

Women's Standards

19-32 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:14:24	0:17:17	0:19:26	0:21:36	0:23:46	0:26:38
5 Miles	0:23:39	0:28:23	0:31:56	0:35:29	0:39:01	0:43:45
10k	0:29:55	0:35:54	0:40:23	0:44:53	0:49:22	0:55:21
10 Miles	0:49:23	0:59:16	1:06:40	1:14:05	1:21:29	1:31:22
Half Mar.	1:05:48	1:18:58	1:28:50	1:38:42	1:48:34	2:01:44
Marathon	2:18:51	2:46:37	3:07:27	3:28:17	3:49:06	4:16:52
33 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:14:24	0:17:17	0:19:26	0:21:36	0:23:46	0:26:38
5 Miles	0:23:39	0:28:23	0:31:56	0:35:29	0:39:01	0:43:45
10k	0:29:55	0:35:54	0:40:23	0:44:53	0:49:22	0:55:21
10 Miles	0:49:23	0:59:16	1:06:40	1:14:05	1:21:29	1:31:22
Half Mar.	1:05:48	1:18:58	1:28:50	1:38:42	1:48:34	2:01:44
Marathon	2:18:51	2:46:37	3:07:27	3:28:17	3:49:06	4:16:52
34 Female	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
5 Miles	0:23:39	0:28:23	0:31:56	0:35:29	0:39:01	0:43:45
10k	0:29:55	0:35:54	0:40:23	0:44:53	0:49:22	0:55:21
10 Miles	0:49:23	0:59:16	1:06:40	1:14:05	1:21:29	1:31:22
Half Mar.	1:05:48	1:18:58	1:28:50	1:38:42	1:48:34	2:01:44
Marathon	2:18:51	2:46:37	3:07:27	3:28:17	3:49:06	4:16:52

35 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:14:31	0:17:25	0:19:36	0:21:46	0:23:57	0:26:51
5 Miles	0:23:46	0:28:31	0:32:05	0:35:39	0:39:13	0:43:58
10k	0:30:00	0:36:00	0:40:30	0:45:00	0:49:30	0:55:30
10 Miles	0:49:23	0:59:16	1:06:40	1:14:05	1:21:29	1:31:22
Half Mar.	1:05:48	1:18:58	1:28:50	1:38:42	1:48:34	2:01:44
Marathon	2:18:51	2:46:37	3:07:27	3:28:17	3:49:06	4:16:52
36 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:14:38	0:17:34	0:19:45	0:21:57	0:24:09	0:27:04
5 Miles	0:23:57	0:28:44	0:32:20	0:35:56	0:39:31	0:44:18
10k	0:30:14	0:36:17	0:40:49	0:45:21	0:49:53	0:55:56
10 Miles	0:49:41	0:59:37	1:07:04	1:14:32	1:21:59	1:31:55
Half Mar.	1:06:00	1:19:12	1:29:06	1:39:00	1:48:54	2:02:06
Marathon	2:18:51	2:46:37	3:07:27	3:28:17	3:49:06	4:16:52
37 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:14:45	0:17:42	0:19:55	0:22:08	0:24:20	0:27:17
5 Miles	0:24:08	0:28:58	0:32:35	0:36:12	0:39:49	0:44:39
10k	0:30:28	0:36:34	0:41:08	0:45:42	0:50:16	0:56:22
10 Miles	0:50:04	1:00:05	1:07:35	1:15:06	1:22:37	1:32:37
Half Mar.	1:06:32	1:19:50	1:29:49	1:39:48	1:49:47	2:03:05
Marathon	2:19:09	2:46:59	3:07:51	3:28:44	3:49:36	4:17:26
38 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:14:52	0:17:50	0:20:04	0:22:18	0:24:32	0:27:30

