

Men's Club Standards 5K

Standard and Age Grade % required

Age	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	53:33	17:13	47:36	15:18	42:50	13:46	38:56	12:31	35:42	11:29	32:57	10:36	30:36	09:50	28:33	09:11	26:46	08:36
10	38:50	12:29	34:31	11:06	31:04	09:59	28:15	09:05	25:33	08:13	23:54	07:41	22:11	07:08	20:43	06:40	19:25	06:15
15	33:35	10:48	29:51	09:36	26:52	08:38	24:25	07:51	22:23	07:12	20:40	06:39	19:11	06:10	17:55	05:46	16:48	05:24
20	32:28	10:26	28:51	09:17	25:58	08:21	23:36	07:35	21:38	06:57	19:58	06:25	18:33	05:58	17:19	05:34	16:14	05:13
25	32:28	10:26	28:51	09:17	25:58	08:21	23:36	07:35	21:38	06:57	19:58	06:25	18:33	05:58	17:19	05:34	16:14	05:13
30	32:33	10:28	28:56	09:18	26:02	08:22	23:40	07:37	21:42	06:59	20:02	06:26	18:36	05:59	17:21	05:35	16:16	05:14
35	33:10	10:40	29:29	09:29	26:32	08:32	24:07	07:45	22:07	07:07	20:25	06:34	18:57	06:06	17:41	05:41	16:35	05:20
40	34:18	11:02	30:29	09:48	27:26	08:49	24:56	08:01	22:52	07:21	21:06	06:47	19:36	06:18	18:17	05:53	17:09	05:31
45	35:33	11:26	31:36	10:10	28:26	09:09	25:51	08:19	23:42	07:37	21:52	07:02	20:19	06:32	18:57	06:06	17:46	05:43
50	36:53	11:52	32:47	10:32	29:30	09:29	26:49	08:37	24:35	07:54	22:42	07:18	21:04	06:46	19:40	06:19	18:26	05:56
55	38:20	12:20	34:04	10:57	30:40	09:52	27:53	08:58	25:33	08:13	23:35	07:35	21:54	07:03	20:27	06:35	19:10	06:10
60	39:55	12:50	35:29	11:25	31:56	10:16	29:02	09:20	26:37	08:34	24:34	07:54	22:49	07:20	21:17	06:51	19:58	06:25
65	41:38	13:23	37:00	11:54	33:18	10:42	30:16	09:44	27:45	08:55	25:37	08:14	23:47	07:39	22:12	07:08	20:49	06:42
70	43:40	14:02	38:49	12:29	34:56	11:14	31:45	10:13	29:07	09:22	26:52	08:38	24:57	08:01	23:17	07:29	21:50	07:01
75	46:53	15:05	41:40	13:24	37:30	12:03	34:05	10:58	31:15	10:03	28:41	09:13	26:47	08:37	25:00	08:02	23:26	07:32
80	51:50	16:40	46:04	14:49	41:28	13:20	37:42	12:07	34:33	11:07	31:54	10:15	29:37	09:31	27:39	08:53	25:55	08:20
85	59:38	19:10	53:00	17:03	47:42	15:20	43:22	13:57	39:45	12:47	36:42	11:48	34:04	10:57	31:48	10:14	29:49	09:35

