

Mens Standards

| open | World Best | Platinum | Gold | Silver | Bronze | Copper |
|------------------|------------|----------|---------|---------|---------|---------|
| 5k | 0:12:58 | 0:15:34 | 0:17:30 | 0:19:27 | 0:21:24 | 0:23:59 |
| 5 Miles | 0:21:19 | 0:25:35 | 0:28:47 | 0:31:58 | 0:35:10 | 0:39:26 |
| 10k | 0:26:58 | 0:32:22 | 0:36:24 | 0:40:27 | 0:44:30 | 0:49:53 |
| 10 Miles | 0:44:40 | 0:53:36 | 1:00:18 | 1:07:00 | 1:13:42 | 1:22:38 |
| Half Mar. | 0:59:39 | 1:11:35 | 1:20:32 | 1:29:29 | 1:38:25 | 1:50:21 |
| Marathon | 2:06:50 | 2:32:12 | 2:51:13 | 3:10:15 | 3:29:16 | 3:54:39 |
| <hr/> | | | | | | |
| 40 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:13:29 | 0:16:11 | 0:18:12 | 0:20:14 | 0:22:15 | 0:24:57 |
| 5 Miles | 0:22:04 | 0:26:29 | 0:29:47 | 0:33:06 | 0:36:25 | 0:40:49 |
| 10k | 0:27:52 | 0:33:26 | 0:37:37 | 0:41:48 | 0:45:59 | 0:51:33 |
| 10 Miles | 0:45:57 | 0:55:08 | 1:02:02 | 1:08:55 | 1:15:49 | 1:25:00 |
| Half Mar. | 1:01:10 | 1:13:24 | 1:22:34 | 1:31:45 | 1:40:55 | 1:53:09 |
| Marathon | 2:08:58 | 2:34:46 | 2:54:06 | 3:13:27 | 3:32:48 | 3:58:35 |
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| 41 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:13:35 | 0:16:18 | 0:18:20 | 0:20:23 | 0:22:25 | 0:25:08 |
| 5 Miles | 0:22:13 | 0:26:40 | 0:30:00 | 0:33:20 | 0:36:39 | 0:41:06 |
| 10k | 0:28:04 | 0:33:41 | 0:37:53 | 0:42:06 | 0:46:19 | 0:51:55 |
| 10 Miles | 0:46:16 | 0:55:31 | 1:02:28 | 1:09:24 | 1:16:20 | 1:25:36 |
| Half Mar. | 1:01:37 | 1:13:56 | 1:23:11 | 1:32:25 | 1:41:40 | 1:53:59 |
| Marathon | 2:09:53 | 2:35:52 | 2:55:21 | 3:14:50 | 3:34:18 | 4:00:17 |
| <hr/> | | | | | | |
| 42 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:13:41 | 0:16:25 | 0:18:28 | 0:20:31 | 0:22:35 | 0:25:19 |

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|------------------|------------|----------|---------|---------|---------|---------|
| 5 Miles | 0:22:23 | 0:26:52 | 0:30:13 | 0:33:35 | 0:36:56 | 0:41:25 |
| 10k | 0:28:16 | 0:33:55 | 0:38:10 | 0:42:24 | 0:46:38 | 0:52:18 |
| 10 Miles | 0:46:37 | 0:55:56 | 1:02:56 | 1:09:56 | 1:16:55 | 1:26:14 |
| Half Mar. | 1:02:03 | 1:14:28 | 1:23:46 | 1:33:05 | 1:42:23 | 1:54:48 |
| Marathon | 2:10:49 | 2:36:59 | 2:56:36 | 3:16:14 | 3:35:51 | 4:02:01 |
| 43 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:13:47 | 0:16:32 | 0:18:36 | 0:20:41 | 0:22:45 | 0:25:30 |
| 5 Miles | 0:22:33 | 0:27:04 | 0:30:27 | 0:33:50 | 0:37:12 | 0:41:43 |
| 10k | 0:28:29 | 0:34:11 | 0:38:27 | 0:42:44 | 0:47:00 | 0:52:42 |
| 10 Miles | 0:46:57 | 0:56:20 | 1:03:23 | 1:10:26 | 1:17:28 | 1:26:51 |
| Half Mar. | 1:02:30 | 1:15:00 | 1:24:23 | 1:33:45 | 1:43:07 | 1:55:38 |
| Marathon | 2:11:46 | 2:38:07 | 2:57:53 | 3:17:39 | 3:37:25 | 4:03:46 |
