

Age	Male 5K				Male 5M				Male 10K				Male 10M				Male Half Marathon				Male 20M				Male Full Marathon			
	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum
16	00:21:52	00:19:17	00:17:16	00:16:00	00:35:50	00:31:37	00:28:17	00:26:13	00:44:48	00:39:32	00:35:22	00:32:47	01:14:27	01:05:41	00:58:46	00:54:28	01:38:42	01:27:05	01:17:55	01:12:13	02:39:35	02:20:14	02:05:04	01:52:52	03:34:07	03:08:09	02:47:49	02:31:27
17	00:21:35	00:19:03	00:17:02	00:15:48	00:35:25	00:31:15	00:27:58	00:25:55	00:44:22	00:39:09	00:35:01	00:32:28	01:13:32	01:04:53	00:58:03	00:53:48	01:37:30	01:26:02	01:16:58	01:11:20	02:32:23	02:14:27	02:00:18	01:51:30	03:31:31	03:05:53	02:45:47	02:29:37
18	00:21:25	00:18:54	00:16:54	00:15:40	00:35:08	00:31:00	00:27:44	00:25:43	00:44:05	00:38:54	00:34:48	00:32:15	01:12:58	01:04:23	00:57:37	00:53:24	01:36:45	01:25:22	01:16:23	01:10:48	02:31:13	02:13:26	01:59:23	01:50:39	03:29:53	03:04:27	02:44:30	02:28:27
19	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
20	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
21	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
22	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
23	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
24	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
25	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
26	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
27	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
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29	00:21:25	00:18:54	00:16:54	00:15:40	00:35:07	00:30:59	00:27:43	00:25:41	00:44:00	00:38:49	00:34:44	00:32:12	01:12:55	01:04:20	00:57:34	00:53:21	01:36:42	01:25:19	01:16:20	01:10:45	02:31:06	02:13:19	01:59:17	01:50:34	03:29:44	03:04:19	02:44:24	02:28:21
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36	00:21:55	00:19:20	00:17:18	00:16:02	00:35:40	00:31:28	00:28:09	00:26:06	00:44:35	00:39:20	00:35:12	00:32:37	01:13:42	01:05:01	00:58:11	00:53:55	01:37:33	01:26:05	01:17:01	01:11:23	02:32:28	02:14:32	02:00:22	01:51:34	03:31:38	03:05:59	02:45:53	02:29:42
37	00:22:03	00:19:28	00:17:25	00:16:08	00:35:50	00:31:37	00:28:17	00:26:13	00:44:48	00:39:32	00:35:22	00:32:47	01:14:00	01:05:18	00:58:25	00:54:09	01:37:58	01:26:27	01:17:21	01:11:41	02:33:06	02:15:05	02:00:52	01:52:01	03:32:30	03:06:45	02:46:33	02:30:18
38	00:22:13	00:19:36	00:17:33	00:16:16	00:36:05	00:31:50	00:28:29	00:26:24	00:45:03	00:39:45	00:35:34	00:32:58	01:14:23	01:05:38	00:58:44	00:54:26	01:38:28	01:26:53	01:17:44	01:12:03	02:33:52	02:15:46	02:01:29	01:52:35	03:33:36	03:07:42	02:47:25	02:31:05
39	00:22:23	00:19:45	00:17:41	00:16:23	00:36:20	00:32:04	00:28:41	00:26:35	00:45:20	00:40:00	00:35:47	00:33:10	01:14:52	01:06:03	00:59:06	00:54:47	01:39:03	01:27:24	01:18:12	01:12:29	02:34:48	02:16:35	02:02:12	01:53:16	03:34:51	03:08:49	02:48:24	02:31:58