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Age	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
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5	1:28:00	17:36	1:18:13	15:39	1:10:24	14:05	1:04:00	12:48	0:58:40	11:44	0:54:09	10:50	0:50:17	10:03	0:46:56	09:23	0:44:00	08:48
10	1:03:48	12:46	0:56:42	11:20	0:51:02	10:12	0:46:24	09:17	0:42:32	08:30	0:39:15	07:51	0:36:27	07:17	0:34:01	06:48	0:31:54	06:23
15	0:55:13	11:03	0:49:04	09:49	0:44:10	08:50	0:40:09	08:02	0:36:48	07:22	0:33:58	06:48	0:31:33	06:19	0:29:27	05:53	0:27:36	05:31
20	0:53:18	10:40	0:47:22	09:28	0:42:38	08:32	0:38:45	07:45	0:35:32	07:06	0:32:48	06:34	0:30:27	06:05	0:28:25	05:41	0:26:39	05:20
25	0:53:18	10:40	0:47:22	09:28	0:42:38	08:32	0:38:45	07:45	0:35:32	07:06	0:32:48	06:34	0:30:27	06:05	0:28:25	05:41	0:26:39	05:20
30	0:53:20	10:40	0:47:24	09:29	0:42:40	08:32	0:38:47	07:45	0:35:33	07:07	0:32:49	06:34	0:30:29	06:06	0:28:27	05:41	0:26:40	05:20
35	0:53:58	10:48	0:47:58	09:36	0:43:10	08:38	0:39:15	07:51	0:35:58	07:12	0:33:12	06:38	0:30:50	06:10	0:28:47	05:45	0:26:59	05:24
40	0:55:38	11:08	0:49:27	09:53	0:44:30	08:54	0:40:27	08:05	0:37:05	07:25	0:34:14	06:51	0:31:47	06:21	0:29:40	05:56	0:27:49	05:34
45	0:57:48	11:34	0:51:22	10:16	0:46:14	09:15	0:42:02	08:24	0:38:32	07:42	0:35:34	07:07	0:33:01	06:36	0:30:49	06:10	0:28:54	05:47
50	1:00:10	12:02	0:53:29	10:42	0:48:08	09:38	0:43:45	08:45	0:40:07	08:01	0:37:02	07:24	0:34:23	06:53	0:32:05	06:25	0:30:05	06:01
55	1:02:43	12:33	0:55:44	11:09	0:50:10	10:02	0:45:36	09:07	0:41:48	08:22	0:38:35	07:43	0:35:50	07:10	0:33:27	06:41	0:31:21	06:16
60	1:05:30	13:06	0:58:13	11:39	0:52:24	10:29	0:47:38	09:32	0:43:40	08:44	0:40:18	08:04	0:37:26	07:29	0:34:56	06:59	0:32:45	06:33
65	1:08:33	13:43	1:00:56	12:11	0:54:50	10:58	0:49:51	09:58	0:45:42	09:08	0:42:11	08:26	0:39:10	07:50	0:36:33	07:19	0:34:16	06:51
70	1:12:00	14:24	1:04:00	12:48	0:57:36	11:31	0:52:22	10:28	0:48:00	09:36	0:44:18	08:52	0:41:09	08:14	0:38:44	07:45	0:36:00	07:12
75	1:17:15	15:27	1:08:40	13:44	1:01:48	12:22	0:56:11	11:14	0:51:30	10:18	0:47:32	09:30	0:44:09	08:50	0:41:12	08:14	0:38:38	07:44
80	1:25:28	17:06	1:15:58	15:12	1:08:22	13:40	1:02:09	12:26	0:56:58	11:24	0:52:35	10:31	0:48:50	09:46	0:45:35	09:07	0:42:44	08:33
85	1:38:33	19:43	1:27:36	17:31	1:18:50	15:46	1:11:40	14:20	1:05:42	13:08	1:00:38	12:08	0:56:19	11:16	0:52:33	10:31	0:49:16	09:51

