

Age	Male 5K			Male 5M			Male 10K			Male 10M			Male Half Marathon			Male 20M			Male Full Marathon		
	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold
20	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
21	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
22	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
23	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
24	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
25	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
26	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
27	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
28	00:20:56	00:18:33	00:16:39	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
29	00:20:58	00:18:34	00:16:40	00:34:23	00:30:27	00:27:20	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
30	00:21:00	00:18:36	00:16:41	00:34:25	00:30:29	00:27:21	00:43:05	00:38:10	00:34:15	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
31	00:21:03	00:18:39	00:16:44	00:34:26	00:30:30	00:27:22	00:43:07	00:38:11	00:34:16	01:10:58	01:02:51	00:56:25	01:34:10	01:23:24	01:14:51	02:27:23	02:10:32	01:57:09	03:18:18	02:55:39	02:37:38
32	00:21:06	00:18:41	00:16:46	00:34:29	00:30:33	00:27:25	00:43:10	00:38:14	00:34:19	01:11:00	01:02:53	00:56:26	01:34:12	01:23:26	01:14:52	02:27:24	02:10:34	01:57:10	03:18:20	02:55:40	02:37:39
33	00:21:11	00:18:46	00:16:50	00:34:34	00:30:37	00:27:29	00:43:14	00:38:17	00:34:22	01:11:06	01:02:59	00:56:31	01:34:16	01:23:30	01:14:56	02:27:33	02:10:41	01:57:17	03:18:31	02:55:50	02:37:48
34	00:21:17	00:18:51	00:16:55	00:34:41	00:30:43	00:27:34	00:43:22	00:38:24	00:34:28	01:11:14	01:03:06	00:56:37	01:34:25	01:23:37	01:15:03	02:27:47	02:10:54	01:57:28	03:18:51	02:56:07	02:38:03
35	00:21:24	00:18:57	00:17:01	00:34:49	00:30:50	00:27:40	00:43:30	00:38:31	00:34:34	01:11:25	01:03:16	00:56:46	01:34:39	01:23:50	01:15:14	02:28:08	02:11:12	01:57:45	03:19:18	02:56:31	02:38:25
36	00:21:30	00:19:03	00:17:06	00:34:58	00:30:59	00:27:48	00:43:39	00:38:40	00:34:42	01:11:40	01:03:29	00:56:58	01:34:55	01:24:04	01:15:27	02:28:34	02:11:35	01:58:05	03:19:54	02:57:03	02:38:53
37	00:21:38	00:19:10	00:17:12	00:35:10	00:31:09	00:27:57	00:43:52	00:38:51	00:34:52	01:11:58	01:03:44	00:57:12	01:35:18	01:24:24	01:15:45	02:29:08	02:12:06	01:58:33	03:20:40	02:57:44	02:39:31
38	00:21:48	00:19:19	00:17:20	00:35:23	00:31:20	00:28:07	00:44:07	00:39:04	00:35:04	01:12:19	01:04:03	00:57:29	01:35:44	01:24:47	01:16:05	02:29:50	02:12:42	01:59:06	03:21:35	02:58:33	02:40:14
39	00:21:58	00:19:27	00:17:27	00:35:37	00:31:33	00:28:19	00:44:23	00:39:19	00:35:17	01:12:43	01:04:24	00:57:48	01:36:14	01:25:14	01:16:30	02:30:38	02:13:25	01:59:44	03:22:41	02:59:31	02:41:07
40	00:22:07	00:19:36	00:17:35	00:35:53	00:31:47	00:28:32	00:44:42	00:39:36	00:35:32	01:13:12	01:04:50	00:58:11	01:36:50	01:25:46	01:16:58	02:31:32	02:14:13	02:00:27	03:23:55	03:00:37	02:42:06
41	00:22:15	00:19:43	00:17:42	00:36:09	00:32:01	00:28:44	00:45:03	00:39:54	00:35:49	01:13:44	01:05:19	00:58:37	01:37:30	01:26:21	01:17:30	02:32:36	02:15:10	02:01:18	03:25:19	03:01:51	02:43:12
42	00:22:25	00:19:51	00:17:49	00:36:25	00:32:16	00:28:57	00:45:24	00:40:13	00:36:05	01:14:20	01:05:50	00:59:05	01:38:15	01:27:01	01:18:06	02:33:47	02:16:12	02:02:14	03:26:55	03:03:16	02:44:28
43	00:22:35	00:20:00	00:17:57	00:36:43	00:32:31	00:29:11	00:45:45	00:40:31	00:36:22	01:14:55	01:06:21	00:59:33	01:39:04	01:27:44	01:18:44	02:35:03	02:17:20	02:03:15	03:28:36	03:04:46	02:45:49
