

Women							
	Copper	Tungsten	Bronze	Silver	Gold	Platinum	Diamond
Under 35							
1 Mile	00:08:28	00:07:26	00:06:50	00:06:19	00:05:53	00:05:30	00:05:10
5 km	00:29:36	00:25:58	00:23:52	00:22:05	00:20:33	00:19:13	00:18:03
5 miles	00:48:04	00:42:10	00:38:46	00:35:52	00:33:23	00:31:13	00:29:19
10km	01:00:06	00:52:43	00:48:28	00:44:51	00:41:44	00:39:02	00:36:39
10 Miles	01:38:48	01:26:40	01:19:41	01:13:44	01:08:37	01:04:09	01:00:15
13.1 Miles	02:09:54	01:53:57	01:44:45	01:36:56	01:30:13	01:24:21	01:19:12
Marathon	04:58:29	04:23:22	03:55:39	03:33:12	03:17:31	03:04:00	02:52:12
35 to 39							
1 Mile	00:08:38	00:07:34	00:06:58	00:06:27	00:06:00	00:05:36	00:05:16
5 km	00:30:06	00:26:24	00:24:16	00:22:28	00:20:54	00:19:33	00:18:21
5 miles	00:49:04	00:43:02	00:39:34	00:36:37	00:34:04	00:31:52	00:29:55
10km	01:01:24	00:53:52	00:49:31	00:45:49	00:42:38	00:39:52	00:37:26
10 Miles	01:40:54	01:28:31	01:21:22	01:15:18	01:10:04	01:05:31	01:01:31
13.1 Miles	02:12:32	01:56:15	01:46:53	01:38:54	01:32:02	01:26:04	01:20:49
Marathon	05:03:33	04:27:51	03:59:39	03:36:50	03:20:53	03:07:07	02:55:08
40 to 44							
1 Mile	00:08:54	00:07:48	00:07:11	00:06:39	00:06:11	00:05:47	00:05:26
5 km	00:31:06	00:27:17	00:25:05	00:23:13	00:21:36	00:20:12	00:18:58
5 miles	00:50:44	00:44:30	00:40:55	00:37:52	00:35:14	00:32:57	00:30:56
10km	01:03:32	00:55:44	00:51:14	00:47:25	00:44:07	00:41:15	00:38:44
10 Miles	01:44:26	01:31:36	01:24:13	01:17:56	01:12:31	01:07:49	01:03:41
13.1 Miles	02:17:14	02:00:23	01:50:40	01:42:25	01:35:18	01:29:07	01:23:41
Marathon	05:14:11	04:37:13	04:08:02	03:44:25	03:27:55	03:13:41	03:01:16
45 to 49							
1 Mile	00:09:20	00:08:11	00:07:32	00:06:58	00:06:29	00:06:04	00:05:41
5 km	00:32:38	00:28:38	00:26:19	00:24:21	00:22:40	00:21:11	00:19:54
5 miles	00:53:14	00:46:42	00:42:56	00:39:44	00:36:58	00:34:34	00:32:28
10km	01:06:38	00:58:27	00:53:44	00:49:44	00:46:16	00:43:16	00:40:38
10 Miles	01:49:44	01:36:15	01:28:30	01:21:53	01:16:12	01:11:15	01:06:55
13.1 Miles	02:24:20	02:06:36	01:56:24	01:47:43	01:40:14	01:33:43	01:28:00
Marathon	05:31:42	04:52:41	04:21:52	03:56:56	03:39:31	03:24:28	03:11:22
50 to 54							
1 Mile	00:09:52	00:08:39	00:07:57	00:07:22	00:06:51	00:06:24	00:06:01
5 km	00:34:28	00:30:14	00:27:48	00:25:43	00:23:56	00:22:23	00:21:01
5 miles	00:56:20	00:49:25	00:45:26	00:42:02	00:39:07	00:36:35	00:34:21
10km	01:10:32	01:01:52	00:56:53	00:52:38	00:48:59	00:45:48	00:43:00
10 Miles	01:56:24	01:42:06	01:33:52	01:26:52	01:20:50	01:15:35	01:10:59
13.1 Miles	02:33:16	02:14:27	02:03:36	01:54:23	01:46:26	01:39:31	01:33:27
Marathon	05:53:27	05:11:52	04:39:02	04:12:28	03:53:54	03:37:53	03:23:55