Men's Club Standards 10K

Standard and Age Grade % required

Age	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	1:50:18	17:46	1:38:02	15:47	1:28:14	14:12	1:20:13	12:55	1:13:32	11:50	1:07:52	10:56	1:03:01	10:09	0:58:49	09:28	0:55:09	08:53
10	1:19:55	12:52	1:11:02	11:26	1:03:56	10:18	0:58:07	09:22	0:53:17	08:35	0:49:11	07:55	0:45:40	07:21	0:42:37	06:52	0:39:58	06:26
15	1:09:10	11:08	1:01:29	09:54	0:55:20	08:55	0:50:18	08:06	0:46:07	07:26	0:42:34	06:51	0:39:31	06:22	0:36:52	05:56	0:34:35	05:34
20	1:06:48	10:45	0:59:22	09:34	0:53:26	08:36	0:48:35	07:49	0:44:32	07:10	0:41:06	06:37	0:38:10	06:09	0:35:37	05:44	0:33:24	05:23
25	1:06:48	10:45	0:59:22	09:34	0:53:26	08:36	0:48:35	07:49	0:44:32	07:10	0:41:06	06:37	0:38:10	06:09	0:35:37	05:44	0:33:24	05:23
30	1:06:48	10:45	0:59:22	09:34	0:53:26	08:36	0:48:35	07:49	0:44:32	07:10	0:41:06	06:37	0:38:10	06:09	0:35:37	05:44	0:33:24	05:23
35	1:07:25	10:51	0:59:56	09:39	0:53:56	08:41	0:49:02	07:54	0:44:57	07:14	0:41:29	06:41	0:38:31	06:12	0:35:57	05:47	0:33:43	05:26
40	1:09:18	11:10	1:01:36	09:55	0:55:26	08:56	0:50:24	08:07	0:46:12	07:26	0:42:38	06:52	0:39:36	06:23	0:36:57	05:57	0:34:39	05:35
45	1:12:05	11:36	1:04:04	10:19	0:57:40	09:17	0:52:25	08:26	0:48:03	07:44	0:44:22	07:09	0:41:11	06:38	0:38:27	06:11	0:36:03	05:48
50	1:15:08	12:06	1:06:47	10:45	1:00:06	09:41	0:54:38	08:48	0:50:05	08:04	0:46:14	07:27	0:42:56	06:55	0:40:04	06:27	0:37:34	06:03
55	1:18:25	12:38	1:09:42	11:13	1:02:44	10:06	0:57:02	09:11	0:52:17	08:25	0:48:15	07:46	0:44:49	07:13	0:41:49	06:44	0:39:13	06:19
60	1:22:00	13:12	1:12:53	11:44	1:05:36	10:34	0:59:38	09:36	0:54:40	08:48	0:50:28	08:08	0:46:51	07:33	0:43:44	07:03	0:41:00	06:36
65	1:25:58	13:51	1:16:24	12:18	1:08:46	11:04	1:02:31	10:04	0:57:18	09:14	0:52:54	08:31	0:49:07	07:55	0:45:51	07:23	0:42:59	06:55
70	1:30:23	14:33	1:20:20	12:56	1:12:18	11:39	1:05:44	10:35	1:00:15	09:42	0:55:37	08:57	0:51:39	08:19	0:48:12	07:46	0:45:11	07:17
75	1:36:55	15:36	1:26:09	13:52	1:17:32	12:29	1:10:29	11:21	1:04:37	10:24	0:59:38	09:36	0:55:23	08:55	0:51:41	08:19	0:48:28	07:48
80	1:47:15	17:16	1:35:20	15:21	1:25:48	13:49	1:18:00	12:34	1:11:30	11:31	1:06:00	10:38	1:01:17	09:52	0:57:12	09:13	0:53:38	08:38
85	2:03:45	19:56	1:50:00	17:43	1:39:00	15:57	1:30:00	14:30	1:22:30	13:17	1:16:09	12:16	1:10:43	11:23	1:06:00	10:38	1:01:53	09:58