| 44 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:13:53 | 0:16:40 | 0:18:45 | 0:20:49 | 0:22:54 | 0:25:41 |
| 5 Miles | 0:22:43 | 0:27:16 | 0:30:40 | 0:34:04 | 0:37:29 | 0:42:02 |
| 10k | 0:28:41 | 0:34:25 | 0:38:43 | 0:43:01 | 0:47:20 | 0:53:04 |
| 10 Miles | 0:47:18 | 0:56:46 | 1:03:51 | 1:10:57 | 1:18:03 | 1:27:30 |
| Half Mar. | 1:02:58 | 1:15:34 | 1:25:00 | 1:34:27 | 1:43:54 | 1:56:29 |
| Marathon | 2:12:44 | 2:39:17 | 2:59:11 | 3:19:06 | 3:39:01 | 4:05:33 |
| 45 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:13:59 | 0:16:47 | 0:18:53 | 0:20:59 | 0:23:04 | 0:25:52 |
| 5 Miles | 0:22:53 | 0:27:28 | 0:30:54 | 0:34:19 | 0:37:45 | 0:42:20 |
| 10k | 0:28:54 | 0:34:41 | 0:39:01 | 0:43:21 | 0:47:41 | 0:53:28 |
| 10 Miles | 0:47:39 | 0:57:11 | 1:04:20 | 1:11:29 | 1:18:37 | 1:28:09 |
| Half Mar. | 1:03:26 | 1:16:07 | 1:25:38 | 1:35:09 | 1:44:40 | 1:57:21 |

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|------------------|------------|----------|---------|---------|---------|---------|
| Marathon | 2:13:42 | 2:40:26 | 3:00:30 | 3:20:33 | 3:40:36 | 4:07:21 |
| 46 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:14:05 | 0:16:54 | 0:19:01 | 0:21:07 | 0:23:14 | 0:26:03 |
| 5 Miles | 0:23:03 | 0:27:40 | 0:31:07 | 0:34:34 | 0:38:02 | 0:42:39 |
| 10k | 0:29:07 | 0:34:56 | 0:39:18 | 0:43:41 | 0:48:03 | 0:53:52 |
| 10 Miles | 0:48:00 | 0:57:36 | 1:04:48 | 1:12:00 | 1:19:12 | 1:28:48 |
| Half Mar. | 1:03:55 | 1:16:42 | 1:26:17 | 1:35:52 | 1:45:28 | 1:58:15 |
| Marathon | 2:14:43 | 2:41:40 | 3:01:52 | 3:22:05 | 3:42:17 | 4:09:14 |
| 47 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:14:12 | 0:17:02 | 0:19:10 | 0:21:18 | 0:23:26 | 0:26:16 |
| 5 Miles | 0:23:14 | 0:27:53 | 0:31:22 | 0:34:51 | 0:38:20 | 0:42:59 |
| 10k | 0:29:21 | 0:35:13 | 0:39:37 | 0:44:02 | 0:48:26 | 0:54:18 |
| 10 Miles | 0:48:23 | 0:58:04 | 1:05:19 | 1:12:35 | 1:19:50 | 1:29:31 |
| Half Mar. | 1:04:24 | 1:17:17 | 1:26:56 | 1:36:36 | 1:46:16 | 1:59:08 |
| Marathon | 2:15:45 | 2:42:54 | 3:03:16 | 3:23:38 | 3:43:59 | 4:11:08 |
| 48 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:14:18 | 0:17:10 | 0:19:18 | 0:21:27 | 0:23:36 | 0:26:27 |
| 5 Miles | 0:23:25 | 0:28:06 | 0:31:37 | 0:35:08 | 0:38:38 | 0:43:19 |
| 10k | 0:29:34 | 0:35:29 | 0:39:55 | 0:44:21 | 0:48:47 | 0:54:42 |
| 10 Miles | 0:48:45 | 0:58:30 | 1:05:49 | 1:13:08 | 1:20:26 | 1:30:11 |
| Half Mar. | 1:04:54 | 1:17:53 | 1:27:37 | 1:37:21 | 1:47:05 | 2:00:04 |
| Marathon | 2:16:47 | 2:44:08 | 3:04:39 | 3:25:11 | 3:45:42 | 4:13:03 |
| 49 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:14:25 | 0:17:18 | 0:19:28 | 0:21:37 | 0:23:47 | 0:26:40 |

