

MEN

	World Standard Times 100%	Platinum Standard 127%	Gold Standard 135%	Silver Standard 147%	Bronze Standard 163%	Copper Standard 183%
5K						
18 - 39	0:12:58	0:16:28	0:17:30	0:19:04	0:21:08	0:23:44
40 - 44	0:13:40	0:17:21	0:18:27	0:20:05	0:22:17	0:25:01
45 - 49	0:14:12	0:18:02	0:19:10	0:20:52	0:23:09	0:25:59
50 - 54	0:14:46	0:18:45	0:19:56	0:21:42	0:24:04	0:27:01
55 - 59	0:15:25	0:19:35	0:20:49	0:22:40	0:25:08	0:28:13
60 - 64	0:16:09	0:20:31	0:21:48	0:23:44	0:26:19	0:29:33
65 - 69	0:17:01	0:21:37	0:22:58	0:25:01	0:27:44	0:31:08
70 & over	0:18:04	0:22:57	0:24:23	0:26:33	0:29:27	0:33:04
5 miles						
18 - 39	0:21:19	0:27:04	0:28:47	0:31:20	0:34:45	0:39:01
40 - 44	0:22:23	0:28:26	0:30:13	0:32:54	0:36:29	0:40:58
45 - 49	0:23:14	0:29:30	0:31:22	0:34:09	0:37:52	0:42:31
50 - 54	0:24:10	0:30:42	0:32:38	0:35:31	0:39:23	0:44:14
55 - 59	0:25:14	0:32:03	0:34:04	0:37:06	0:41:08	0:46:11
60 - 64	0:26:26	0:33:34	0:35:41	0:38:51	0:43:05	0:48:22
65 - 69	0:27:52	0:35:23	0:37:37	0:40:58	0:45:25	0:51:00
70 & over	0:29:35	0:37:34	0:39:56	0:43:29	0:48:13	0:54:08
10K						
18 - 39	0:26:58	0:34:15	0:36:24	0:39:38	0:43:57	0:49:21
40 - 44	0:28:16	0:35:54	0:38:10	0:41:33	0:46:04	0:51:44
45 - 49	0:29:31	0:37:29	0:39:51	0:43:23	0:48:07	0:54:01
50 - 54	0:30:32	0:38:47	0:41:13	0:44:53	0:49:46	0:55:53
55 - 59	0:31:52	0:40:28	0:43:01	0:46:51	0:51:57	0:58:19
60 - 64	0:33:24	0:42:25	0:45:05	0:49:06	0:54:27	1:01:07
65 - 69	0:35:12	0:44:42	0:47:31	0:51:45	0:57:23	1:04:25
70 & over	0:37:23	0:47:29	0:50:28	0:54:57	1:00:56	1:08:25
10 miles						
18 - 39	0:44:40	0:56:44	1:00:18	1:05:40	1:12:48	1:21:44
40 - 44	0:46:37	0:59:12	1:02:56	1:08:32	1:15:59	1:25:19
45 - 49	0:48:23	1:01:27	1:05:19	1:11:07	1:18:52	1:28:32
50 - 54	0:50:20	1:03:55	1:07:57	1:13:59	1:22:03	1:32:07
55 - 59	0:52:32	1:06:43	1:10:55	1:17:13	1:25:38	1:36:08
60 - 64	0:55:03	1:09:55	1:14:19	1:20:55	1:29:44	1:40:44
65 - 69	0:58:01	1:13:41	1:18:19	1:25:17	1:34:34	1:46:10
70 & over	1:01:35	1:18:13	1:23:08	1:30:32	1:40:23	1:52:42
1/2 Marathon						
18 - 39	0:59:39	1:15:45	1:20:32	1:27:41	1:37:14	1:49:10
40 - 44	1:02:03	1:18:48	1:23:46	1:31:13	1:41:08	1:53:33
45 - 49	1:04:24	1:21:47	1:26:56	1:34:40	1:44:58	1:57:51

50 - 54	1:07:00	1:25:05	1:30:27	1:38:29	1:49:13	2:02:37
55 - 59	1:09:55	1:28:48	1:34:23	1:42:47	1:53:58	2:07:57
60 - 64	1:13:15	1:33:02	1:38:53	1:47:41	1:59:24	2:14:03
65 - 69	1:19:11	1:40:34	1:46:54	1:56:24	2:09:04	2:24:54
70 & over	1:21:55	1:44:02	1:50:35	2:00:25	2:13:31	2:29:54

Marathon

18 - 39	2:06:50	2:41:05	2:51:14	3:06:27	3:26:44	3:52:06
40 - 44	2:10:49	2:46:08	2:56:36	3:12:18	3:33:14	3:59:24
45 - 49	2:15:45	2:52:24	3:03:16	3:19:33	3:41:16	4:08:25
50 - 54	2:21:11	2:59:18	3:10:36	3:27:32	3:50:08	4:18:22
55 - 59	2:27:19	3:07:06	3:18:53	3:36:33	4:00:08	4:29:35
60 - 64	2:34:20	3:16:00	3:28:21	3:46:52	4:11:34	4:42:26
65 - 69	2:42:35	3:26:29	3:39:29	3:59:00	4:25:01	4:57:32
70 & over	2:52:30	3:39:05	3:52:53	4:13:34	4:41:10	5:15:41

