

Men under 40					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:25:58	0:23:11	0:20:56	0:19:06	0:17:33
5 miles	0:42:38	0:38:04	0:34:23	0:31:21	0:28:48
10K	0:53:26	0:47:43	0:43:05	0:39:17	0:36:06
10 miles	1:28:00	1:18:34	1:10:58	1:04:42	0:59:28
Half marathon	1:56:46	1:44:15	1:34:10	1:25:51	1:18:54
15 miles	2:15:00	2:00:32	1:48:52	1:39:16	1:31:13
20 miles	3:03:54	2:44:12	2:28:18	2:15:13	2:04:15
Marathon	4:05:54	3:39:33	3:18:18	3:00:49	2:46:09

Men 40-44					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:27:48	0:24:49	0:22:25	0:20:26	0:18:47
5 miles	0:45:10	0:40:20	0:36:25	0:33:13	0:30:31
10K	0:56:18	0:50:16	0:45:24	0:41:24	0:38:02
10 miles	1:32:10	1:22:18	1:14:20	1:07:46	1:02:16
Half marathon	2:01:50	1:48:47	1:38:15	1:29:35	1:22:19
15 miles	2:20:52	2:05:46	1:53:36	1:43:35	1:35:11
20 miles	3:11:52	2:51:19	2:34:44	2:21:05	2:09:38
Marathon	4:16:34	3:49:05	3:26:55	3:08:39	2:53:21

Men 45-49					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:28:50	0:25:45	0:23:15	0:21:12	0:19:29
5 miles	0:46:58	0:41:56	0:37:53	0:34:32	0:31:44
10K	0:58:36	0:52:19	0:47:15	0:43:05	0:39:36
10 miles	1:36:00	1:25:43	1:17:25	1:10:35	1:04:52
Half marathon	2:07:00	1:53:24	1:42:25	1:33:23	1:25:49
15 miles	2:26:50	2:11:06	1:58:25	1:47:58	1:39:13
20 miles	3:19:58	2:58:32	2:41:16	2:27:02	2:15:07
Marathon	4:27:26	3:58:47	3:35:40	3:16:39	3:00:42

Men 50-54					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:29:58	0:26:45	0:24:10	0:22:02	0:20:15
5 miles	0:48:56	0:43:41	0:39:28	0:35:59	0:33:04
10K	1:01:06	0:54:33	0:49:16	0:44:56	0:41:17
10 miles	1:40:12	1:29:28	1:20:48	1:13:41	1:07:42
Half marathon	2:12:36	1:58:24	1:46:56	1:37:30	1:29:36
15 miles	2:33:20	2:16:54	2:03:39	1:52:45	1:43:36
20 miles	3:28:50	3:06:27	2:48:25	2:33:33	2:21:06

Marathon	4:39:14	4:09:19	3:45:11	3:25:19	3:08:40
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Men 55-59					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:31:10	0:27:50	0:25:08	0:22:55	0:21:04
5 miles	0:51:02	0:45:34	0:41:09	0:37:31	0:34:29
10K	1:03:50	0:57:00	0:51:29	0:46:56	0:43:08
10 miles	1:44:46	1:33:32	1:24:29	1:17:02	1:10:47
Half marathon	2:18:44	2:03:52	1:51:53	1:42:01	1:33:44
15 miles	2:40:24	2:23:13	2:09:21	1:57:56	1:48:23
20 miles	3:38:28	3:15:04	2:56:11	2:40:38	2:27:37
Marathon	4:52:08	4:20:50	3:55:35	3:34:48	3:17:23

Men 60-64					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:32:28	0:28:59	0:26:11	0:23:52	0:21:56
5 miles	0:53:22	0:47:39	0:43:02	0:39:14	0:36:04
10K	1:06:50	0:59:40	0:53:54	0:49:09	0:45:09
10 miles	1:49:48	1:38:02	1:28:33	1:20:44	1:14:11
Half marathon	2:25:26	2:09:51	1:57:17	1:46:56	1:38:16
15 miles	2:48:10	2:30:09	2:15:37	2:03:39	1:53:38
20 miles	3:49:04	3:24:31	3:04:44	2:48:26	2:34:46
Marathon	5:06:18	4:33:29	4:07:01	3:45:13	3:26:58

Men 65-69					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:33:54	0:30:16	0:27:20	0:24:56	0:22:54
5 miles	0:55:52	0:49:53	0:45:03	0:41:05	0:37:45
10K	1:10:06	1:02:35	0:56:32	0:51:33	0:47:22
10 miles	1:55:20	1:42:59	1:33:01	1:24:48	1:17:56
Half marathon	2:32:52	2:16:29	2:03:17	1:52:24	1:43:17
15 miles	2:56:44	2:37:48	2:22:32	2:09:57	1:59:25
20 miles	4:00:44	3:34:56	3:14:08	2:57:01	2:42:39
Marathon	5:21:54	4:47:25	4:19:36	3:56:41	3:37:30

Men 70-74					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:35:50	0:32:00	0:28:54	0:26:21	0:24:13
5 miles	0:59:02	0:52:42	0:47:36	0:43:24	0:39:53
10K	1:14:06	1:06:10	0:59:45	0:54:29	0:50:04
10 miles	2:01:46	1:48:43	1:38:12	1:29:32	1:22:16
Half marathon	2:41:22	2:24:05	2:10:08	1:58:39	1:49:02

15 miles	3:06:34	2:46:35	2:30:27	2:17:11	2:06:04
20 miles	4:14:08	3:46:54	3:24:57	3:06:52	2:51:43
Marathon	5:39:50	5:03:25	4:34:04	4:09:53	3:49:37

Men 75+					
	Bronze	Silver	Gold	Platinum	Diamond
5K	0:38:52	0:34:42	0:31:21	0:28:35	0:26:16
5 miles	1:04:04	0:57:12	0:51:40	0:47:06	0:43:17
10K	1:20:24	1:11:47	1:04:50	0:59:07	0:54:19
10 miles	2:11:52	1:57:44	1:46:21	1:36:58	1:29:06
Half marathon	2:54:34	2:35:52	2:20:47	2:08:21	1:57:57
15 miles	3:21:50	3:00:13	2:42:46	2:28:24	2:16:22
20 miles	4:34:54	4:05:27	3:41:42	3:22:08	3:05:45
Marathon	6:07:38	5:28:15	4:56:29	4:30:19	4:08:24