

5k							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	00:12:58	00:15:34	00:17:30	00:19:27	00:21:24	00:23:59	00:25:56
40-44	00:13:40	00:16:24	00:18:27	00:20:30	00:22:33	00:25:17	00:27:20
45-49	00:14:12	00:17:02	00:19:10	00:21:18	00:23:26	00:26:16	00:28:24
50-54	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	00:29:32
55-59	00:15:25	00:18:30	00:20:49	00:23:07	00:25:26	00:28:31	00:30:50
60-64	00:16:09	00:19:23	00:21:48	00:24:13	00:26:39	00:29:53	00:32:18
65-69	00:17:01	00:20:25	00:22:58	00:25:31	00:28:05	00:31:29	00:34:02
70-74	00:17:54	00:21:29	00:24:10	00:26:51	00:29:32	00:33:07	00:35:48
75-79	00:19:26	00:23:19	00:26:14	00:29:09	00:32:04	00:35:57	00:38:52
80-84	00:21:48	00:26:09	00:29:26	00:32:42	00:35:58	00:40:20	00:43:36
85-89	00:25:35	00:30:42	00:34:33	00:38:23	00:42:13	00:47:20	00:51:10

5 Miles							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26	00:42:38
40-44	00:22:23	00:26:52	00:30:13	00:33:35	00:36:56	00:41:25	00:44:46
45-49	00:23:14	00:27:53	00:31:22	00:34:51	00:38:20	00:42:59	00:46:28
50-54	00:24:10	00:29:00	00:32:38	00:36:15	00:39:52	00:44:43	00:48:20
55-59	00:25:14	00:30:17	00:34:04	00:37:51	00:41:38	00:46:41	00:50:28
60-64	00:26:26	00:31:43	00:35:41	00:39:39	00:43:37	00:48:54	00:52:52
65-69	00:27:52	00:33:26	00:37:37	00:41:48	00:45:59	00:51:33	00:55:44
70-74	00:29:33	00:35:28	00:39:54	00:44:20	00:48:46	00:54:40	00:59:06
75-79	00:32:04	00:38:29	00:43:18	00:48:07	00:52:55	00:59:20	01:04:09
80-84	00:36:01	00:43:14	00:48:38	00:54:02	00:59:26	01:06:39	01:12:03
85-89	00:42:25	00:50:53	00:57:15	01:03:37	01:09:59	01:18:27	01:24:49

6 Miles							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	00:26:00	00:31:12	00:35:06	00:39:00	00:42:54	00:48:06	00:52:00
40-44	00:27:15	00:32:42	00:36:47	00:40:52	00:44:58	00:50:25	00:54:30
45-49	00:28:28	00:34:10	00:38:26	00:42:42	00:46:58	00:52:40	00:56:56
50-54	00:29:27	00:35:20	00:39:45	00:44:10	00:48:36	00:54:29	00:58:54
55-59	00:30:43	00:36:52	00:41:28	00:46:05	00:50:41	00:56:50	01:01:26
60-64	00:32:12	00:38:38	00:43:28	00:48:18	00:53:08	00:59:34	01:04:24
65-69	00:33:56	00:40:43	00:45:49	00:50:54	00:55:59	01:02:47	01:07:52
70-74	00:36:14	00:43:28	00:48:54	00:54:20	00:59:46	01:07:01	01:12:27
75-79	00:39:19	00:47:10	00:53:04	00:58:58	01:04:52	01:12:43	01:18:37
80-84	00:44:10	00:53:00	00:59:38	01:06:15	01:12:53	01:21:43	01:28:20
85-89	00:52:04	01:02:28	01:10:17	01:18:05	01:25:54	01:36:18	01:44:07