5 Miles	0:24:19	0:29:11	0:32:50	0:36:29	0:40:07	0:44:59
10k	0:30:43	0:36:52	0:41:28	0:46:05	0:50:41	0:56:50
10 Miles	0:50:28	1:00:34	1:08:08	1:15:42	1:23:16	1:33:22
Half Mar.	1:07:03	1:20:28	1:30:31	1:40:34	1:50:38	2:04:03
Marathon	2:20:14	2:48:17	3:09:19	3:30:21	3:51:23	4:19:26
39 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:15:00	0:18:00	0:20:15	0:22:30	0:24:45	0:27:45
5 Miles	0:24:32	0:29:26	0:33:07	0:36:48	0:40:29	0:45:23
10k	0:30:58	0:37:10	0:41:48	0:46:27	0:51:06	0:57:17
10 Miles	0:50:52	1:01:02	1:08:40	1:16:18	1:23:56	1:34:06
Half Mar.	1:07:35	1:21:06	1:31:14	1:41:22	1:51:31	2:05:02
Marathon	2:21:21	2:49:37	3:10:49	3:32:02	3:53:14	4:21:30
40 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:15:07	0:18:08	0:20:24	0:22:41	0:24:57	0:27:58
5 Miles	0:24:44	0:29:41	0:33:23	0:37:06	0:40:49	0:45:45
10k	0:31:13	0:37:28	0:42:09	0:46:50	0:51:30	0:57:45
10 Miles	0:51:17	1:01:32	1:09:14	1:16:55	1:24:37	1:34:52
Half Mar.	1:08:08	1:21:46	1:31:59	1:42:12	1:52:25	2:06:03
Marathon	2:22:29	2:50:59	3:12:21	3:33:44	3:55:06	4:23:36
41 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:15:14	0:18:17	0:20:34	0:22:51	0:25:08	0:28:11
5 Miles	0:24:56	0:29:55	0:33:40	0:37:24	0:41:08	0:46:08
10k	0:31:28	0:37:46	0:42:29	0:47:12	0:51:55	0:58:13

10 Miles	0:51:42	1:02:02	1:09:48	1:17:33	1:25:18	1:35:39
Half Mar.	1:08:42	1:22:26	1:32:45	1:43:03	1:53:21	2:07:06
Marathon	2:23:39	2:52:23	3:13:56	3:35:29	3:57:01	4:25:45
42 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:15:22	0:18:26	0:20:45	0:23:03	0:25:21	0:28:26
5 Miles	0:25:08	0:30:10	0:33:56	0:37:42	0:41:28	0:46:30
10k	0:31:44	0:38:05	0:42:50	0:47:36	0:52:22	0:58:42
10 Miles	0:52:08	1:02:34	1:10:23	1:18:12	1:26:01	1:36:27
Half Mar.	1:09:16	1:23:07	1:33:31	1:43:54	1:54:17	2:08:09
Marathon	2:24:50	2:53:48	3:15:32	3:37:15	3:58:59	4:27:56
43 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:15:30	0:18:36	0:20:56	0:23:15	0:25:35	0:28:41
5 Miles	0:25:21	0:30:25	0:34:13	0:38:02	0:41:50	0:46:54
10k	0:32:00	0:38:24	0:43:12	0:48:00	0:52:48	0:59:12
10 Miles	0:52:34	1:03:05	1:10:58	1:18:51	1:26:44	1:37:15
Half Mar.	1:09:51	1:23:49	1:34:18	1:44:46	1:55:15	2:09:13
Marathon	2:26:02	2:55:14	3:17:09	3:39:03	4:00:57	4:30:10
44 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:15:38	0:18:46	0:21:06	0:23:27	0:25:48	0:28:55
5 Miles	0:25:34	0:30:41	0:34:31	0:38:21	0:42:11	0:47:18
10k	0:32:16	0:38:43	0:43:34	0:48:24	0:53:14	0:59:42
10 Miles	0:53:01	1:03:37	1:11:34	1:19:32	1:27:29	1:38:05
Half Mar.	1:10:26	1:24:31	1:35:05	1:45:39	1:56:13	2:10:18

