

CATEGORIES OF COMPETITIVE RUNNERS

FEMALE

BASIC COMPETITOR (50%)						
Age	5K	5M	10K	10M	Half-Marathon	Marathon
20-34	28:47	47:18	59:50	1:38:46	2:11:36	4:37:42
40	30:13	49:47	1:02:59	1:43:58	2:18:32	4:52:19
45	31:31	51:59	1:05:45	1:48:32	2:24:37	5:05:10
50	32:57	54:22	1:08:46	1:53:31	2:31:16	5:19:12
55	34:35	56:59	1:12:05	1:59:00	2:38:33	5:34:45
60	36:27	59:52	1:15:44	2:05:01	2:46:35	5:51:31
65	38:38	1:03:34	1:20:20	2:12:20	2:56:30	6:11:00
70	41:17	1:07:40	1:25:20	2:19:40	3:06:40	6:31:30

COMPETITOR (60%)						
Age	5K	5M	10K	10M	Half-Marathon	Marathon
20-34	24:00	39:25	49:52	1:22:18	1:49:40	3:51:25
40	25:11	41:29	52:29	1:26:38	1:55:26	4:03:36
45	26:16	43:24	54:54	1:30:37	2:00:44	4:14:46
50	27:28	45:03	56:59	1:34:04	2:05:20	4:24:29
55	28:48	47:18	59:50	1:38:46	2:11:36	4:37:42
60	30:23	49:47	1:02:52	1:43:58	2:18:32	4:52:19
65	32:12	53:09	1:07:14	1:50:58	2:27:52	5:12:01
70	34:24	56:19	1:11:14	1:57:35	2:36:40	5:30:36

ADVANCED COMPETITOR (65%)						
Age	5K	5M	10K	10M	Half-Marathon	Marathon
20-34	22:08	36:23	46:02	1:15:58	1:41:14	3:33:37
40	23:12	38:09	48:15	1:19:39	1:46:08	3:43:57
45	24:15	39:45	50:17	1:23:00	1:50:53	3:53:22
50	25:21	41:52	52:57	1:27:24	1:56:28	4:05:45
55	26:36	43:48	55:24	1:31:27	2:01:51	4:17:08
60	28:02	45:55	58:05	1:35:53	2:07:46	4:29:37
65	29:42	48:46	1:01:41	1:41:49	2:15:40	4:46:17
70	31:45	51:59	1:05:45	1:48:32	2:24:37	5:05:10

LOCAL CHAMPION (75%)						
Age	5K	5M	10K	10M	Half-Marathon	Marathon
20-34	19:11	31:32	39:53	1:05:51	1:27:44	3:05:08
40	20:09	33:05	41:50	1:09:04	1:32:02	3:14:12
45	21:01	34:32	43:40	1:12:06	1:36:04	3:22:42
50	21:58	36:06	45:40	1:15:24	1:40:27	3:31:59
55	23:03	37:50	47:52	1:19:01	1:45:17	3:42:10
60	24:18	40:00	50:35	1:23:30	1:51:00	3:54:40
65	25:46	42:14	53:25	1:28:11	1:57:30	4:07:57
70	27:30	45:29	57:32	1:34:58	2:06:32	4:27:01