10k							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	00:26:58	00:32:22	00:36:24	00:40:27	00:44:30	00:49:53	00:53:56
40-44	00:28:16	00:33:55	00:38:10	00:42:24	00:46:38	00:52:18	00:56:32
45-49	00:29:31	00:35:25	00:39:51	00:44:16	00:48:42	00:54:36	00:59:02
50-54	00:30:32	00:36:38	00:41:13	00:45:48	00:50:23	00:56:29	01:01:04
55-59	00:31:52	00:38:14	00:43:01	00:47:48	00:52:35	00:58:57	01:03:44
60-64	00:33:24	00:40:05	00:45:05	00:50:06	00:55:07	01:01:47	01:06:48
65-69	00:35:12	00:42:14	00:47:31	00:52:48	00:58:05	01:05:07	01:10:24
70-74	00:37:26	00:44:55	00:50:32	00:56:09	01:01:45	01:09:15	01:14:51
75-79	00:40:37	00:48:44	00:54:50	01:00:55	01:07:01	01:15:08	01:21:14
80-84	00:45:38	00:54:46	01:01:36	01:08:27	01:15:18	01:24:25	01:31:16
85-89	00:53:47	01:04:33	01:12:37	01:20:41	01:28:45	01:39:30	01:47:34

7 Miles							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	00:30:35	00:36:42	00:41:17	00:45:53	00:50:28	00:56:35	01:01:10
40-44	00:32:03	00:38:28	00:43:16	00:48:04	00:52:53	00:59:18	01:04:06
45-49	00:33:29	00:40:11	00:45:12	00:50:14	00:55:15	01:01:57	01:06:58
50-54	00:34:38	00:41:34	00:46:45	00:51:57	00:57:09	01:04:04	01:09:16
55-59	00:36:07	00:43:20	00:48:45	00:54:10	00:59:36	01:06:49	01:12:14
60-64	00:37:52	00:45:26	00:51:07	00:56:48	01:02:29	01:10:03	01:15:44
65-69	00:39:55	00:47:54	00:53:53	00:59:52	01:05:52	01:13:51	01:19:50
70-74	00:42:10	00:50:36	00:56:56	01:03:16	01:09:35	01:18:01	01:24:21
75-79	00:45:41	00:54:49	01:01:40	01:08:31	01:15:22	01:24:30	01:31:22
80-84	00:51:16	01:01:31	01:09:12	01:16:53	01:24:35	01:34:50	01:42:31
85-89	01:00:22	01:12:27	01:21:30	01:30:34	01:39:37	01:51:41	02:00:45

8 Miles							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	00:35:11	00:42:13	00:47:30	00:52:47	00:58:03	01:05:05	01:10:22
40-44	00:36:53	00:44:16	00:49:48	00:55:20	01:00:51	01:08:14	01:13:46
45-49	00:38:32	00:46:14	00:52:01	00:57:48	01:03:35	01:11:17	01:17:04
50-54	00:39:52	00:47:50	00:53:49	00:59:48	01:05:47	01:13:45	01:19:44
55-59	00:41:35	00:49:54	00:56:08	01:02:23	01:08:37	01:16:56	01:23:10
60-64	00:43:35	00:52:18	00:58:50	01:05:23	01:11:55	01:20:38	01:27:10
65-69	00:45:56	00:55:07	01:02:01	01:08:54	01:15:47	01:24:59	01:31:52
70-74	00:48:12	00:57:50	01:05:04	01:12:18	01:19:32	01:29:10	01:36:24
75-79	00:52:12	01:02:39	01:10:29	01:18:18	01:26:08	01:36:35	01:44:25
80-84	00:58:35	01:10:18	01:19:05	01:27:52	01:36:40	01:48:23	01:57:10
85-89	01:09:00	01:22:48	01:33:09	01:43:30	01:53:51	02:07:39	02:18:00

10 Miles							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	00:44:40	00:53:36	01:00:18	01:07:00	01:13:42	01:22:38	01:29:20
40-44	00:46:37	00:55:56	01:02:56	01:09:56	01:16:55	01:26:14	01:33:14
45-49	00:48:23	00:58:04	01:05:19	01:12:35	01:19:50	01:29:31	01:36:46
50-54	00:50:20	01:00:24	01:07:57	01:15:30	01:23:03	01:33:07	01:40:40
55-59	00:52:32	01:03:02	01:10:55	01:18:48	01:26:41	01:37:11	01:45:04
60-64	00:55:03	01:06:04	01:14:19	01:22:35	01:30:50	01:41:51	01:50:06
65-69	00:58:01	01:09:37	01:18:19	01:27:01	01:35:44	01:47:20	01:56:02
70-74	01:01:52	01:14:14	01:23:31	01:32:48	01:42:04	01:54:27	02:03:44
75-79	01:07:00	01:20:24	01:30:28	01:40:31	01:50:34	02:03:58	02:14:01
80-84	01:15:11	01:30:14	01:41:30	01:52:47	02:04:04	02:19:06	02:30:23
85-89	01:28:34	01:46:16	01:59:33	02:12:50	02:26:08	02:43:50	02:57:07

