	0:35:54	0:40:23	0:44:52	0:49:22	0:55:21	0:59:50
	7 Mile Road Race	0:33:47	0:40:32	0:45:36	0:50:40	0:55:44	1:02:29	1:07:33
	8 Mile Road Race	0:38:36	0:46:19	0:52:07	0:57:54	1:03:42	1:11:25	1:17:12
	10 Mile Road Race	0:49:23	0:59:16	1:06:40	1:14:05	1:21:29	1:31:22	1:38:46
	1/2 Marathon	1:05:48	1:18:58	1:28:50	1:38:42	1:48:34	2:01:44	2:11:36
	20 Mile Road Race	1:50:15	2:12:18	2:28:50	2:45:22	3:01:55	3:23:58	3:40:30
	Marathon	2:18:51	2:46:37	3:07:27	3:28:17	3:49:06	4:16:52	4:37:42
35 - 39	5 Km Road Race	0:14:45	0:17:42	0:19:55	0:22:08	0:24:20	0:27:17	0:29:30
	5 Mile Road Race	0:24:08	0:28:58	0:32:35	0:36:12	0:39:49	0:44:39	0:48:16
	6 Mile Road Race	0:29:29	0:35:23	0:39:48	0:44:14	0:48:39	0:54:33	0:58:58
	10 Km Road Race	0:30:28	0:36:34	0:41:08	0:45:42	0:50:16	0:56:22	1:00:56
	7 Mile Road Race	0:34:24	0:41:17	0:46:26	0:51:36	0:56:45	1:03:38	1:08:48
	8 Mile Road Race	0:39:19	0:47:10	0:53:04	0:58:58	1:04:52	1:12:44	1:18:37
	10 Mile Road Race	0:50:04	1:00:05	1:07:35	1:15:06	1:22:37	1:32:37	1:40:08
	1/2 Marathon	1:06:32	1:19:50	1:29:49	1:39:48	1:49:47	2:03:05	2:13:04
	20 Mile Road Race	1:51:36	2:13:55	2:30:40	2:47:24	3:04:08	3:26:28	3:43:12
	Marathon	2:19:09	2:46:59	3:07:51	3:28:44	3:49:36	4:17:26	4:38:18
40 - 44	5 Km Road Race	0:15:22	0:18:26	0:20:45	0:23:03	0:25:21	0:28:26	0:30:44
	5 Mile Road Race	0:25:08	0:30:10	0:33:56	0:37:42	0:41:28	0:46:30	0:50:16
	6 Mile Road Race	0:30:43	0:36:51	0:41:27	0:46:04	0:50:40	0:56:49	1:01:25
	10 Km Road Race	0:31:44	0:38:05	0:42:50	0:47:36	0:52:22	0:58:42	1:03:28
	7 Mile Road Race	0:35:50	0:43:00	0:48:22	0:53:45	0:59:07	1:06:17	1:11:39
	8 Mile Road Race	0:40:57	0:49:08	0:55:17	1:01:25	1:07:34	1:15:45	1:21:54
	10 Mile Road Race	0:52:08	1:02:34	1:10:23	1:18:12	1:26:01	1:36:27	1:44:16
	1/2 Marathon	1:09:16	1:23:07	1:33:31	1:43:54	1:54:17	2:08:09	2:18:32
	20 Mile Road Race	1:55:51	2:19:01	2:36:24	2:53:46	3:11:09	3:34:19	3:51:42
	Marathon	2:24:50	2:53:48	3:15:32	3:37:15	3:58:59	4:27:56	4:49:40
45 - 49	5 Km Road Race	0:16:03	0:19:16	0:21:40	0:24:05	0:26:29	0:29:42	0:32:06
	5 Mile Road Race	0:26:15	0:31:30	0:35:26	0:39:22	0:43:19	0:48:34	0:52:30
	6 Mile Road Race	0:32:03	0:38:27	0:43:16	0:48:04	0:52:53	0:59:17	1:04:06
	10 Km Road Race	0:33:07	0:39:44	0:44:42	0:49:41	0:54:39	1:01:16	1:06:14
	7 Mile Road Race	0:37:23	0:44:52	0:50:29	0:56:05	1:01:42	1:09:10	1:14:47
	8 Mile Road Race	0:42:44	0:51:17	0:57:41	1:04:06	1:10:30	1:19:03	1:25:28
	10 Mile Road Race	0:54:24	1:05:17	1:13:26	1:21:36	1:29:46	1:40:38	1:48:48
	1/2 Marathon	1:12:17	1:26:44	1:37:35	1:48:26	1:59:16	2:13:43	2:24:34
	20 Mile Road Race	2:00:54	2:25:05	2:43:13	3:01:21	3:19:29	3:43:40	4:01:48
	Marathon	2:31:05	3:01:18	3:23:58	3:46:38	4:09:17	4:39:30	5:02:10
WOMEN		World	Platinum	Gold	Silver	Bronze	Copper	Pewter

		World	Platinum	Gold	Silver	Bronze	Copper	Pewter	
WOMEN 50 - 54	5 Km Road Race	0:16:48	0:20:10	0:22:41	0:25:12	0:27:43	0:31:05	0:33:36	
	5 Mile Road Race	0:27:29	0:32:59	0:37:06	0:41:14	0:45:21	0:50:51	0:54:58	