40	00:22:33	00:19:54	00:17:48	00:16:30	00:36:37	00:32:18	00:28:54	00:26:47	00:45:40	00:40:18	00:36:03	00:33:25	01:15:22	01:06:30	00:59:30	00:55:09	01:39:43	01:27:59	01:18:44	01:12:58	02:35:50	02:17:30	02:03:02	01:54:02	03:36:19	03:10:06	02:49:33	02:33:00
41	00:22:43	00:20:03	00:17:56	00:16:38	00:36:53	00:32:33	00:29:07	00:27:00	00:46:02	00:40:37	00:36:20	00:33:41	01:15:57	01:07:01	00:59:57	00:55:34	01:40:28	01:28:39	01:19:19	01:13:31	02:37:02	02:18:33	02:03:58	01:54:54	03:37:58	03:11:32	02:50:50	02:34:10
42	00:22:53	00:20:12	00:18:04	00:16:45	00:37:12	00:32:49	00:29:22	00:27:13	00:46:23	00:40:56	00:36:37	00:33:57	01:16:33	01:07:33	01:00:26	00:56:01	01:41:18	01:29:23	01:19:59	01:14:08	02:38:19	02:19:41	02:04:59	01:55:50	03:39:44	03:13:06	02:52:14	02:35:26
43	00:23:03	00:20:21	00:18:12	00:16:52	00:37:28	00:33:04	00:29:35	00:27:25	00:46:45	00:41:15	00:36:54	00:34:12	01:17:12	01:08:07	01:00:57	00:56:29	01:42:08	01:30:07	01:20:38	01:14:44	02:39:36	02:20:49	02:06:00	01:56:47	03:41:33	03:14:42	02:53:39	02:36:42
44	00:23:15	00:20:31	00:18:21	00:17:01	00:37:47	00:33:20	00:29:49	00:27:39	00:47:08	00:41:36	00:37:13	00:34:30	01:17:50	01:08:41	01:01:27	00:56:57	01:43:00	01:30:53	01:21:19	01:15:22	02:40:56	02:22:00	02:07:03	01:57:45	03:43:23	03:16:19	02:55:05	02:38:00
45	00:23:25	00:20:40	00:18:29	00:17:08	00:38:03	00:33:35	00:30:03	00:27:51	00:47:30	00:41:55	00:37:30	00:34:45	01:18:28	01:09:14	01:01:57	00:57:25	01:43:52	01:31:39	01:22:00	01:16:00	02:42:17	02:23:11	02:08:07	01:58:44	03:45:16	03:17:57	02:56:33	02:39:20
46	00:23:35	00:20:49	00:18:37	00:17:15	00:38:23	00:33:52	00:30:18	00:28:05	00:47:53	00:42:15	00:37:48	00:35:02	01:19:07	01:09:48	01:02:27	00:57:53	01:44:43	01:32:24	01:22:41	01:16:38	02:43:39	02:24:24	02:09:12	01:59:44	03:47:08	03:19:36	02:58:01	02:40:39
47	00:23:47	00:20:59	00:18:46	00:17:24	00:38:42	00:34:09	00:30:33	00:28:19	00:48:18	00:42:37	00:38:08	00:35:21	01:19:47	01:10:24	01:02:59	00:58:22	01:45:37	01:33:11	01:23:23	01:17:17	02:45:01	02:25:36	02:10:17	02:00:45	03:49:05	03:21:19	02:59:33	

83	00:37:23	00:32:59	00:29:31	00:27:21	01:00:30	00:53:23	00:47:46	00:44:16	01:15:17	01:06:25	00:59:26	00:55:05	02:05:40	01:50:53	01:39:13	01:31:57	02:47:20	02:27:39	02:12:06	02:02:26	04:22:09	03:51:18	03:26:57	03:11:49	06:03:18	05:19:16	04:44:45	04:16:58
84	00:38:32	00:34:00	00:30:25	00:28:11	01:02:17	00:54:57	00:49:10	00:45:34	01:17:28	01:08:21	01:01:10	00:56:41	02:09:25	01:54:11	01:42:10	01:34:42	02:52:23	02:32:06	02:16:06	02:06:08	04:30:15	03:58:27	03:33:21	03:17:45	06:14:29	05:29:05	04:53:31	04:24:53

Age	Female SK				Female SM				Female 10K				Female 10M				Female Half Marathon				Female 20M				Female Full Marathon						
	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold
16	00:26:15	00:22:51	00:20:14	00:18:15	00:42:49	00:37:00	00:33:00	00:29:47	00:52:56	00:47:18	00:42:11	00:38:04	01:29:10	01:18:22	01:09:53	01:03:04	01:59:10	01:44:43	01:31:32	01:22:36	03:05:04	02:42:38	02:22:20	02:08:27	04:00:47	03:35:11	03:11:55	02:53:11			