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|------------------|------------|----------|---------|---------|---------|---------|
| 5 Miles | 0:23:36 | 0:28:19 | 0:31:52 | 0:35:24 | 0:38:56 | 0:43:40 |
| 10k | 0:29:48 | 0:35:46 | 0:40:14 | 0:44:42 | 0:49:10 | 0:55:08 |
| 10 Miles | 0:49:08 | 0:58:58 | 1:06:20 | 1:13:42 | 1:21:04 | 1:30:54 |
| Half Mar. | 1:05:24 | 1:18:29 | 1:28:17 | 1:38:06 | 1:47:55 | 2:00:59 |
| Marathon | 2:17:51 | 2:45:25 | 3:06:06 | 3:26:47 | 3:47:27 | 4:15:01 |
| 50 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:14:32 | 0:17:26 | 0:19:37 | 0:21:48 | 0:23:59 | 0:26:53 |
| 5 Miles | 0:23:47 | 0:28:32 | 0:32:06 | 0:35:41 | 0:39:15 | 0:44:00 |
| 10k | 0:30:02 | 0:36:02 | 0:40:33 | 0:45:03 | 0:49:33 | 0:55:34 |
| 10 Miles | 0:49:31 | 0:59:25 | 1:06:51 | 1:14:17 | 1:21:42 | 1:31:36 |
| Half Mar. | 1:05:55 | 1:19:06 | 1:28:59 | 1:38:53 | 1:48:46 | 2:01:57 |
| Marathon | 2:18:55 | 2:46:42 | 3:07:32 | 3:28:23 | 3:49:13 | 4:17:00 |
| 51 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:14:39 | 0:17:35 | 0:19:47 | 0:21:59 | 0:24:10 | 0:27:06 |
| 5 Miles | 0:23:58 | 0:28:46 | 0:32:21 | 0:35:57 | 0:39:33 | 0:44:20 |
| 10k | 0:30:17 | 0:36:20 | 0:40:53 | 0:45:26 | 0:49:58 | 0:56:01 |
| 10 Miles | 0:49:55 | 0:59:54 | 1:07:23 | 1:14:52 | 1:22:22 | 1:32:21 |
| Half Mar. | 1:06:27 | 1:19:44 | 1:29:42 | 1:39:40 | 1:49:39 | 2:02:56 |
| Marathon | 2:20:03 | 2:48:04 | 3:09:04 | 3:30:05 | 3:51:05 | 4:19:06 |
| 52 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:14:46 | 0:17:43 | 0:19:56 | 0:22:09 | 0:24:22 | 0:27:19 |
| 5 Miles | 0:24:10 | 0:29:00 | 0:32:38 | 0:36:15 | 0:39:52 | 0:44:43 |
| 10k | 0:30:32 | 0:36:38 | 0:41:13 | 0:45:48 | 0:50:23 | 0:56:29 |
| 10 Miles | 0:50:20 | 1:00:24 | 1:07:57 | 1:15:30 | 1:23:03 | 1:33:07 |
| Half Mar. | 1:07:00 | 1:20:24 | 1:30:27 | 1:40:30 | 1:50:33 | 2:03:57 |

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|------------------|------------|----------|---------|---------|---------|---------|
| Marathon | 2:21:11 | 2:49:25 | 3:10:36 | 3:31:47 | 3:52:57 | 4:21:11 |
| 53 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:14:53 | 0:17:52 | 0:20:06 | 0:22:20 | 0:24:33 | 0:27:32 |
| 5 Miles | 0:24:22 | 0:29:14 | 0:32:54 | 0:36:33 | 0:40:12 | 0:45:05 |
| 10k | 0:30:47 | 0:36:56 | 0:41:33 | 0:46:11 | 0:50:48 | 0:56:57 |
| 10 Miles | 0:50:45 | 1:00:54 | 1:08:31 | 1:16:08 | 1:23:44 | 1:33:53 |
| Half Mar. | 1:07:33 | 1:21:04 | 1:31:12 | 1:41:19 | 1:51:27 | 2:04:58 |
| Marathon | 2:22:21 | 2:50:49 | 3:12:10 | 3:33:32 | 3:54:53 | 4:23:21 |
| 54 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:15:01 | 0:18:01 | 0:20:16 | 0:22:31 | 0:24:47 | 0:27:47 |
| 5 Miles | 0:24:34 | 0:29:29 | 0:33:10 | 0:36:51 | 0:40:32 | 0:45:27 |
| 10k | 0:31:03 | 0:37:16 | 0:41:55 | 0:46:35 | 0:51:14 | 0:57:27 |