44	00:22:45	00:20:09	00:18:05	00:36:59	00:32:46	00:29:24	00:46:08	00:40:51	00:36:40	01:15:32	01:06:54	01:00:03	01:39:54	01:28:29	01:19:24	02:36:19	02:18:27	02:04:15	03:30:21	03:06:19	02:47:12
45	00:22:56	00:20:19	00:18:14	00:37:17	00:33:01	00:29:38	00:46:30	00:41:11	00:36:58	01:16:09	01:07:27	01:00:32	01:40:44	01:29:13	01:20:04	02:37:37	02:19:36	02:05:17	03:32:06	03:07:51	02:48:35
46	00:23:05	00:20:27	00:18:21	00:37:35	00:33:17	00:29:52	00:46:53	00:41:31	00:37:16	01:16:48	01:08:01	01:01:03	01:41:34	01:29:57	01:20:44	02:38:57	02:20:47	02:06:20	03:33:51	03:09:24	02:49:59
47	00:23:15	00:20:36	00:18:29	00:37:53	00:33:33	00:30:06	00:47:15	00:41:51	00:37:34	01:17:25	01:08:34	01:01:32	01:42:25	01:30:43	01:21:25	02:40:16	02:21:57	02:07:24	03:35:40	03:11:01	02:51:26
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49	00:23:36	00:20:54	00:18:46	00:38:30	00:34:06	00:30:36	00:48:02	00:42:33	00:38:11	01:18:44	01:09:44	01:02:35	01:44:10	01:32:16	01:22:48	02:43:02	02:24:24	02:09:36	03:39:23	03:14:19	02:54:23
50	00:23:47	00:21:04	00:18:55	00:38:49	00:34:23	00:30:51	00:48:28	00:42:56	00:38:32	01:19:26	01:10:21	01:03:08	01:45:05	01:33:04	01:23:32	02:44:27	02:25:40	02:10:43	03:41:17	03:16:00	02:55:54
51	00:23:59	00:21:14	00:19:04	00:39:08	00:34:40	00:31:07	00:48:52	00:43:17	00:38:51	01:20:06	01:10:57	01:03:41	01:46:00	01:33:53	01:24:15	02:45:54	02:26:56	02:11:52	03:43:14	03:17:43	02:57:26
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53	00:24:21	00:21:34	00:19:22	00:39:47	00:35:14	00:31:37	00:49:42	00:44:01	00:39:31	01:21:32	01:12:13	01:04:48	01:47:54	01:35:34	01:25:46	02:48:52	02:29:34	02:14:14	03:47:12	03:21:14	03:00:36
54	00:24:33	00:21:44	00:19:31	00:40:08	00:35:33	00:31:54	00:50:08	00:44:24	00:39:51	01:22:14	01:12:50	01:05:22	01:48:52	01:36:26	01:26:32	02:50:24	02:30:55	02:15:27	03:49:15	03:23:03	03:02:13
55	00:24:44	00:21:54	00:19:39	00:40:27	00:35:50	00:32:09	00:50:35	00:44:49	00:40:13	01:22:59	01:13:30	01:05:58	01:49:52	01:37:19	01:27:20	02:51:55	02:32:16	02:16:39	03:51:21	03:24:54	03:03:53
56	00:24:55	00:22:04	00:19:48	00:40:48	00:36:09	00:32:26	00:51:01	00:45:11	00:40:33	01:23:44	01:14:10	01:06:34	01:50:52	01:38:11	01:28:07	02:53:29	02:33:39	02:17:54	03:53:26	03:26:46	03:05:33
57	00:25:08	00:22:16	00:19:59	00:41:09	00:36:27	00:32:43	00:51:29	00:45:36	00:40:55	01:24:29	01:14:50	01:07:09	01:51:53	01:39:06	01:28:56	02:55:06	02:35:05	02:19:11	03:55:35	03:28:40	03:07:16
58	00:25:21	00:22:27	00:20:09	00:41:32	00:36:47	00:33:01	00:51:56	00:46:00	00:41:17	01:25:16	01:15:31	01:07:47	01:52:56	01:40:01	01:29:46	02:56:44	02:36:32	02:20:29	03:57:48	03:30:37	03:09:01
59	00:25:32	00:22:37	00:20:18	00:41:53	00:37:06	00:33:17	00:52:25	00:46:26	00:41:40	01:26:05	01:16:14	01:08:25	01:53:59	01:40:57	01:30:36	02:58:25	02:38:01	02:21:49	04:00:03	03:32:37	03:10:49
60	00:25:45	00:22:49	00:20:28	00:42:15	00:37:26	00:33:35	00:52:54	00:46:51	00:42:03	01:26:53	01:16:57	01:09:04	01:55:05	01:41:56	01:31:28	03:00:07	02:39:32	02:23:10	04:02:20	03:34:39	03:12:38
61	00:25:58	00:23:00	00:20:38	00:42:38	00:37:46	00:33:53	00:53:23	00:47:17	00:42:26	01:27:41	01:17:40	01:09:42	01:56:09	01:42:53	01:32:20	03:01:49	02:41:02	02:24:31	04:04:39	03:36:41	03:14:28
62	00:26:11	00:23:11	00:20:49	00:43:02	00:38:07	00:34:13	00:53:54														