1/2 Marathon							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	00:59:39	01:11:35	01:20:32	01:29:29	01:38:25	01:50:21	01:59:18
40-44	01:02:03	01:14:28	01:23:46	01:33:05	01:42:23	01:54:48	02:04:06
45-49	01:04:24	01:17:17	01:26:56	01:36:36	01:46:16	01:59:08	02:08:48
50-54	01:07:00	01:20:24	01:30:27	01:40:30	01:50:33	02:03:57	02:14:00
55-59	01:09:55	01:23:54	01:34:23	01:44:53	01:55:22	02:09:21	02:19:50
60-64	01:13:15	01:27:54	01:38:53	01:49:52	02:00:52	02:15:31	02:26:30
65-69	01:19:11	01:35:01	01:46:54	01:58:46	02:10:39	02:26:29	02:38:22
70-74	01:22:31	01:39:01	01:51:24	02:03:47	02:16:09	02:32:40	02:45:02
75-79	01:29:16	01:47:07	02:00:30	02:13:54	02:27:17	02:45:08	02:58:32
80-84	01:40:04	02:00:05	02:15:06	02:30:07	02:45:07	03:05:08	03:20:09
85-89	01:57:47	02:21:20	02:39:00	02:56:40	03:14:21	03:37:54	03:55:34

20 Miles							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	01:40:13	02:00:16	02:15:18	02:30:19	02:45:21	03:05:24	03:20:26
40-44	01:44:04	02:04:53	02:20:29	02:36:06	02:51:43	03:12:31	03:28:08
45-49	01:48:01	02:09:37	02:25:49	02:42:01	02:58:14	03:19:50	03:36:02
50-54	01:52:21	02:14:49	02:31:40	02:48:31	03:05:23	03:27:51	03:44:42
55-59	01:57:15	02:20:42	02:38:17	02:55:52	03:13:28	03:36:55	03:54:30
60-64	02:02:51	02:27:25	02:45:51	03:04:17	03:22:42	03:47:16	04:05:42
65-69	02:09:26	02:35:19	02:54:44	03:14:09	03:33:34	03:59:27	04:18:52
70-74	02:18:38	02:46:22	03:07:10	03:27:58	03:48:45	04:16:29	04:37:17
75-79	02:29:58	02:59:58	03:22:28	03:44:57	04:07:27	04:37:27	04:59:57
80-84	02:48:08	03:21:45	03:46:59	04:12:12	04:37:25	05:11:03	05:36:16
85-89	03:17:53	03:57:28	04:27:09	04:56:50	05:26:31	06:06:05	06:35:46

Marathon							
Male	World Standard Times 100%	Platinum 120%	Gold 135%	Silver 150%	Bronze 165%	Copper 185%	Pewter 200%
open	02:06:50	02:32:12	02:51:13	03:10:15	03:29:16	03:54:39	04:13:40
40-44	02:10:49	02:36:59	02:56:36	03:16:14	03:35:51	04:02:01	04:21:38
45-49	02:15:45	02:42:54	03:03:16	03:23:38	03:43:59	04:11:08	04:31:30
50-54	02:21:11	02:49:25	03:10:36	03:31:47	03:52:57	04:21:11	04:42:22
55-59	02:27:19	02:56:47	03:18:53	03:40:59	04:03:04	04:32:32	04:54:38
60-64	02:34:20	03:05:12	03:28:21	03:51:30	04:14:39	04:45:31	05:08:40
65-69	02:42:35	03:15:06	03:39:29	04:03:53	04:28:16	05:00:47	05:25:10
70-74	02:55:28	03:30:33	03:56:52	04:23:11	04:49:31	05:24:36	05:50:55
75-79	03:09:48	03:47:46	04:16:14	04:44:42	05:13:10	05:51:08	06:19:36
80-84	03:32:47	04:15:21	04:47:16	05:19:11	05:51:06	06:33:39	07:05:34
85-89	04:10:26	05:00:32	05:38:06	06:15:40	06:53:14	07:43:19	08:20:53