| 10 Miles | 0:51:10 | 1:01:24 | 1:09:05 | 1:16:45 | 1:24:26 | 1:34:39 |
| Half Mar. | 1:08:07 | 1:21:44 | 1:31:57 | 1:42:10 | 1:52:24 | 2:06:01 |
| Marathon | 2:23:32 | 2:52:14 | 3:13:46 | 3:35:18 | 3:56:50 | 4:25:32 |
| 55 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:15:08 | 0:18:10 | 0:20:26 | 0:22:42 | 0:24:58 | 0:28:00 |
| 5 Miles | 0:24:47 | 0:29:44 | 0:33:27 | 0:37:11 | 0:40:54 | 0:45:51 |
| 10k | 0:31:18 | 0:37:34 | 0:42:15 | 0:46:57 | 0:51:39 | 0:57:54 |
| 10 Miles | 0:51:36 | 1:01:55 | 1:09:40 | 1:17:24 | 1:25:08 | 1:35:28 |
| Half Mar. | 1:08:41 | 1:22:25 | 1:32:43 | 1:43:01 | 1:53:20 | 2:07:04 |
| Marathon | 2:24:44 | 2:53:41 | 3:15:23 | 3:37:06 | 3:58:49 | 4:27:45 |
| 56 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:15:16 | 0:18:19 | 0:20:37 | 0:22:54 | 0:25:11 | 0:28:15 |

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|------------------|------------|----------|---------|---------|---------|---------|
| 5 Miles | 0:25:00 | 0:30:00 | 0:33:45 | 0:37:30 | 0:41:15 | 0:46:15 |
| 10k | 0:31:35 | 0:37:54 | 0:42:38 | 0:47:23 | 0:52:07 | 0:58:26 |
| 10 Miles | 0:52:04 | 1:02:29 | 1:10:17 | 1:18:06 | 1:25:55 | 1:36:19 |
| Half Mar. | 1:09:17 | 1:23:08 | 1:33:32 | 1:43:55 | 1:54:19 | 2:08:10 |
| Marathon | 2:26:01 | 2:55:13 | 3:17:07 | 3:39:01 | 4:00:56 | 4:30:08 |
| 57 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:15:25 | 0:18:30 | 0:20:49 | 0:23:07 | 0:25:26 | 0:28:31 |
| 5 Miles | 0:25:14 | 0:30:17 | 0:34:04 | 0:37:51 | 0:41:38 | 0:46:41 |
| 10k | 0:31:52 | 0:38:14 | 0:43:01 | 0:47:48 | 0:52:35 | 0:58:57 |
| 10 Miles | 0:52:32 | 1:03:02 | 1:10:55 | 1:18:48 | 1:26:41 | 1:37:11 |
| Half Mar. | 1:09:55 | 1:23:54 | 1:34:23 | 1:44:53 | 1:55:22 | 2:09:21 |
| Marathon | 2:27:19 | 2:56:47 | 3:18:53 | 3:40:59 | 4:03:04 | 4:32:32 |
| 58 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:15:33 | 0:18:40 | 0:21:00 | 0:23:19 | 0:25:39 | 0:28:46 |
| 5 Miles | 0:25:27 | 0:30:32 | 0:34:21 | 0:38:11 | 0:42:00 | 0:47:05 |
| 10k | 0:32:09 | 0:38:35 | 0:43:24 | 0:48:13 | 0:53:03 | 0:59:29 |
| 10 Miles | 0:53:00 | 1:03:36 | 1:11:33 | 1:19:30 | 1:27:27 | 1:38:03 |
| Half Mar. | 1:10:32 | 1:24:38 | 1:35:13 | 1:45:48 | 1:56:23 | 2:10:29 |
| Marathon | 2:28:38 | 2:58:22 | 3:20:39 | 3:42:57 | 4:05:15 | 4:34:58 |
| 59 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:15:41 | 0:18:49 | 0:21:10 | 0:23:32 | 0:25:53 | 0:29:01 |
| 5 Miles | 0:25:41 | 0:30:49 | 0:34:40 | 0:38:31 | 0:42:23 | 0:47:31 |
| 10k | 0:32:27 | 0:38:56 | 0:43:48 | 0:48:41 | 0:53:33 | 1:00:02 |
| 10 Miles | 0:53:29 | 1:04:11 | 1:12:12 | 1:20:14 | 1:28:15 | 1:38:57 |
| Half Mar. | 1:11:11 | 1:25:25 | 1:36:06 | 1:46:46 | 1:57:27 | 2:11:41 |