Men's Club Standards 10M

Standard and Age Grade % required

Age	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	3:01:38	18:10	2:41:27	16:09	2:25:18	14:32	2:12:05	13:13	2:01:05	12:07	1:51:46	11:11	1:43:47	10:23	1:36:52	09:41	1:30:49	09:05
10	2:11:38	13:10	1:57:00	11:42	1:45:18	10:32	1:35:44	09:34	1:27:45	08:47	1:21:00	08:06	1:15:13	07:31	1:10:12	07:01	1:05:49	06:35
15	1:53:55	11:23	1:41:16	10:08	1:31:08	09:07	1:22:51	08:17	1:15:57	07:36	1:10:06	07:01	1:05:06	06:31	1:00:45	06:04	0:56:58	05:42
20	1:50:00	11:00	1:37:47	09:47	1:28:00	08:48	1:20:00	08:00	1:13:20	07:20	1:07:42	06:46	1:02:51	06:17	0:58:40	05:52	0:55:00	05:30
25	1:50:00	11:00	1:37:47	09:47	1:28:00	08:48	1:20:00	08:00	1:13:20	07:20	1:07:42	06:46	1:02:51	06:17	0:58:40	05:52	0:55:00	05:30
30	1:50:00	11:00	1:37:47	09:47	1:28:00	08:48	1:20:00	08:00	1:13:20	07:20	1:07:42	06:46	1:02:51	06:17	0:58:40	05:52	0:55:00	05:30
35	1:50:43	11:04	1:38:24	09:50	1:28:34	08:51	1:20:31	08:03	1:13:48	07:23	1:08:08	06:49	1:03:16	06:20	0:59:03	05:54	0:55:21	05:32
40	1:53:28	11:21	1:40:51	10:05	1:30:46	09:05	1:22:31	08:15	1:15:38	07:34	1:09:49	06:59	1:04:50	06:29	1:00:31	06:03	0:56:44	05:40
45	1:58:03	11:48	1:44:56	10:30	1:34:26	09:27	1:25:51	08:35	1:18:42	07:52	1:12:38	07:16	1:07:27	06:45	1:02:57	06:18	0:59:01	05:54
50	2:03:08	12:19	1:49:27	10:57	1:38:30	09:51	1:29:33	08:57	1:22:05	08:12	1:15:46	07:35	1:10:21	07:02	1:05:40	06:34	1:01:34	06:09
55	2:08:38	12:52	1:54:20	11:26	1:42:54	10:17	1:33:33	09:21	1:25:45	08:34	1:19:09	07:55	1:13:30	07:21	1:08:36	06:52	1:04:19	06:26
60	2:14:40	13:28	1:59:42	11:58	1:47:44	10:46	1:37:56	09:48	1:29:47	08:59	1:22:52	08:17	1:16:57	07:42	1:11:49	07:11	1:07:20	06:44
65	2:21:18	14:08	2:05:36	12:34	1:52:02	11:12	1:42:45	10:16	1:34:12	09:25	1:26:57	08:42	1:20:44	08:04	1:15:21	07:32	1:10:39	07:04
70	2:28:38	14:52	2:12:07	13:13	1:58:54	11:53	1:48:05	10:48	1:39:05	09:55	1:31:28	09:09	1:24:56	08:30	1:19:16	07:56	1:14:19	07:26
75	2:39:05	15:54	2:21:24	14:08	2:07:16	12:44	1:55:42	11:34	1:46:03	10:36	1:37:54	09:47	1:30:54	09:05	1:24:51	08:29	1:19:33	07:57
80	2:55:48	17:35	2:36:16	15:38	2:20:38	14:04	2:07:51	12:47	1:57:12	11:43	1:48:11	10:49	1:40:27	10:03	1:33:45	09:22	1:27:54	08:47
85	3:22:35	20:16	3:00:04	18:00	2:42:04	16:12	2:27:20	14:44	2:15:03	13:30	2:04:40	12:28	1:55:46	11:35	1:48:03	10:48	1:41:18	10:08