Marathon	2:27:15	2:56:42	3:18:47	3:40:52	4:02:58	4:32:25
45 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:15:46	0:18:55	0:21:17	0:23:39	0:26:01	0:29:10
5 Miles	0:25:47	0:30:56	0:34:48	0:38:40	0:42:33	0:47:42
10k	0:32:33	0:39:04	0:43:57	0:48:50	0:53:42	1:00:13
10 Miles	0:53:28	1:04:10	1:12:11	1:20:12	1:28:13	1:38:55
Half Mar.	1:11:02	1:25:14	1:35:54	1:46:33	1:57:12	2:11:25
Marathon	2:28:29	2:58:11	3:20:27	3:42:44	4:05:00	4:34:42
46 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:15:54	0:19:05	0:21:28	0:23:51	0:26:14	0:29:25
5 Miles	0:26:01	0:31:13	0:35:07	0:39:02	0:42:56	0:48:08
10k	0:32:50	0:39:24	0:44:20	0:49:15	0:54:11	1:00:45
10 Miles	0:53:56	1:04:43	1:12:49	1:20:54	1:28:59	1:39:47
Half Mar.	1:11:39	1:25:59	1:36:44	1:47:29	1:58:13	2:12:33
Marathon	2:29:46	2:59:43	3:22:11	3:44:39	4:07:07	4:37:04
47 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:16:02	0:19:14	0:21:39	0:24:03	0:26:27	0:29:40
5 Miles	0:26:15	0:31:30	0:35:26	0:39:22	0:43:19	0:48:34
10k	0:33:07	0:39:44	0:44:42	0:49:41	0:54:39	1:01:16
10 Miles	0:54:24	1:05:17	1:13:26	1:21:36	1:29:46	1:40:38
Half Mar.	1:12:17	1:26:44	1:37:35	1:48:26	1:59:16	2:13:43
Marathon	2:31:05	3:01:18	3:23:58	3:46:38	4:09:17	4:39:30

48 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:16:11	0:19:25	0:21:51	0:24:17	0:26:42	0:29:56
5 Miles	0:26:29	0:31:47	0:35:45	0:39:44	0:43:42	0:49:00
10k	0:33:25	0:40:06	0:45:07	0:50:07	0:55:08	1:01:49
10 Miles	0:54:53	1:05:52	1:14:06	1:22:20	1:30:33	1:41:32
Half Mar.	1:12:56	1:27:31	1:38:28	1:49:24	2:00:20	2:14:56
Marathon	2:32:24	3:02:53	3:25:44	3:48:36	4:11:28	4:41:56
49 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:16:20	0:19:36	0:22:03	0:24:30	0:26:57	0:30:13
5 Miles	0:26:43	0:32:04	0:36:04	0:40:05	0:44:05	0:49:26
10k	0:33:43	0:40:28	0:45:31	0:50:35	0:55:38	1:02:23
10 Miles	0:55:23	1:06:28	1:14:46	1:23:04	1:31:23	1:42:28
Half Mar.	1:13:35	1:28:18	1:39:20	1:50:22	2:01:25	2:16:08
Marathon	2:33:46	3:04:31	3:27:35	3:50:39	4:13:43	4:44:28
50 Female	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	0:26:58	0:32:22	0:36:24	0:40:27	0:44:30	0:49:53
10k	0:34:02	0:40:50	0:45:57	0:51:03	0:56:09	1:02:58
10 Miles	0:55:53	1:07:04	1:15:27	1:23:50	1:32:12	1:43:23
Half Mar.	1:14:15	1:29:06	1:40:14	1:51:22	2:02:31	2:17:22
Marathon	2:35:08	3:06:10	3:29:26	3:52:42	4:15:58	4:47:00
51 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:16:38	0:19:58	0:22:27	0:24:57	0:27:27	0:30:46

5 Miles	0:27:13	0:32:40	0:36:45	0:40:49	0:44:54	0:50:21
10k	0:34:21	0:41:13	0:46:22	0:51:32	0:56:41	1:03:33
10 Miles	0:56:24	1:07:41	1:16:08	1:24:36	1:33:04	1:44:20
Half Mar.	1:14:57	1:29:56	1:41:11	1:52:26	2:03:40	2:18:39
Marathon	2:36:35	3:07:54	3:31:23	3:54:53	4:18:22	4:49:41
52 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:16:48	0:20:10	0:22:41	0:25:12	0:27:43	0:31:05
5 Miles	0:27:29	0:32:59	0:37:06	0:41:14	0:45:21	0:50:51
10k	0:34:41	0:41:37	0:46:49	0:52:02	0:57:14	1:04:10
10 Miles	0:56:57	1:08:20	1:16:53	1:25:26	1:33:58	1:45:21
Half Mar.	1:15:39	1:30:47	1:42:08	1:53:28	2:04:49	2:19:57
Marathon	2:38:03	3:09:40	3:33:22	3:57:05	4:20:47	4:52:24
53 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:16:58	0:20:22	0:22:54	0:25:27	0:28:00	0:31:23
5 Miles	0:27:44	0:33:17	0:37:26	0:41:36	0:45:46	0:51:18
10k	0:35:01	0:42:01	0:47:16	0:52:32	0:57:47	1:04:47
10 Miles	0:57:29	1:08:59	1:17:36	1:26:13	1:34:51	1:46:21
Half Mar.	1:16:23	1:31:40	1:43:07	1:54:35	2:06:02	2:21:19
Marathon	2:39:33	3:11:28	3:35:24	3:59:19	4:23:15	4:55:10
54 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:17:08	0:20:34	0:23:08	0:25:42	0:28:16	0:31:42
5 Miles	0:28:01	0:33:37	0:37:49	0:42:02	0:46:14	0:51:50
10k	0:35:21	0:42:25	0:47:43	0:53:02	0:58:20	1:05:24