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|------------------|------------|----------|---------|---------|---------|---------|
| Marathon | 2:29:59 | 2:59:59 | 3:22:29 | 3:44:58 | 4:07:28 | 4:37:28 |
| 60 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:15:50 | 0:19:00 | 0:21:22 | 0:23:45 | 0:26:08 | 0:29:17 |
| 5 Miles | 0:25:55 | 0:31:06 | 0:34:59 | 0:38:52 | 0:42:46 | 0:47:57 |
| 10k | 0:32:45 | 0:39:18 | 0:44:13 | 0:49:07 | 0:54:02 | 1:00:35 |
| 10 Miles | 0:53:59 | 1:04:47 | 1:12:53 | 1:20:59 | 1:29:04 | 1:39:52 |
| Half Mar. | 1:11:50 | 1:26:12 | 1:36:59 | 1:47:45 | 1:58:31 | 2:12:53 |
| Marathon | 2:31:21 | 3:01:37 | 3:24:19 | 3:47:01 | 4:09:44 | 4:40:00 |
| 61 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:15:59 | 0:19:11 | 0:21:35 | 0:23:58 | 0:26:22 | 0:29:34 |
| 5 Miles | 0:26:11 | 0:31:25 | 0:35:21 | 0:39:16 | 0:43:12 | 0:48:26 |
| 10k | 0:33:04 | 0:39:41 | 0:44:38 | 0:49:36 | 0:54:34 | 1:01:10 |
| 10 Miles | 0:54:31 | 1:05:25 | 1:13:36 | 1:21:47 | 1:29:57 | 1:40:51 |
| Half Mar. | 1:12:32 | 1:27:02 | 1:37:55 | 1:48:48 | 1:59:41 | 2:14:11 |
| Marathon | 2:32:50 | 3:03:24 | 3:26:20 | 3:49:15 | 4:12:11 | 4:42:45 |
| 62 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:16:09 | 0:19:23 | 0:21:48 | 0:24:13 | 0:26:39 | 0:29:53 |
| 5 Miles | 0:26:26 | 0:31:43 | 0:35:41 | 0:39:39 | 0:43:37 | 0:48:54 |
| 10k | 0:33:24 | 0:40:05 | 0:45:05 | 0:50:06 | 0:55:07 | 1:01:47 |
| 10 Miles | 0:55:03 | 1:06:04 | 1:14:19 | 1:22:35 | 1:30:50 | 1:41:51 |
| Half Mar. | 1:13:15 | 1:27:54 | 1:38:53 | 1:49:52 | 2:00:52 | 2:15:31 |
| Marathon | 2:34:20 | 3:05:12 | 3:28:21 | 3:51:30 | 4:14:39 | 4:45:31 |
| 63 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:16:19 | 0:19:35 | 0:22:02 | 0:24:28 | 0:26:55 | 0:30:11 |

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|------------------|------------|----------|---------|---------|---------|---------|
| 5 Miles | 0:26:42 | 0:32:02 | 0:36:03 | 0:40:03 | 0:44:03 | 0:49:24 |
| 10k | 0:33:44 | 0:40:29 | 0:45:32 | 0:50:36 | 0:55:40 | 1:02:24 |
| 10 Miles | 0:55:36 | 1:06:43 | 1:15:04 | 1:23:24 | 1:31:44 | 1:42:52 |
| Half Mar. | 1:13:59 | 1:28:47 | 1:39:53 | 1:50:59 | 2:02:04 | 2:16:52 |
| Marathon | 2:35:52 | 3:07:02 | 3:30:25 | 3:53:48 | 4:17:11 | 4:48:21 |
| 64 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:16:29 | 0:19:47 | 0:22:15 | 0:24:44 | 0:27:12 | 0:30:30 |
| 5 Miles | 0:26:59 | 0:32:23 | 0:36:26 | 0:40:29 | 0:44:31 | 0:49:55 |
| 10k | 0:34:05 | 0:40:54 | 0:46:01 | 0:51:08 | 0:56:14 | 1:03:03 |
| 10 Miles | 0:56:10 | 1:07:24 | 1:15:50 | 1:24:15 | 1:32:40 | 1:43:55 |
| Half Mar. | 1:14:44 | 1:29:41 | 1:40:53 | 1:52:06 | 2:03:19 | 2:18:15 |
| Marathon | 2:37:26 | 3:08:55 | 3:32:32 | 3:56:09 | 4:19:46 | 4:51:15 |