WOMEN

	World Standard Times 100%	Platinum Standard 127%	Gold Standard 135%	Silver Standard 147%	Bronze Standard 163%	Copper Standard 183%
5K						
18 - 34	0:14:24	0:18:17	0:19:26	0:21:10	0:23:28	0:26:21
35 - 39	0:14:45	0:18:44	0:19:55	0:21:41	0:24:03	0:27:00
40 - 44	0:15:22	0:19:31	0:20:45	0:22:35	0:25:03	0:28:07
45 - 49	0:16:03	0:20:23	0:21:40	0:23:36	0:26:10	0:29:22
50 - 54	0:16:48	0:21:20	0:22:41	0:24:42	0:27:23	0:30:45
55 - 59	0:17:39	0:22:25	0:23:50	0:25:57	0:28:46	0:32:18
60 - 64	0:18:39	0:23:41	0:25:11	0:27:25	0:30:24	0:34:08
65 & over	0:19:50	0:25:11	0:26:46	0:29:09	0:32:20	0:36:18
5 miles						
18 - 34	0:23:39	0:30:02	0:31:56	0:34:46	0:38:33	0:43:17
35 - 39	0:24:08	0:30:39	0:32:35	0:35:29	0:39:20	0:44:10
40 - 44	0:25:08	0:31:55	0:33:56	0:36:57	0:40:58	0:46:00
45 - 49	0:26:15	0:33:20	0:35:26	0:38:35	0:42:47	0:48:02
50 - 54	0:27:29	0:34:54	0:37:06	0:40:24	0:44:48	0:50:18
55 - 59	0:28:53	0:36:41	0:39:00	0:42:28	0:47:05	0:52:51
60 - 64	0:30:30	0:38:44	0:41:10	0:44:50	0:49:43	0:55:49
65 & over	0:32:26	0:41:11	0:43:47	0:47:41	0:52:52	0:59:21
10K						
18 - 34	0:29:55	0:38:00	0:40:23	0:43:59	0:48:46	0:54:45
35 - 39	0:30:28	0:38:42	0:41:08	0:44:47	0:49:40	0:55:45
40 - 44	0:31:44	0:40:18	0:42:50	0:46:39	0:51:44	0:58:04
45 - 49	0:33:07	0:42:03	0:44:42	0:48:41	0:53:59	1:00:36
50 - 54	0:34:41	0:44:03	0:46:49	0:50:59	0:56:32	1:03:28
55 - 59	0:36:26	0:46:16	0:49:11	0:53:33	0:59:23	1:06:40
60 - 64	0:38:29	0:48:52	0:51:57	0:56:34	1:02:44	1:10:25
65 & over	0:40:54	0:51:57	0:55:13	1:00:07	1:06:40	1:14:51
10 miles						
18 - 34	0:49:23	1:02:43	1:06:40	1:12:36	1:20:30	1:30:22
35 - 39	0:50:04	1:03:35	1:07:35	1:13:36	1:21:37	1:31:37
40 - 44	0:52:08	1:06:13	1:10:23	1:16:38	1:24:59	1:35:24
45 - 49	0:54:24	1:09:05	1:13:26	1:19:58	1:28:40	1:39:33
50 - 54	0:56:57	1:12:20	1:16:53	1:23:43	1:32:50	1:44:13
55 - 59	0:59:49	1:15:58	1:20:45	1:27:56	1:37:30	1:49:28
60 - 64	1:03:09	1:20:12	1:25:15	1:32:50	1:42:56	1:55:34
65 & over	1:07:06	1:25:13	1:30:35	1:38:38	1:49:22	2:02:48
1/2 Marathon						
18 - 34	1:05:48	1:23:34	1:28:50	1:36:44	1:47:15	2:00:25
35 - 39	1:06:32	1:24:30	1:29:49	1:37:48	1:48:27	2:01:45
40 - 44	1:09:16	1:27:58	1:33:31	1:41:49	1:52:54	2:06:45

45 - 49	1:12:17	1:31:48	1:37:35	1:46:15	1:57:49	2:12:17
50 - 54	1:15:39	1:36:05	1:42:08	1:51:12	2:03:19	2:18:26
55 - 59	1:19:29	1:40:57	1:47:18	1:56:50	2:09:33	2:25:27
60 - 64	1:23:54	1:46:33	1:53:16	2:03:20	2:16:45	2:33:32
65 & over	1:29:09	1:53:13	2:00:21	2:11:03	2:25:19	2:43:09

Marathon

18 - 34	2:18:51	2:56:20	3:07:27	3:24:07	3:46:20	4:14:06
35 - 39	2:19:09	2:56:43	3:07:51	3:24:33	3:46:49	4:14:39
40 - 44	2:24:50	3:03:56	3:15:32	3:32:54	3:56:05	4:25:03
45 - 49	2:31:05	3:11:53	3:23:58	3:42:06	4:06:16	4:36:29
50 - 54	2:38:03	3:20:43	3:33:22	3:52:20	4:17:37	4:49:14
55 - 59	2:45:57	3:30:45	3:44:02	4:03:57	4:30:30	5:03:41
60 - 64	2:55:06	3:42:23	3:56:23	4:17:24	4:45:25	5:20:26
65 & over	3:05:55	3:56:07	4:10:59	4:33:18	5:03:03	5:40:14