

WOMEN < 35

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:18:40	00:21:00	00:22:40	00:25:00
5 MILES	00:31:20	00:36:00	00:38:00	00:42:00
10K	00:39:40	00:44:00	00:48:00	00:53:00
10 MILES	01:06:00	01:13:00	01:20:00	01:28:00
HALF MARA	01:28:00	01:28:00	01:46:30	01:57:40
15 MILES	01:42:20	01:54:00	02:04:00	02:16:20
20 MILES	02:18:00	02:35:40	02:48:00	03:05:40
MARATHON	03:06:00	03:30:00	03:46:00	04:09:00

WOMEN 35-39

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:19:40	00:22:00	00:24:00	00:26:20
5 MILES	00:33:00	00:37:00	00:40:00	00:44:00
10K	00:42:00	00:45:30	00:50:20	00:55:40
10 MILES	01:09:00	01:17:30	01:24:00	01:33:00
HALF MARA	01:32:00	01:43:30	01:52:00	02:04:00
15 MILES	01:47:00	02:00:00	02:10:00	02:24:20
20 MILES	02:25:00	02:42:40	02:55:00	03:15:00
MARATHON	03:15:00	03:39:00	03:58:00	04:23:00

WOMEN 40-44

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:20:30	00:23:00	00:25:00	00:28:00
5 MILES	00:34:00	00:39:00	00:42:00	00:46:00
10K	00:43:00	00:49:00	00:52:30	00:58:00
10 MILES	01:11:40	01:20:00	01:26:40	01:36:00
HALF MARA	01:35:40	01:48:00	01:56:30	02:08:30
15 MILES	01:51:00	02:05:00	02:15:00	02:29:00
20 MILES	02:31:20	02:50:00	03:04:00	03:24:00
MARATHON	03:22:20	03:52:00	04:09:00	04:36:00

WOMEN 45-49

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:22:00	00:24:00	00:26:00	00:30:00
5 MILES	00:36:00	00:40:00	00:44:00	00:48:00

10K	00:45:00	00:50:00	00:55:00	01:00:00
10 MILES	01:15:00	01:23:00	01:32:00	01:41:20
HALF MARA	01:40:00	01:52:00	02:01:00	02:14:00
15 MILES	01:56:00	02:10:00	02:20:00	02:36:00
20 MILES	02:38:00	03:00:00	03:16:00	03:38:00
MARATHON	03:36:00	04:07:00	04:24:00	04:54:00

WOMEN 50-54

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:23:00	00:26:00	00:28:00	00:31:10
5 MILES	00:38:00	00:43:00	00:47:10	00:51:20
10K	00:48:00	00:54:00	00:58:00	01:05:00
10 MILES	01:20:00	01:30:00	01:37:00	01:48:00
HALF MARA	01:48:00	02:02:00	02:10:00	02:24:20
15 MILES	02:04:00	02:20:00	02:31:00	02:48:20
20 MILES	02:50:00	03:13:00	03:30:00	03:54:00
MARATHON	03:52:00	04:25:00	04:43:00	05:15:00

WOMEN 55-59

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:24:30	00:28:00	00:30:00	00:34:00
5 MILES	00:41:00	00:47:00	00:50:10	00:55:00
10K	00:52:00	00:59:00	01:03:00	01:10:04
10 MILES	01:25:00	02:10:00	02:20:00	02:35:00
HALF MARA	01:55:00	02:10:00	02:20:00	02:35:00
15 MILES	02:13:00	02:30:00	02:42:00	03:00:00
20 MILES	03:03:00	03:25:00	03:41:00	04:05:00
MARATHON	04:10:00	04:45:00	05:05:00	05:39:00

WOMEN 60-64

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:27:00	00:29:30	00:32:00	00:36:10
5 MILES	00:44:00	00:49:00	00:54:00	00:59:00
10K	00:56:00	01:02:00	01:07:00	01:15:00
10 MILES	01:33:00	01:45:00	01:52:00	02:04:00
HALF MARA	02:03:00	02:20:00	02:31:00	02:46:00
15 MILES	02:24:00	02:40:00	02:55:00	03:15:00
20 MILES	03:15:00	03:39:00	03:57:00	04:23:00

MARATHON	04:29:00	05:07:00	05:29:00	06:05:00
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WOMEN 65-70

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:28:30	00:31:40	00:35:00	00:38:20
5 MILES	00:47:00	00:53:00	00:58:00	01:03:00
10K	01:00:00	01:07:00	01:13:00	01:21:00
10 MILES	01:38:00	01:51:00	02:00:00	02:13:00
HALF MARA	02:13:00	02:28:00	02:41:00	02:58:00
15 MILES	02:33:00	02:54:00	03:06:00	03:26:00
20 MILES	03:30:00	03:54:00	04:14:00	04:41:00
MARATHON	04:48:00	05:29:00	05:52:00	06:31:00

WOMEN 70+

DISTANCE	DIAMOND	GOLD	SILVER	BRONZE
5K	00:30:50	00:34:00	00:38:00	00:40:40
5 MILES	00:50:00	00:57:30	01:02:00	01:07:00
10K	01:05:00	01:12:00	01:19:00	01:27:00
10 MILES	01:45:00	01:59:00	02:09:00	02:23:00
HALF MARA	02:23:00	02:39:00	02:54:00	03:11:00
15 MILES	02:44:00	03:05:00	03:17:00	03:37:00
20 MILES	03:46:00	04:10:00	04:30:00	04:58:00
MARATHON	05:10:00	05:51:00	06:17:00	07:05:00