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5	4:01:00	18:24	3:34:13	16:21	3:12:48	14:43	2:55:16	13:23	2:40:40	12:16	2:28:18	11:19	2:17:43	10:31	2:08:32	09:49	2:00:30	09:12
10	2:54:40	13:20	2:35:16	11:51	2:19:44	10:40	2:07:02	09:42	1:56:27	08:53	1:47:29	08:12	1:39:49	07:37	1:33:09	07:07	1:27:20	06:40
15	2:31:10	11:32	2:14:22	10:15	2:00:56	09:14	1:49:56	08:24	1:40:47	07:42	1:33:02	07:06	1:26:23	06:36	1:20:37	06:09	1:15:35	05:46
20	2:25:58	11:09	2:09:44	09:54	1:56:46	08:55	1:46:09	08:06	1:37:18	07:26	1:29:49	06:51	1:23:24	06:22	1:17:51	05:57	1:12:59	05:34
25	2:25:58	11:09	2:09:44	09:54	1:56:46	08:55	1:46:09	08:06	1:37:18	07:26	1:29:49	06:51	1:23:24	06:22	1:17:51	05:57	1:12:59	05:34
30	2:25:58	11:09	2:09:44	09:54	1:56:46	08:55	1:46:09	08:06	1:37:18	07:26	1:29:49	06:51	1:23:24	06:22	1:17:51	05:57	1:12:59	05:34
35	2:26:43	11:12	2:10:24	09:57	1:57:22	08:58	1:46:42	08:09	1:37:48	07:28	1:30:17	06:54	1:23:50	06:24	1:18:15	05:58	1:13:21	05:36
40	2:30:05	11:27	2:13:24	10:11	2:00:04	09:10	1:49:09	08:20	1:40:03	07:38	1:32:22	07:03	1:25:46	06:33	1:20:03	06:07	1:15:03	05:44
45	2:36:08	11:55	2:18:47	10:36	2:04:54	09:32	1:53:33	08:40	1:44:05	07:57	1:36:05	07:20	1:29:13	06:49	1:23:16	06:21	1:18:04	05:58
50	2:42:53	12:26	2:24:47	11:03	2:10:18	09:57	1:58:27	09:03	1:48:35	08:17	1:40:14	07:39	1:33:04	07:06	1:26:52	06:38	1:21:26	06:13
55	2:50:18	13:00	2:31:22	11:33	2:16:14	10:24	2:03:51	09:27	1:53:32	08:40	1:44:48	08:00	1:37:19	07:26	1:30:49	06:56	1:25:09	06:30
60	2:58:23	13:37	2:38:33	12:06	2:22:42	10:54	2:09:44	09:54	1:58:55	09:05	1:49:46	08:23	1:41:56	07:47	1:35:08	07:16	1:29:11	06:48
65	3:07:15	14:18	2:46:27	12:42	2:29:48	11:26	2:16:11	10:24	2:04:50	09:32	1:55:14	08:48	1:47:00	08:10	1:39:52	07:37	1:33:38	07:09
70	3:17:08	15:03	2:55:13	13:23	2:37:42	12:02	2:23:22	10:57	2:11:25	10:02	2:01:18	09:16	1:52:39	08:36	1:45:08	08:02	1:38:34	07:31
75	3:30:40	16:05	3:07:16	14:18	2:48:32	12:52	2:33:13	11:42	2:20:27	10:43	2:09:38	09:54	2:00:23	09:11	1:52:21	08:35	1:45:20	08:02
80	3:52:33	17:45	3:26:42	15:47	3:06:02	14:12	2:49:07	12:55	2:35:02	11:50	2:23:06	10:55	2:12:53	10:09	2:04:01	09:28	1:56:16	08:53
85	4:27:45	20:26	3:58:00	18:10	3:34:12	16:21	3:14:44	14:52	2:58:30	13:38	2:44:46	12:35	2:33:00	11:41	2:22:48	10:54	2:13:53	10:13