| 65 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:16:39 | 0:19:59 | 0:22:29 | 0:24:59 | 0:27:28 | 0:30:48 |
| 5 Miles | 0:27:15 | 0:32:42 | 0:36:47 | 0:40:52 | 0:44:58 | 0:50:25 |
| 10k | 0:34:26 | 0:41:19 | 0:46:29 | 0:51:39 | 0:56:49 | 1:03:42 |
| 10 Miles | 0:56:44 | 1:08:05 | 1:16:35 | 1:25:06 | 1:33:37 | 1:44:57 |
| Half Mar. | 1:15:30 | 1:30:36 | 1:41:55 | 1:53:15 | 2:04:34 | 2:19:40 |
| Marathon | 2:39:02 | 3:10:50 | 3:34:42 | 3:58:33 | 4:22:24 | 4:54:13 |
| 66 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:16:50 | 0:20:12 | 0:22:44 | 0:25:15 | 0:27:46 | 0:31:08 |
| 5 Miles | 0:27:33 | 0:33:04 | 0:37:12 | 0:41:20 | 0:45:27 | 0:50:58 |
| 10k | 0:34:49 | 0:41:47 | 0:47:00 | 0:52:14 | 0:57:27 | 1:04:25 |
| 10 Miles | 0:57:22 | 1:08:50 | 1:17:27 | 1:26:03 | 1:34:39 | 1:46:08 |
| Half Mar. | 1:16:20 | 1:31:36 | 1:43:03 | 1:54:30 | 2:05:57 | 2:21:13 |

| | | | | | | |
|------------------|------------|----------|---------|---------|---------|---------|
| Marathon | 2:40:47 | 3:12:56 | 3:37:03 | 4:01:11 | 4:25:18 | 4:57:27 |
| 67 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:17:01 | 0:20:25 | 0:22:58 | 0:25:31 | 0:28:05 | 0:31:29 |
| 5 Miles | 0:27:52 | 0:33:26 | 0:37:37 | 0:41:48 | 0:45:59 | 0:51:33 |
| 10k | 0:35:12 | 0:42:14 | 0:47:31 | 0:52:48 | 0:58:05 | 1:05:07 |
| 10 Miles | 0:58:01 | 1:09:37 | 1:18:19 | 1:27:01 | 1:35:44 | 1:47:20 |
| Half Mar. | 1:17:11 | 1:32:37 | 1:44:12 | 1:55:46 | 2:07:21 | 2:22:47 |
| Marathon | 2:42:35 | 3:15:06 | 3:39:29 | 4:03:53 | 4:28:16 | 5:00:47 |
| 68 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:17:13 | 0:20:40 | 0:23:15 | 0:25:49 | 0:28:24 | 0:31:51 |
| 5 Miles | 0:28:11 | 0:33:49 | 0:38:03 | 0:42:16 | 0:46:30 | 0:52:08 |
| 10k | 0:35:36 | 0:42:43 | 0:48:04 | 0:53:24 | 0:58:44 | 1:05:52 |
| 10 Miles | 0:58:40 | 1:10:24 | 1:19:12 | 1:28:00 | 1:36:48 | 1:48:32 |
| Half Mar. | 1:18:03 | 1:33:40 | 1:45:22 | 1:57:04 | 2:08:47 | 2:24:24 |
| Marathon | 2:44:24 | 3:17:17 | 3:41:56 | 4:06:36 | 4:31:16 | 5:04:08 |
| 69 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:17:25 | 0:20:54 | 0:23:31 | 0:26:08 | 0:28:44 | 0:32:13 |
| 5 Miles | 0:28:30 | 0:34:12 | 0:38:29 | 0:42:45 | 0:47:01 | 0:52:44 |
| 10k | 0:36:01 | 0:43:13 | 0:48:37 | 0:54:02 | 0:59:26 | 1:06:38 |
| 10 Miles | 0:59:21 | 1:11:13 | 1:20:07 | 1:29:01 | 1:37:56 | 1:49:48 |
| Half Mar. | 1:18:57 | 1:34:44 | 1:46:35 | 1:58:25 | 2:10:16 | 2:26:03 |
| Marathon | 2:46:17 | 3:19:32 | 3:44:29 | 4:09:25 | 4:34:22 | 5:07:37 |
| 70 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:17:37 | 0:21:08 | 0:23:47 | 0:26:26 | 0:29:04 | 0:32:35 |

| | | | | | | |
|------------------|------------|---------|---------|---------|---------|---------|
| 5 Miles | 0:28:50 | 0:34:36 | 0:38:55 | 0:43:15 | 0:47:34 | 0:53:21 |
