

CATEGORIES OF COMPETITIVE RUNNERS

MALE

BASIC COMPETITOR (50%)						
Age	5K	5M	10K	10M	Half-Marathon	Marathon
20-34	25:56	42:38	53:56	1:29:20	1:58:06	4:13:40
40	26:57	44:25	56:11	1:33:03	2:03:01	4:24:14
45	27:57	45:51	58:00	1:36:03	2:06:59	4:32:46
50	29:03	47:54	1:00:36	1:40:22	2:12:42	4:45:01
55	30:16	49:34	1:02:43	1:43:53	2:17:20	4:54:58
60	31:40	52:00	1:05:46	1:48:57	2:24:01	5:09:21
65	33:17	54:39	1:09:09	1:54:32	2:31:25	5:25:13
70	35:13	57:40	1:12:55	2:00:20	2:39:28	5:43:03

COMPETITOR (60%)						
Age	5K	5M	10K	10M	Half-Marathon	Marathon
20-34	21:37	35:32	44:57	1:14:27	1:38:25	3:31:23
40	22:27	36:53	46:42	1:17:42	1:42:15	3:39:35
45	23:17	38:25	48:35	1:20:29	1:46:24	3:48:32
50	24:13	39:51	50:24	1:23:29	1:50:22	3:57:04
55	25:14	41:23	52:22	1:26:44	1:54:40	4:06:17
60	26:23	43:30	55:02	1:31:09	2:00:31	4:18:51
65	27:44	45:36	57:41	1:35:32	2:06:18	4:31:20
70	29:21	48:27	1:01:17	1:41:31	2:14:12	4:48:15

ADVANCED COMPETITOR (65%)						
Age	5K	5M	10K	10M	Half-Marathon	Marathon
20-34	19:57	32:48	41:29	1:08:43	1:30:51	3:15:06
40	20:44	34:06	43:09	1:11:28	1:34:29	3:22:56
45	21:30	35:14	44:34	1:13:50	1:37:36	3:29:39
50	22:21	36:45	46:30	1:17:01	1:41:49	3:38:41
55	23:17	38:25	48:35	1:20:29	1:46:24	3:48:32
60	24:21	40:02	50:44	1:23:55	1:50:32	3:58:11
65	25:36	42:13	53:24	1:28:27	1:56:56	4:11:09
70	27:05	44:25	56:11	1:33:03	2:03:01	4:24:14

LOCAL CHAMPION (75%)						
Age	5K	5M	10K	10M	Half-Marathon	Marathon
20-34	17:17	28:25	35:37	59:53	1:18:44	2:49:07
40	17:58	29:36	37:27	1:02:02	1:22:01	2:56:09
45	18:38	30:40	38:48	1:04:16	1:24:58	3:02:30
50	19:21	31:49	40:15	1:06:40	1:28:08	3:09:18
55	20:11	33:10	42:00	1:09:30	1:31:57	3:17:24
60	21:07	34:40	43:51	1:12:38	1:36:01	3:26:14
65	22:11	36:26	46:06	1:16:21	1:40:56	3:36:49
70	23:29	38:35	48:45	1:20:50	1:46:54	3:49:30