Women							
	Copper	Tungsten	Bronze	Silver	Gold	Platinum	Diamond
55 to 59							
1 Mile	00:10:28	00:09:11	00:08:26	00:07:49	00:07:16	00:06:48	00:06:23
5 km	00:36:32	00:32:03	00:29:28	00:27:16	00:25:22	00:23:43	00:22:17
5 miles	00:59:48	00:52:27	00:48:14	00:44:38	00:41:32	00:38:50	00:36:28
10km	01:14:58	01:05:46	01:00:27	00:55:57	00:52:04	00:48:41	00:45:43
10 Miles	02:03:54	01:48:41	01:39:55	01:32:28	01:26:02	01:20:27	01:15:33
13.1 Miles	02:43:22	02:23:18	02:11:45	02:01:55	01:53:27	01:46:05	01:39:37
Marathon	06:18:16	05:33:45	04:58:38	04:30:11	04:10:19	03:53:10	03:38:14
60 to 64							
1 Mile	00:11:08	00:09:46	00:08:59	00:08:19	00:07:44	00:07:14	00:06:47
5 km	00:38:54	00:34:07	00:31:22	00:29:02	00:27:01	00:25:16	00:23:43
5 miles	01:03:46	00:55:56	00:51:25	00:47:35	00:44:17	00:41:24	00:38:53
10km	01:19:58	01:10:09	01:04:29	00:59:41	00:55:32	00:51:56	00:48:46
10 Miles	02:12:30	01:56:14	01:46:51	01:38:53	01:32:01	01:26:02	01:20:48
13.1 Miles	02:54:52	02:33:24	02:21:01	02:10:30	02:01:26	01:53:33	01:46:38
Marathon	06:46:51	05:58:59	05:21:12	04:50:37	04:29:14	04:10:48	03:54:43
65 to 69							
1 Mile	00:11:16	00:09:53	00:09:05	00:08:24	00:07:49	00:07:19	00:06:52
5 km	00:41:32	00:36:26	00:33:30	00:31:00	00:28:51	00:26:58	00:25:20
5 miles	01:08:16	00:59:53	00:55:03	00:50:57	00:47:24	00:44:20	00:41:38
10km	01:25:42	01:15:11	01:09:07	01:03:57	00:59:31	00:55:39	00:52:15
10 Miles	02:22:20	02:04:51	01:54:47	01:46:13	01:38:51	01:32:25	01:26:47
13.1 Miles	03:08:08	02:45:02	02:31:43	02:20:24	02:10:39	02:02:10	01:54:43
Marathon	07:20:04	06:28:18	05:47:26	05:14:20	04:51:14	04:31:17	04:13:53
70 to 74							
1 Mile	00:11:54	00:10:26	00:09:36	00:08:53	00:08:16	00:07:44	00:07:15
5 km	00:44:36	00:39:07	00:35:58	00:33:17	00:30:58	00:28:58	00:27:12
5 miles	01:13:26	01:04:25	00:59:13	00:54:48	00:51:00	00:47:41	00:44:47
10km	01:32:20	01:21:00	01:14:28	01:08:54	01:04:07	00:59:57	00:56:18
10 Miles	02:33:44	02:14:51	02:03:59	01:54:44	01:46:46	01:39:50	01:33:44
13.1 Miles	03:23:34	02:58:34	02:44:10	02:31:55	02:21:22	02:12:11	02:04:08
Marathon	07:59:13	07:02:51	06:18:20	05:42:18	05:17:08	04:55:25	04:36:28
Over 75							
1 Mile	00:12:46	00:11:12	00:10:18	00:09:32	00:08:52	00:08:17	00:07:47
5 km	00:48:08	00:42:13	00:38:49	00:35:55	00:33:26	00:31:15	00:29:21
5 miles	01:19:58	01:10:09	01:04:29	00:59:41	00:55:32	00:51:56	00:48:46
10km	01:41:06	01:28:41	01:21:32	01:15:27	01:10:12	01:05:39	01:01:39
10 Miles	02:48:30	02:27:48	02:15:53	02:05:45	01:57:01	01:49:25	01:42:45
13.1 Miles	03:43:12	03:15:47	03:00:00	02:46:34	02:35:00	02:24:56	02:16:06
Marathon	08:55:27	07:52:27	07:02:43	06:22:28	05:54:20	05:30:04	05:08:55