

Sheet1

Group A; female 5k	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	18 – 28	18 – 58	19 – 39	20 – 39	21 – 50	23 – 10	24 – 40	26 – 24	28 – 21	30 – 41
2 nd	19 – 41	20 – 13	20 – 57	22 – 01	23 – 17	24 – 43	26 – 19	28 – 09	30 – 15	32 – 44
3 rd	21 – 06	21 – 40	22 – 27	23 – 36	24 – 57	26 – 29	28 – 11	30 – 10	32 – 24	35 – 04
4 th	22 – 43	23 – 20	24 – 11	25 – 25	26 – 52	28 – 31	30 – 22	32 – 29	34 – 54	37 – 46
Group A; female 5 miles										
1 st class times	30 – 15	31 – 08	32 – 19	34 – 05	36 – 10	38 – 31	41 – 13	44 – 19	47 – 55	52 – 18
2 nd	32 – 16	33 – 12	34 – 28	36 – 21	38 – 35	41 – 05	43 – 57	47 – 16	51 – 07	55 – 47
3 rd	34 – 34	35 – 34	36 – 56	38 – 57	41 – 20	44 – 01	47 – 06	50 – 39	54 – 46	59 – 46
4 th	37 – 14	38 – 18	39 – 46	41 – 57	44 – 31	47 – 25	50 – 43	54 – 32	58 – 58	1 – 04 – 22
Group A; female 10k										
1 st class times	37 – 55	39 – 03	40 – 34	42 – 50	45 – 33	48 – 36	52 – 08	56 – 10	1 – 00 – 55	1 – 06 – 45
2 nd	40 – 27	41 – 39	43 – 16	45 – 41	48 – 35	51 – 51	55 – 36	59 – 55	1 – 04 – 59	1 – 11 – 12
3 rd	43 – 20	44 – 37	46 – 21	48 – 57	52 – 03	55 – 33	59 – 34	1 – 04 – 11	1 – 09 – 37	1 – 16 – 17
4 th	46 – 40	48 – 03	49 – 55	52 – 43	56 – 03	59 – 49	1 – 04 – 09	1 – 09 – 08	1 – 14 – 58	1 – 22 – 09
Group B; fem. 10 miles										
1 st class times	26 – 39	40 – 44	45 – 49	50 – 54	55 – 59	60 – 64	65 – 69	70 – 74	75 – 79	80 – 84
1 st class times	1 – 01 – 41	1 – 03 – 49	1 – 06 – 23	1 – 10 – 09	1 – 14 – 36	1 – 19 – 40	1 – 25 – 28	1 – 32 – 10	1 – 40 – 01	1 – 50 – 34
2 nd	1 – 05 – 48	1 – 08 – 04	1 – 10 – 48	1 – 14 – 49	1 – 19 – 35	1 – 24 – 59	1 – 31 – 09	1 – 38 – 19	1 – 46 – 41	1 – 57 – 56
3 rd	1 – 10 – 30	1 – 12 – 56	1 – 15 – 51	1 – 20 – 10	1 – 25 – 16	1 – 31 – 03	1 – 37 – 40	1 – 45 – 20	1 – 54 – 19	2 – 06 – 21
4 th	1 – 15 – 55	1 – 18 – 32	1 – 21 – 42	1 – 26 – 20	1 – 31 – 49	1 – 38 – 03	1 – 45 – 11	1 – 53 – 26	2 – 03 – 06	2 – 16 – 05
Group C; fem. ½ m'thon										
1 st class times	1 – 22 – 08	1 – 24 – 19	1 – 27 – 43	1 – 32 – 41	1 – 38 – 34	1 – 45 – 15	1 – 52 – 55	2 – 01 – 46	2 – 12 – 08	2 – 26 – 54
2 nd	1 – 27 – 36	1 – 29 – 56	1 – 33 – 33	1 – 38 – 52	1 – 45 – 08	1 – 52 – 16	2 – 00 – 27	2 – 09 – 53	2 – 20 – 56	2 – 36 – 41
3 rd	1 – 33 – 51	1 – 36 – 21	1 – 40 – 14	1 – 45 – 56	1 – 52 – 39	2 – 00 – 17	2 – 09 – 03	2 – 19 – 10	2 – 31 – 00	2 – 47 – 53
4 th	1 – 41 – 05	1 – 43 – 46	1 – 47 – 57	1 – 54 – 05	2 – 01 – 18	2 – 09 – 32	2 – 18 – 58	2 – 29 – 52	2 – 42 – 37	3 – 00 – 48
Group D; fem. 20 miles										
1 st class times	2 – 07 – 08	2 – 11 – 00	2 – 16 – 15	2 – 24 – 11	2 – 33 – 34	2 – 44 – 18	2 – 56 – 38	3 – 10 – 55	3 – 27 – 50	3 – 53 – 01
2 nd	2 – 15 – 36	2 – 19 – 44	2 – 25 – 20	2 – 33 – 48	2 – 43 – 48	2 – 55 – 15	3 – 08 – 24	3 – 23 – 39	3 – 41 – 41	4 – 08 – 33

Sheet1

3 rd	2-25-17	2-29-43	2-35-43	2-44-47	2-55-30	3-07-46	3-21-51	3-38-11	3-57-31	4-26-19
4 th	2-36-28	2-41-14	2-47-42	2-57-28	3-09-00	3-22-12	3-37-23	3-54-58	4-15-48	4-46-48

Group E; fem. marathon	26-39	40-44	45-49	50-54	55-59	60-64	65-69	70-74	75-79	80-84
1 st class times	2-49-16	2-54-31	3-01-40	3-12-26	3-25-16	3-39-56	3-56-53	4-16-38	4-40-10	5-16-16
2 nd	3-00-33	3-06-09	3-13-47	3-25-16	3-38-57	3-54-36	4-12-40	4-33-44	4-58-51	5-37-21
3 rd	3-13-27	3-19-27	3-27-37	3-39-56	3-54-36	4-11-21	4-30-43	4-53-17	5-20-11	6-01-27
4 th	3-28-20	3-34-48	3-43-35	3-56-51	4-12-38	4-30-42	4-51-32	5-15-51	5-44-49	6-29-15

Group E; female 50k										
1 st class times	3-24-35	3-30-56	3-39-34	3-52-35	4-08-06	4-25-50	4-46-18	5-10-10	5-38-36	6-22-15
2 nd	3-38-13	3-45-00	3-54-12	4-08-05	4-24-39	4-43-33	5-05-23	5-30-51	6-01-11	6-47-44
3 rd	3-53-49	4-01-04	4-10-56	4-25-49	4-43-33	5-03-49	5-27-11	5-54-29	6-26-59	7-16-51
4 th	4-11-48	4-19-37	4-30-14	4-46-15	5-05-22	5-27-11	5-52-22	6-21-45	6-56-45	7-50-28