10 Miles	0:58:03	1:09:40	1:18:22	1:27:05	1:35:47	1:47:24
Half Mar.	1:17:07	1:32:32	1:44:06	1:55:40	2:07:15	2:22:40
Marathon	2:41:04	3:13:17	3:37:26	4:01:36	4:25:46	4:57:58
55 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5 K	0:17:18	0:20:46	0:23:21	0:25:57	0:28:33	0:32:00
5 Miles	0:28:17	0:33:56	0:38:11	0:42:26	0:46:40	0:52:19
10k	0:35:42	0:42:50	0:48:12	0:53:33	0:58:54	1:06:03
10 Miles	0:58:36	1:10:19	1:19:07	1:27:54	1:36:41	1:48:25
Half Mar.	1:17:52	1:33:26	1:45:07	1:56:48	2:08:29	2:24:03
Marathon	2:42:38	3:15:10	3:39:33	4:03:57	4:28:21	5:00:52
56 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:17:28	0:20:58	0:23:35	0:26:12	0:28:49	0:32:19
5 Miles	0:28:35	0:34:18	0:38:35	0:42:52	0:47:10	0:52:53
10k	0:36:04	0:43:17	0:48:41	0:54:06	0:59:31	1:06:43
10 Miles	0:59:13	1:11:04	1:19:57	1:28:50	1:37:42	1:49:33
Half Mar.	1:18:40	1:34:24	1:46:12	1:58:00	2:09:48	2:25:32
Marathon	2:44:16	3:17:07	3:41:46	4:06:24	4:31:02	5:03:54
57 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:17:39	0:21:11	0:23:50	0:26:28	0:29:07	0:32:39
5 Miles	0:28:53	0:34:40	0:39:00	0:43:20	0:47:39	0:53:26
10k	0:36:26	0:43:43	0:49:11	0:54:39	1:00:07	1:07:24
10 Miles	0:59:49	1:11:47	1:20:45	1:29:44	1:38:42	1:50:40
Half Mar.	1:19:29	1:35:23	1:47:18	1:59:14	2:11:09	2:27:03

Marathon	2:45:57	3:19:08	3:44:02	4:08:56	4:33:49	5:07:00
58 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:17:51	0:21:25	0:24:06	0:26:47	0:29:27	0:33:01
5 Miles	0:29:11	0:35:01	0:39:24	0:43:46	0:48:09	0:53:59
10k	0:36:49	0:44:11	0:49:42	0:55:14	1:00:45	1:08:07
10 Miles	1:00:27	1:12:32	1:21:36	1:30:41	1:39:45	1:51:50
Half Mar.	1:20:19	1:36:23	1:48:26	2:00:28	2:12:31	2:28:35
Marathon	2:47:40	3:21:12	3:46:21	4:11:30	4:36:39	5:10:11
59 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:18:02	0:21:38	0:24:21	0:27:03	0:29:45	0:33:22
5 Miles	0:29:30	0:35:24	0:39:49	0:44:15	0:48:41	0:54:35
10k	0:37:13	0:44:40	0:50:15	0:55:50	1:01:24	1:08:51
10 Miles	1:01:05	1:13:18	1:22:28	1:31:37	1:40:47	1:53:00
Half Mar.	1:21:10	1:37:24	1:49:34	2:01:45	2:13:55	2:30:10
Marathon	2:49:25	3:23:18	3:48:43	4:14:08	4:39:32	5:13:25
60 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:18:14	0:21:53	0:24:37	0:27:21	0:30:05	0:33:44
5 Miles	0:29:49	0:35:47	0:40:15	0:44:44	0:49:12	0:55:10
10k	0:37:37	0:45:08	0:50:47	0:56:26	1:02:04	1:09:35
10 Miles	1:01:44	1:14:05	1:23:20	1:32:36	1:41:52	1:54:12
Half Mar.	1:22:01	1:38:25	1:50:43	2:03:01	2:15:20	2:31:44
Marathon	2:51:13	3:25:28	3:51:09	4:16:50	4:42:30	5:16:45