| 10k | 0:36:26 | 0:43:43 | 0:49:11 | 0:54:39 | 1:00:07 | 1:07:24 |
| 10 Miles | 1:00:02 | 1:12:02 | 1:21:03 | 1:30:03 | 1:39:03 | 1:51:04 |
| Half Mar. | 1:19:52 | 1:35:50 | 1:47:49 | 1:59:48 | 2:11:47 | 2:27:45 |
| Marathon | 2:48:11 | 3:21:49 | 3:47:03 | 4:12:17 | 4:37:30 | 5:11:08 |
| 71 | World Best | plat | Gold | Silver | Bronze | Copper |
| 5k | 0:17:50 | 0:21:24 | 0:24:05 | 0:26:45 | 0:29:26 | 0:33:00 |
| 5 Miles | 0:29:13 | 0:35:04 | 0:39:27 | 0:43:49 | 0:48:12 | 0:54:03 |
| 10k | 0:36:54 | 0:44:17 | 0:49:49 | 0:55:21 | 1:00:53 | 1:08:16 |
| 10 Miles | 1:00:48 | 1:12:58 | 1:22:05 | 1:31:12 | 1:40:19 | 1:52:29 |
| Half Mar. | 1:20:53 | 1:37:04 | 1:49:12 | 2:01:19 | 2:13:27 | 2:29:38 |
| Marathon | 2:50:19 | 3:24:23 | 3:49:56 | 4:15:29 | 4:41:01 | 5:15:05 |
| 72 | World Best | plat | Gold | Silver | Bronze | Copper |
| 5k | 0:18:04 | 0:21:41 | 0:24:23 | 0:27:06 | 0:29:49 | 0:33:25 |
| 5 Miles | 0:29:35 | 0:35:30 | 0:39:56 | 0:44:22 | 0:48:49 | 0:54:44 |
| 10k | 0:37:23 | 0:44:52 | 0:50:28 | 0:56:05 | 1:01:41 | 1:09:10 |
| 10 Miles | 1:01:35 | 1:13:54 | 1:23:08 | 1:32:22 | 1:41:37 | 1:53:56 |
| Half Mar. | 1:21:55 | 1:38:18 | 1:50:35 | 2:02:52 | 2:15:10 | 2:31:33 |
| Marathon | 2:52:30 | 3:27:00 | 3:52:53 | 4:18:45 | 4:44:38 | 5:19:08 |
| 73 | World Best | plat | Gold | Silver | Bronze | Copper |
| 5k | 0:18:18 | 0:21:58 | 0:24:42 | 0:27:27 | 0:30:12 | 0:33:51 |
| 5 Miles | 0:29:59 | 0:35:59 | 0:40:29 | 0:44:59 | 0:49:28 | 0:55:28 |
| 10k | 0:37:52 | 0:45:26 | 0:51:07 | 0:56:48 | 1:02:29 | 1:10:03 |
| 10 Miles | 1:02:24 | 1:14:53 | 1:24:14 | 1:33:36 | 1:42:58 | 1:55:26 |
| Half Mar. | 1:22:59 | 1:39:35 | 1:52:02 | 2:04:28 | 2:16:55 | 2:33:31 |

| | | | | | | |
|------------------|------------|----------|---------|---------|---------|---------|
| Marathon | 2:54:44 | 3:29:41 | 3:55:53 | 4:22:06 | 4:48:19 | 5:23:15 |
| 74 | World Best | plat | Gold | Silver | Bronze | Copper |
| 5k | 0:18:33 | 0:22:16 | 0:25:03 | 0:27:50 | 0:30:36 | 0:34:19 |
| 5 Miles | 0:30:22 | 0:36:26 | 0:41:00 | 0:45:33 | 0:50:06 | 0:56:11 |
| 10k | 0:38:23 | 0:46:04 | 0:51:49 | 0:57:35 | 1:03:20 | 1:11:01 |
| 10 Miles | 1:03:13 | 1:15:52 | 1:25:21 | 1:34:49 | 1:44:18 | 1:56:57 |
| Half Mar. | 1:24:05 | 1:40:54 | 1:53:31 | 2:06:07 | 2:18:44 | 2:35:33 |
| Marathon | 2:57:02 | 3:32:26 | 3:59:00 | 4:25:33 | 4:52:06 | 5:27:31 |
| 75 | World Best | plat | Gold | Silver | Bronze | Copper |
| 5k | 0:18:48 | 0:22:34 | 0:25:23 | 0:28:12 | 0:31:01 | 0:34:47 |
| 5 Miles | 0:30:47 | 0:36:56 | 0:41:33 | 0:46:11 | 0:50:48 | 0:56:57 |
| 10k | 0:38:54 | 0:46:41 | 0:52:31 | 0:58:21 | 1:04:11 | 1:11:58 |
| 10 Miles | 1:04:04 | 1:16:53 | 1:26:29 | 1:36:06 | 1:45:43 | 1:58:31 |