Men's Club Standards 20M

Standard and Age Grade % required

Age	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	6:19:33	18:59	5:37:22	16:52	5:03:38	15:11	4:36:02	13:48	4:13:02	12:39	3:53:34	11:41	3:36:52	10:51	3:22:25	10:07	3:09:46	09:29
10	4:35:05	13:45	4:04:31	12:14	3:40:04	11:00	3:20:04	10:00	3:03:23	09:10	2:49:17	08:28	2:37:11	07:52	2:26:43	07:20	2:17:33	06:53
15	3:58:03	11:54	3:31:36	10:35	3:10:26	09:31	2:53:07	08:39	2:38:42	07:56	2:26:29	07:19	2:16:01	06:48	2:06:57	06:21	1:59:01	05:57
20	3:49:53	11:30	3:24:20	10:13	3:03:54	09:12	2:47:11	08:22	2:33:15	07:40	2:21:28	07:04	2:11:21	06:34	2:02:36	06:08	1:54:56	05:45
25	3:49:53	11:30	3:24:20	10:13	3:03:54	09:12	2:47:11	08:22	2:33:15	07:40	2:21:28	07:04	2:11:21	06:34	2:02:36	06:08	1:54:56	05:45
30	3:49:53	11:30	3:24:20	10:13	3:03:54	09:12	2:47:11	08:22	2:33:15	07:40	2:21:28	07:04	2:11:21	06:34	2:02:36	06:08	1:54:56	05:45
35	3:51:00	11:33	3:25:20	10:16	3:04:48	09:14	2:48:00	08:24	2:34:00	07:42	2:22:09	07:06	2:12:00	06:36	2:03:12	06:10	1:55:30	05:47
40	3:56:23	11:49	3:30:07	10:30	3:09:06	09:27	2:51:55	08:36	2:37:35	07:53	2:25:28	07:16	2:15:04	06:45	2:06:04	06:18	1:58:11	05:55
45	4:05:50	12:17	3:38:31	10:56	3:16:40	09:50	2:58:47	08:56	2:43:53	08:12	2:31:17	07:34	2:20:29	07:01	2:11:07	06:33	2:02:55	06:09
50	4:16:30	12:50	3:48:00	11:24	3:25:12	10:16	3:06:33	09:20	2:51:00	08:33	2:37:51	07:54	2:26:34	07:20	2:16:48	06:50	2:08:15	06:25
55	4:28:10	13:24	3:58:22	11:55	3:34:32	10:44	3:15:02	09:45	2:58:47	08:56	2:45:02	08:15	2:33:14	07:40	2:23:01	07:09	2:14:05	06:42
60	4:40:53	14:03	4:09:40	12:29	4:32:00	13:36	3:24:16	10:13	3:07:15	09:22	2:52:51	08:39	2:40:30	08:01	2:29:48	07:29	2:20:26	07:01
65	4:54:55	14:45	4:22:09	13:06	3:55:56	11:48	3:34:29	10:43	3:16:37	09:50	3:01:29	09:04	2:48:31	08:26	2:37:17	07:52	2:27:28	07:22
70	5:10:25	15:31	4:35:56	13:48	4:08:20	12:25	3:45:45	11:17	3:26:57	10:21	3:11:02	09:33	2:57:23	08:52	2:45:33	08:17	2:35:13	07:46
75	5:31:45	16:35	4:54:53	14:45	4:25:24	13:16	4:01:16	12:04	3:41:10	11:03	3:24:09	10:12	3:09:34	09:29	2:56:56	08:51	2:45:53	08:18
80	6:06:10	18:19	5:25:29	16:16	4:52:56	14:39	4:26:18	13:19	4:04:07	12:12	3:45:20	11:16	3:29:14	10:28	3:15:17	09:46	3:03:05	09:09
85	7:01:40	21:05	6:14:49	18:44	5:37:20	16:52	5:06:40	15:20	4:41:07	14:03	4:19:29	12:58	4:00:57	12:03	3:44:53	11:15	3:30:50	10:32