61 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:18:26	0:22:07	0:24:53	0:27:39	0:30:25	0:34:06
5 Miles	0:30:09	0:36:11	0:40:42	0:45:13	0:49:45	0:55:47
10k	0:38:03	0:45:40	0:51:22	0:57:05	1:02:47	1:10:24
10 Miles	1:02:26	1:14:55	1:24:17	1:33:39	1:43:01	1:55:30
Half Mar.	1:22:57	1:39:32	1:51:59	2:04:26	2:16:52	2:33:27
Marathon	2:53:08	3:27:46	3:53:44	4:19:42	4:45:40	5:20:18
62 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:18:39	0:22:23	0:25:11	0:27:58	0:30:46	0:34:30
5 Miles	0:30:30	0:36:36	0:41:10	0:45:45	0:50:19	0:56:25
10k	0:38:29	0:46:11	0:51:57	0:57:44	1:03:30	1:11:12
10 Miles	1:03:09	1:15:47	1:25:15	1:34:43	1:44:12	1:56:50
Half Mar.	1:23:54	1:40:41	1:53:16	2:05:51	2:18:26	2:35:13
Marathon	2:55:06	3:30:07	3:56:23	4:22:39	4:48:55	5:23:56
63 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:18:52	0:22:38	0:25:28	0:28:18	0:31:08	0:34:54
5 Miles	0:30:51	0:37:01	0:41:39	0:46:16	0:50:54	0:57:04
10k	0:38:56	0:46:43	0:52:34	0:58:24	1:04:14	1:12:02
10 Miles	1:03:53	1:16:40	1:26:15	1:35:49	1:45:24	1:58:11
Half Mar.	1:24:53	1:41:52	1:54:36	2:07:20	2:20:03	2:37:02
Marathon	2:57:06	3:32:31	3:59:05	4:25:39	4:52:13	5:27:38
64 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:19:06	0:22:55	0:25:47	0:28:39	0:31:31	0:35:20

5 Miles	0:31:13	0:37:28	0:42:09	0:46:50	0:51:30	0:57:45
10k	0:39:24	0:47:17	0:53:11	0:59:06	1:05:01	1:12:53
10 Miles	1:04:38	1:17:34	1:27:15	1:36:57	1:46:39	1:59:34
Half Mar.	1:25:53	1:43:04	1:55:57	2:08:49	2:21:42	2:38:53
Marathon	2:59:10	3:35:00	4:01:53	4:28:45	4:55:38	5:31:28
65 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:19:19	0:23:11	0:26:05	0:28:58	0:31:52	0:35:44
5 Miles	0:31:36	0:37:55	0:42:40	0:47:24	0:52:08	0:58:28
10k	0:39:52	0:47:50	0:53:49	0:59:48	1:05:47	1:13:45
10 Miles	1:05:25	1:18:30	1:28:19	1:38:07	1:47:56	2:01:01
Half Mar.	1:26:54	1:44:17	1:57:19	2:10:21	2:23:23	2:40:46
Marathon	3:01:16	3:37:31	4:04:43	4:31:54	4:59:05	5:35:21
66 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5k	0:19:34	0:23:29	0:26:25	0:29:21	0:32:17	0:36:12
5 Miles	0:32:00	0:38:24	0:43:12	0:48:00	0:52:48	0:59:12
10k	0:40:23	0:48:28	0:54:31	1:00:34	1:06:38	1:14:43
10 Miles	1:06:15	1:19:30	1:29:26	1:39:22	1:49:19	2:02:34
Half Mar.	1:28:01	1:45:37	1:58:49	2:12:01	2:25:14	2:42:50
Marathon	3:03:34	3:40:17	4:07:49	4:35:21	5:02:53	5:39:36
67 Female	World Best	Platinum	Gold	Silver	Bronze	Copper
5 Miles	0:32:26	0:38:55	0:43:47	0:48:39	0:53:31	1:00:00
10k	0:40:54	0:49:05	0:55:13	1:01:21	1:07:29	1:15:40
10 Miles	1:07:06	1:20:31	1:30:35	1:40:39	1:50:43	2:04:08

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