| Half Mar. | 1:25:13 | 1:42:16 | 1:55:03 | 2:07:49 | 2:20:36 | 2:37:39 |
| Marathon | 2:59:24 | 3:35:17 | 4:02:11 | 4:29:06 | 4:56:01 | 5:31:53 |
| 76 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:19:05 | 0:22:54 | 0:25:46 | 0:28:37 | 0:31:29 | 0:35:18 |
| 5 Miles | 0:31:15 | 0:37:30 | 0:42:11 | 0:46:53 | 0:51:34 | 0:57:49 |
| 10k | 0:39:29 | 0:47:23 | 0:53:18 | 0:59:14 | 1:05:09 | 1:13:03 |
| 10 Miles | 1:05:02 | 1:18:02 | 1:27:48 | 1:37:33 | 1:47:18 | 2:00:19 |
| Half Mar. | 1:26:30 | 1:43:48 | 1:56:47 | 2:09:45 | 2:22:44 | 2:40:02 |
| Marathon | 3:02:04 | 3:38:29 | 4:05:47 | 4:33:06 | 5:00:25 | 5:36:49 |
| 77 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:19:23 | 0:23:16 | 0:26:10 | 0:29:04 | 0:31:59 | 0:35:52 |

| | | | | | | |
|------------------|------------|----------|---------|---------|---------|---------|
| 5 Miles | 0:31:44 | 0:38:05 | 0:42:50 | 0:47:36 | 0:52:22 | 0:58:42 |
| 10k | 0:40:05 | 0:48:06 | 0:54:07 | 1:00:08 | 1:06:08 | 1:14:09 |
| 10 Miles | 1:06:02 | 1:19:14 | 1:29:09 | 1:39:03 | 1:48:57 | 2:02:10 |
| Half Mar. | 1:27:49 | 1:45:23 | 1:58:33 | 2:11:43 | 2:24:54 | 2:42:28 |
| Marathon | 3:04:39 | 3:41:35 | 4:09:17 | 4:36:59 | 5:04:40 | 5:41:36 |
| 78 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:19:41 | 0:23:37 | 0:26:34 | 0:29:32 | 0:32:29 | 0:36:25 |
| 5 Miles | 0:32:13 | 0:38:40 | 0:43:30 | 0:48:20 | 0:53:09 | 0:59:36 |
| 10k | 0:40:43 | 0:48:52 | 0:54:58 | 1:01:05 | 1:07:11 | 1:15:20 |
| 10 Miles | 1:07:04 | 1:20:29 | 1:30:32 | 1:40:36 | 1:50:40 | 2:04:04 |
| Half Mar. | 1:29:10 | 1:47:00 | 2:00:23 | 2:13:45 | 2:27:08 | 2:44:58 |
| Marathon | 3:07:40 | 3:45:12 | 4:13:21 | 4:41:30 | 5:09:39 | 5:47:11 |
| 79 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:19:59 | 0:23:59 | 0:26:59 | 0:29:58 | 0:32:58 | 0:36:58 |
| 5 Miles | 0:32:44 | 0:39:17 | 0:44:11 | 0:49:06 | 0:54:01 | 1:00:33 |
| 10k | 0:41:21 | 0:49:37 | 0:55:49 | 1:02:02 | 1:08:14 | 1:16:30 |
| 10 Miles | 1:08:07 | 1:21:44 | 1:31:57 | 1:42:10 | 1:52:24 | 2:06:01 |
| Half Mar. | 1:30:34 | 1:48:41 | 2:02:16 | 2:15:51 | 2:29:26 | 2:47:33 |
| Marathon | 3:10:35 | 3:48:42 | 4:17:17 | 4:45:52 | 5:14:28 | 5:52:35 |
| 80 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:20:41 | 0:24:49 | 0:27:55 | 0:31:02 | 0:34:08 | 0:38:16 |
| 81 | World Best | Platinum | Gold | Silver | Bronze | Copper |
| 5k | 0:20:41 | 0:24:49 | 0:27:55 | 0:31:02 | 0:34:08 | 0:38:16 |
| 10k | 0:42:48 | 0:51:22 | 0:57:47 | 1:04:12 | 1:10:37 | 1:19:11 |

| 82 | World Best | Platinum | Gold | Silver | Bronze | Copper |
|------------|------------|----------|---------|---------|---------|---------|
| 5k | 0:21:05 | 0:25:18 | 0:28:28 | 0:31:37 | 0:34:47 | 0:39:00 |
| 10k | 0:43:37 | 0:52:20 | 0:58:53 | 1:05:26 | 1:11:58 | 1:20:41 |