Men's Club Standards Marathon

Standard and Age Grade % required

Age	Iron 40%		Copper 45%		Tungsten 50%		Bronze 55%		Silver 60%		Gold 65%		Platinum 70%		Diamond 75%		Sapphire 80%	
	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi	Time	Pace min/mi
5	8:27:33	19:22	7:31:09	17:13	6:46:02	15:30	6:09:07	14:05	5:38:22	12:55	5:12:20	11:55	4:50:01	11:04	4:30:41	10:20	4:13:46	09:41
10	6:07:50	14:02	5:26:58	12:29	4:54:16	11:14	4:27:31	10:13	4:05:13	09:22	3:46:22	08:38	3:30:11	08:01	3:16:11	07:29	3:03:55	07:01
15	5:18:20	12:09	4:42:58	10:48	4:14:40	09:43	3:51:31	08:50	3:32:13	08:06	3:15:54	07:29	3:01:54	06:57	2:49:47	06:29	2:39:10	06:05
20	5:07:23	11:44	4:33:13	10:26	4:05:54	09:23	3:43:33	08:32	3:24:55	07:49	3:09:09	07:13	2:55:39	06:42	2:43:56	06:15	2:33:41	05:52
25	5:07:23	11:44	4:33:13	10:26	4:05:54	09:23	3:43:33	08:32	3:24:55	07:49	3:09:09	07:13	2:55:39	06:42	2:43:56	06:15	2:33:41	05:52
30	5:07:23	11:44	4:33:13	10:26	4:05:54	09:23	3:43:33	08:32	3:24:55	07:49	3:09:09	07:13	2:55:39	06:42	2:43:56	06:15	2:33:41	05:52
35	5:08:55	11:47	4:34:36	10:29	4:07:08	09:26	3:44:40	08:35	3:25:57	07:52	3:10:06	07:15	2:56:31	06:44	2:44:45	06:17	2:34:28	05:54
40	5:16:05	12:04	4:40:58	10:43	4:12:52	09:39	3:49:53	08:46	3:30:43	08:03	3:14:31	07:25	3:00:37	06:54	2:48:35	06:26	2:38:03	06:02
45	5:28:45	12:33	4:52:13	11:09	4:23:00	10:02	3:59:05	09:08	3:39:10	08:22	3:22:18	07:43	3:07:51	07:10	2:55:20	06:42	2:44:23	06:16
50	5:43:00	13:05	5:04:53	11:38	4:34:24	10:28	4:09:27	09:31	3:48:40	08:44	3:31:05	08:03	3:16:00	07:29	3:02:56	06:59	2:51:30	06:33
55	5:58:35	13:41	5:18:44	12:10	4:46:52	10:57	4:20:47	09:57	3:59:03	09:07	3:40:40	08:25	3:24:54	07:49	3:11:15	07:18	2:59:18	06:51
60	6:15:38	14:20	5:33:53	12:45	5:00:30	11:28	4:33:11	10:26	4:10:25	09:33	3:51:09	08:49	3:34:39	08:12	3:20:20	07:39	3:07:49	07:10
65	6:34:23	15:03	5:50:33	13:23	5:15:30	12:03	4:46:49	10:57	4:22:55	10:02	4:02:42	09:16	3:45:21	08:36	3:30:20	08:02	3:17:11	07:32
70	6:55:05	15:51	6:08:58	14:05	5:32:04	12:40	5:01:53	11:31	4:36:43	10:34	4:15:26	09:45	3:57:11	09:03	3:41:23	08:27	3:27:33	07:55
75	7:23:38	16:56	6:34:20	15:03	5:54:54	13:33	5:22:38	12:19	4:55:45	11:17	4:33:00	10:25	4:13:30	09:41	3:56:36	09:02	3:41:49	08:28
80	8:09:40	18:41	7:15:16	16:37	6:31:44	14:57	5:56:07	13:36	5:26:27	12:28	5:01:20	11:30	4:39:49	10:41	4:24:29	10:06	4:04:50	09:21
85	9:23:53	21:31	8:21:13	19:08	7:31:06	17:13	6:50:05	15:39	6:15:55	14:21	5:47:00	13:15	5:22:13	12:18	5:00:44	11:29	4:41:56	10:46