	6 Mile Road Race	0:33:34	0:40:17	0:45:19	0:50:21	0:55:23	1:02:06	1:07:08	
	10 Km Road Race	0:34:41	0:41:37	0:46:49	0:52:02	0:57:14	1:04:10	1:09:22	
	7 Mile Road Race	0:39:10	0:46:59	0:52:52	0:58:44	1:04:37	1:12:27	1:18:19	
	8 Mile Road Race	0:44:45	0:53:42	1:00:25	1:07:08	1:13:51	1:22:48	1:29:30	
	10 Mile Road Race	0:56:57	1:08:20	1:16:53	1:25:26	1:33:58	1:45:21	1:53:54	
	1/2 Marathon	1:15:39	1:30:47	1:42:08	1:53:28	2:04:49	2:19:57	2:31:18	
	20 Mile Road Race	2:06:31	2:31:49	2:50:48	3:09:47	3:28:45	3:54:03	4:13:02	
	Marathon	2:38:03	3:09:40	3:33:22	3:57:05	4:20:47	4:52:24	5:16:06	
	55 - 59	5 Km Road Race	0:17:39	0:21:11	0:23:50	0:26:28	0:29:07	0:32:39	0:35:18
		5 Mile Road Race	0:28:53	0:34:40	0:39:00	0:43:20	0:47:39	0:53:26	0:57:46
		6 Mile Road Race	0:35:15	0:42:19	0:47:36	0:52:53	0:58:11	1:05:14	1:10:31
		10 Km Road Race	0:36:26	0:43:43	0:49:11	0:54:39	1:00:07	1:07:24	1:12:52
		7 Mile Road Race	0:41:08	0:49:22	0:55:32	1:01:42	1:07:52	1:16:06	1:22:16
		8 Mile Road Race	0:47:01	0:56:25	1:03:28	1:10:31	1:17:34	1:26:58	1:34:01
		10 Mile Road Race	0:59:49	1:11:47	1:20:45	1:29:44	1:38:42	1:50:40	1:59:38
		1/2 Marathon	1:19:29	1:35:23	1:47:18	1:59:14	2:11:09	2:27:03	2:38:58
		20 Mile Road Race	2:12:53	2:39:28	2:59:24	3:19:19	3:39:15	4:05:50	4:25:46
Marathon		2:45:57	3:19:08	3:44:02	4:08:56	4:33:49	5:07:00	5:31:54	
60 - 64	5 Km Road Race	0:18:39	0:22:23	0:25:11	0:27:58	0:30:46	0:34:30	0:37:18	
	5 Mile Road Race	0:30:30	0:36:36	0:41:10	0:45:45	0:50:19	0:56:26	1:01:00	
	6 Mile Road Race	0:37:15	0:44:41	0:50:17	0:55:52	1:01:27	1:08:54	1:14:29	
	10 Km Road Race	0:38:29	0:46:11	0:51:57	0:57:44	1:03:30	1:11:12	1:16:58	
	7 Mile Road Race	0:43:27	0:52:08	0:58:39	1:05:10	1:11:41	1:20:23	1:26:54	
	8 Mile Road Race	0:49:39	0:59:35	1:07:02	1:14:29	1:21:56	1:31:52	1:39:19	
	10 Mile Road Race	1:03:09	1:15:47	1:25:15	1:34:43	1:44:12	1:56:50	2:06:18	
	1/2 Marathon	1:23:54	1:40:41	1:53:16	2:05:51	2:18:26	2:35:13	2:47:48	
	20 Mile Road Race	2:20:16	2:48:19	3:09:22	3:30:24	3:51:26	4:19:30	4:40:32	
	Marathon	2:55:06	3:30:07	3:56:23	4:22:39	4:48:55	5:23:56	5:50:12	
65 & Over	5 Km Road Race	0:19:50	0:23:48	0:26:46	0:29:45	0:32:43	0:36:41	0:39:40	
	5 Mile Road Race	0:32:26	0:38:55	0:43:47	0:48:39	0:53:31	1:00:00	1:04:52	
	6 Mile Road Race	0:39:35	0:47:30	0:53:26	0:59:22	1:05:18	1:13:13	1:19:10	
	10 Km Road Race	0:40:54	0:49:05	0:55:13	1:01:21	1:07:29	1:15:40	1:21:48	
	7 Mile Road Race	0:46:11	0:55:25	1:02:20	1:09:16	1:16:12	1:25:26	1:32:21	
	8 Mile Road Race	0:52:46	1:03:20	1:11:15	1:19:10	1:27:05	1:37:38	1:45:33	
	10 Mile Road Race	1:07:06	1:20:31	1:30:35	1:40:39	1:50:43	2:04:08	2:14:12	
	1/2 Marathon	1:29:09	1:46:59	2:00:21	2:13:43	2:27:06	2:44:56	2:58:18	
	20 Mile Road Race	2:29:01	2:58:49	3:21:10	3:43:32	4:05:53	4:35:41	4:58:02	
	Marathon	3:05:55	3:43:06	4:10:59	4:38:53	5:06:46	5:43:57	6:11:50	
WOMEN	<i>World</i>	<i>Platinum</i>	<i>Gold</i>	<i>Silver</i>	<i>Bronze</i>	<i>Copper</i>	<i>Pewter</i>		