64	00:26:38	00:23:36	00:21:11	00:43:49	00:38:49	00:34:50	00:54:55	00:48:39	00:43:39	01:30:16	01:19:57	01:11:45	01:59:37	01:45:57	01:35:05	03:07:13	02:45:49	02:28:48	04:11:55	03:43:07	03:20:14
65	00:26:51	00:23:47	00:21:21	00:44:13	00:39:10	00:35:09	00:55:27	00:49:07	00:44:05	01:31:09	01:20:44	01:12:27	02:00:48	01:47:00	01:36:02	03:09:05	02:47:28	02:49:04	04:14:26	03:45:21	03:22:15
66	00:27:06	00:24:00	00:21:32	00:44:39	00:39:33	00:35:29	00:56:00	00:49:36	00:44:31	01:32:04	01:21:33	01:13:11	02:02:01	01:48:04	01:36:59	03:10:59	02:49:10	02:51:56	04:16:58	03:47:36	03:24:15
67	00:27:20	00:24:13	00:21:44	00:45:03	00:39:54	00:35:49	00:56:32	00:50:04	00:44:56	01:33:01	01:22:23	01:13:56	02:03:17	01:49:11	01:37:59	03:12:55	02:50:52	02:55:08	04:19:36	03:49:56	03:26:21
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69	00:27:53	00:24:41	00:22:09	00:45:56	00:40:41	00:36:31	00:57:41	00:51:06	00:45:51	01:34:54	01:24:03	01:15:26	02:05:50	01:51:27	01:40:01	03:16:57	02:54:27	03:02:25	04:25:00	03:54:43	03:30:38
70	00:28:10	00:24:57	00:22:24	00:46:27	00:41:09	00:36:55	00:58:18	00:51:39	00:46:21	01:35:53	01:24:56	01:16:13	02:07:11	01:52:39	01:41:05	03:19:02	02:56:17	02:38:12	04:27:48	03:57:11	03:32:52
71	00:28:31	00:25:16	00:22:40	00:47:01	00:41:39	00:37:22	00:58:59	00:52:14	00:46:53	01:36:59	01:25:54	01:17:06	02:08:35	01:53:53	01:42:12	03:21:14	02:58:14	02:39:57	04:30:45	03:59:49	03:35:13
72	00:28:54	00:25:36	00:22:58	00:47:36	00:42:10	00:37:51	00:59:45	00:52:56	00:47:30	01:38:12	01:26:59	01:18:03	02:10:08	01:55:16	01:43:26	03:23:41	03:00:24	02:41:54	04:34:04	04:02:44	03:37:51
73	00:29:18	00:25:57	00:23:17	00:48:18	00:42:47	00:38:24	01:00:35	00:53:40	00:48:10	01:39:33	01:28:10	01:19:07	02:11:53	01:56:49	01:44:50	03:26:25	03:02:50	02:44:05	04:37:45	04:06:00	03:40:46
74	00:29:45	00:26:21	00:23:39	00:49:02	00:43:26	00:38:58	01:01:30	00:54:29	00:48:53	01:41:00	01:29:27	01:20:17	02:13:47	01:58:30	01:46:21	03:29:25	03:05:29	02:46:28	04:41:46	04:09:34	03:43:58
75	00:30:15	00:26:47	00:24:02	00:49:50	00:44:09	00:39:37	01:02:32	00:55:23	00:49:42	01:42:38	01:30:54	01:21:35	02:15:55	02:00:23	01:48:02	03:32:42	03:08:24	02:49:04	04:46:13	04:13:30	03:47:30
76	00:30:47	00:27:16	00:24:28	00:50:44	00:44:56	00:40:19	01:03:38	00:56:21	00:50:35	01:44:25	01:32:29	01:22:59	02:18:14	02:02:26	01:49:52	03:36:19	03:11:35	02:51:56	04:51:05	04:17:49	03:51:22
77	00:31:21	00:27:46	00:24:55	00:51:40	00:45:46	00:41:04	01:04:50	00:57:26	00:51:32	01:46:21	01:34:11	01:24:32	02:20:47	02:04:41	01:51:54	03:40:19	03:15:08	02:55:08	04:56:29	04:22:36	03:55:40
78	00:31:59	00:28:20	00:25:26	00:52:45	00:46:43	00:41:55	01:06:09	00:58:36	00:52:35	01:48:28	01:36:04	01:26:13	02:23:35	02:07:10	01:54:07	03:44:42	03:19:01	02:58:37	05:02:20	04:27:47	04:00:19
79	00:32:41	00:28:57	00:25:59	00:53:54	00:47:44	00:42:51	01:07:36	00:59:53	00:53:44	01:50:50	01:38:10	01:28:06	02:26:38	02:09:53	01:56:34	03:49:29	03:23:16	03:02:25	05:08:47	04:33:30	04:05:27

Age	Female 5K			Female 5M			Female 10K			Female 10M			Female Half Marathon			Female 20M			Female Full Marathon		
	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold	Bronze	Silver	Gold
20	00:25:28	00:22:22	00:19:57	00:41:43	00:36:40	00:32:42	00:52:18	00:45:58	00:36:07	01:25:05	01:14:46	01:06:41	01:53:17	01:39:33	01:28:47	02:54:30	02:33:21	02:16:46	03:53:29	03:25:11	03:03:00
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