17	00:25:48	00:22:41	00:20:14	00:18:03	00:41:31	00:37:00	00:33:00	00:29:22	00:52:56	00:46:31	00:41:29	00:37:26	01:27:35	01:16:58	01:08:39	01:01:57	01:56:47	01:42:38	01:31:32	01:21:08	03:01:35	02:39:35	02:22:20	02:06:18	04:00:47	03:31:35	03:08:43	02:50:18			
18	00:25:51	00:22:30	00:19:55	00:17:58	00:41:31	00:36:29	00:32:33	00:29:09	00:52:11	00:45:52	00:40:54	00:36:55	01:26:14	01:15:47	01:07:35	01:01:00	01:54:43	01:40:48	01:29:55	01:20:02	02:58:34	02:36:55	02:19:58	02:04:41	03:57:13	03:28:28	03:05:55	02:47:47			
19	00:25:24	00:22:19	00:19:55	00:17:58	00:41:12	00:36:13	00:32:18	00:29:04	00:51:38	00:45:23	00:40:28	00:36:31	01:25:17	01:14:57	01:06:51	01:00:20	01:53:10	01:39:27	01:28:42	01:19:17	02:56:17	02:34:55	02:18:10	02:03:33	03:54:32	03:26:07	03:03:50	02:45:54			
20	00:25:51	00:22:30	00:19:55	00:17:58	00:41:06	00:36:07	00:32:12	00:29:04	00:51:14	00:45:02	00:40:15	00:36:19	01:24:29	01:14:15	01:06:13	00:59:54	01:51:26	01:37:56	01:27:21	01:18:49	02:53:44	02:32:40	02:16:10	02:02:53	03:51:31	03:23:28	03:01:28	02:44:33			
21	00:25:24	00:22:19	00:19:55	00:17:58	00:41:06	00:36:07	00:32:12	00:29:04	00:51:14	00:45:02	00:40:09	00:36:14	01:24:29	01:14:15	01:06:13	00:59:45	01:51:26	01:37:56	01:27:21	01:18:41	02:53:44	02:32:40	02:16:10	02:02:40	03:51:31	03:23:28	03:01:28	02:43:46			
22	00:25:24	00:22:19	00:19:55	00:17:58	00:41:06	00:36:07	00:32:12	00:29:04	00:51:14	00:45:02	00:40:09	00:36:14	01:24:29	01:14:15	01:06:13	00:59:45	01:51:14	01:37:45	01:27:11	01:18:41	02:53:25	02:32:24	02:15:55	02:02:40	03:51:09	03:23:08	03:01:10	02:43:30			
23	00:25:24	00:22:19	00:19:55	00:17:58	00:41:06	00:36:07	00:32:12	00:29:04	00:51:14	00:45:02	00:40:09	00:36:14	01:24:29	01:14:15	01:06:13	00:59:45	01:51:14	01:37:45	01:27:11	01:18:41	02:53:25	02:32:24	02:15:55	02:02:40	03:51:09	03:23:08	03:01:10	02:43:30			
24	00:25:24	00:22:19	00:19:55	00:17:58	00:41:06	00:36:07	00:32:12	00:29:04	00:51:14	00:45:02	00:40:09	00:36:14	01:24:29	01:14:15	01:06:13	00:59:45	01:51:14	01:37:45	01:27:11	01:18:41	02:53:25	02:32:24	02:15:55	02:02:40	03:51:09	03:23:08	03:01:10	02:43:30			
25	00:25:24	00:22:19	00:19:55	00:17:58	00:41:06	00:36:07	00:32:12	00:29:04	00:51:14	00:45:02	00:40:09	00:36:14	01:24:29	01:14:15	01:06:13	00:59:45	01:51:14	01:37:45	01:27:11	01:18:41	02:53:25	02:32:24	02:15:55	02:02:40	03:51:09	03:23:08	03:01:10	02:43:30			
26	00:25:24	00:22:19	00:19:55	00:17:58	00:41:06	00:36:07	00:32:12	00:29:04	00:51:14	00:45:02	00:40:09	00:36:14	01:24:29	01:14:15	01:06:13	00:59:45	01:51:14	01:37:45	01:27:11	01:18:41	02:53:25	02:32:24	02:15:55	02:02:40	03:51:09	03:23:08	03:01:10	02:43:30			
27	00:25:24	00:22:19	00:19:55	00:17:58	00:41:06	00:36:07	00:32:12	00:29:04	00:51:14	00:45:02	00:40:09	00:36:14	01:24:29	01:14:15	01:06:13	00:59:45	01:51:14	01:37:45	01:27:11	01:18:41	02:53:25	02:32:24	02:15:55	02:02:40	03:51:09	03:23:08	03:01:10	02:43:30			
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