

Women under 40					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:29:32	0:26:22	0:23:49	0:21:43	0:19:57
5 miles	0:48:24	0:43:13	0:39:02	0:35:35	0:32:42
10K	1:00:40	0:54:10	0:48:55	0:44:36	0:40:59
10 miles	1:38:42	1:28:07	1:19:36	1:12:34	1:06:41
Half marathon	2:10:24	1:56:26	1:45:10	1:35:53	1:28:06
15 miles	2:29:58	2:13:54	2:00:56	1:50:16	1:41:20
20 miles	3:23:24	3:01:36	2:44:02	2:29:34	2:17:26
Marathon	4:30:50	4:01:49	3:38:25	3:19:09	3:03:00

Women 40-44					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:30:42	0:27:25	0:24:45	0:22:34	0:20:45
5 miles	0:50:26	0:45:02	0:40:40	0:37:05	0:34:05
10K	1:03:18	0:56:31	0:51:03	0:46:33	0:42:46
10 miles	1:43:32	1:32:26	1:23:30	1:16:08	1:09:57
Half marathon	2:16:48	2:02:09	1:50:19	1:40:35	1:32:26
15 miles	2:37:22	2:20:30	2:06:55	1:55:43	1:46:20
20 miles	3:32:28	3:09:42	2:51:21	2:36:14	2:23:34
Marathon	4:43:10	4:12:50	3:48:22	3:28:13	3:11:20

Women 45-49					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:32:00	0:28:34	0:25:48	0:23:32	0:21:37
5 miles	0:52:42	0:47:03	0:42:30	0:38:45	0:35:36
10K	1:06:12	0:59:06	0:53:23	0:48:41	0:44:44
10 miles	1:48:24	1:36:47	1:27:25	1:19:42	1:13:15
Half marathon	2:23:14	2:07:53	1:55:31	1:45:19	1:36:47
15 miles	2:44:52	2:27:12	2:12:57	2:01:14	1:51:24
20 miles	3:42:34	3:18:43	2:59:29	2:43:39	2:30:23
Marathon	4:56:54	4:25:05	3:59:26	3:38:19	3:20:36

Women 50-54					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:33:46	0:30:09	0:27:14	0:24:50	0:22:49
5 miles	0:55:48	0:49:49	0:45:00	0:41:02	0:37:42
10K	1:10:12	1:02:41	0:56:37	0:51:37	0:47:26
10 miles	1:55:00	1:42:41	1:32:45	1:24:34	1:17:42
Half marathon	2:31:56	2:15:39	2:02:32	1:51:43	1:42:39
15 miles	2:55:00	2:36:15	2:21:08	2:08:41	1:58:15
20 miles	3:56:28	3:31:08	3:10:42	2:53:52	2:39:46

Marathon	5:15:48	4:41:58	4:14:41	3:52:12	3:33:23
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Women 55-59					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:35:46	0:31:56	0:28:51	0:26:18	0:24:10
5 miles	0:59:18	0:52:57	0:47:49	0:43:36	0:40:04
10K	1:14:46	1:06:45	1:00:18	0:54:59	0:50:31
10 miles	2:02:30	1:49:22	1:38:47	1:30:04	1:22:46
Half marathon	2:41:50	2:24:30	2:10:31	1:59:00	1:49:21
15 miles	3:06:32	2:46:33	2:30:26	2:17:09	2:06:02
20 miles	4:12:18	3:45:16	3:23:28	3:05:31	2:50:28
Marathon	5:37:26	5:01:17	4:32:07	4:08:07	3:48:00

Women 60-64					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:38:00	0:33:56	0:30:39	0:27:56	0:25:41
5 miles	1:03:18	0:56:31	0:51:03	0:46:33	0:42:46
10K	1:19:56	1:11:22	1:04:28	0:58:46	0:54:01
10 miles	2:11:02	1:57:00	1:45:40	1:36:21	1:28:32
Half marathon	2:53:06	2:34:33	2:19:36	2:07:17	1:56:58
15 miles	3:19:40	2:58:16	2:41:01	2:26:49	2:14:55
20 miles	4:30:24	4:01:26	3:38:04	3:18:49	3:02:42
Marathon	6:02:16	5:23:27	4:52:09	4:26:22	4:04:46

Women 65-69					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:40:32	0:36:11	0:32:41	0:29:48	0:27:23
5 miles	1:07:50	1:00:34	0:54:42	0:49:53	0:45:50
10K	1:25:52	1:16:40	1:09:15	1:03:08	0:58:01
10 miles	2:20:50	2:05:45	1:53:35	1:43:33	1:35:09
Half marathon	3:06:04	2:46:08	2:30:03	2:16:49	2:05:43
15 miles	3:34:50	3:11:49	2:53:15	2:37:58	2:25:09
20 miles	4:51:20	4:20:07	3:54:57	3:34:13	3:16:51
Marathon	6:31:02	5:49:08	5:15:21	4:47:31	4:24:13

Women 70-74					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:43:26	0:38:47	0:35:02	0:31:56	0:29:21
5 miles	1:13:06	1:05:16	0:58:57	0:53:45	0:49:24
10K	1:32:46	1:22:50	1:14:49	1:08:13	1:02:41
10 miles	2:32:14	2:15:55	2:02:46	1:51:56	1:42:52
Half marathon	3:21:08	2:59:35	2:42:12	2:27:54	2:15:54

15 miles	3:52:30	3:27:35	3:07:30	2:50:57	2:37:06
20 miles	5:15:44	4:41:54	4:14:37	3:52:09	3:33:20
Marathon	7:04:46	6:19:15	5:42:33	5:12:20	4:47:00

Women 75+					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:46:46	0:41:45	0:37:43	0:34:23	0:31:36
5 miles	1:19:14	1:10:45	1:03:54	0:58:16	0:53:32
10K	1:40:52	1:30:04	1:21:21	1:14:10	1:08:09
10 miles	2:45:46	2:28:00	2:13:41	2:01:53	1:52:00
Half marathon	3:39:28	3:15:57	2:56:59	2:41:22	2:28:17
15 miles	4:14:06	3:46:53	3:24:55	3:06:50	2:51:41
20 miles	5:46:12	5:09:06	4:39:12	4:14:34	3:53:55
Marathon	7:47:46	6:57:39	6:17:14	5:43:57	5:16:04