

Age	Level	Men					Age	Level	Women				
(Cat)	(%age graded)	5K	10K	10M	HM	Mar	(Cat)	(%age graded)	5K	10K	10M	HM	Mar
	Bronze	32.18	1.06.06	1.49.34	2.25.14	5.04.32		Bronze	37.55	1.17.54	2.08.54	2.50.04	5.55.22
V60	Silver	26.55	55.05	1.31.18	2.01.02	4.13.47	V60	Silver	31.36	1.04.55	1.47.25	2.21.43	4.56.08
	Gold	23.04	47.13	1.18.16	1.43.44	3.37.31		Gold	27.05	55.39	1.32.04	2.01.29	4.13.50
	Platinum	21.32	44.04	1.13.03	1.36.49	3.23.01		Platinum	25.17	51.56	1.25.56	1.53.23	3.56.55
	Diamond	20.11	41.19	1.08.29	1.30.46	3.10.02		Diamond	23.42	48.41	1.20.34	1.46.18	3.42.06
	Bronze	33.47	1.09.22	1.55.06	2.32.40	5.20.08		Bronze	40.27	1.23.20	2.18.14	3.02.36	6.23.30
V65	Silver	28.10	57.48	1.35.55	2.07.13	4.26.47	V65	Silver	33.42	1.09.27	1.55.12	2.32.10	5.19.35
	Gold	24.08	49.33	1.22.13	1.49.03	3.48.40		Gold	28.53	59.31	1.38.44	2.10.26	4.33.56
	Platinum	22.31	46.15	1.16.44	1.41.47	3.33.25		Platinum	26.58	55.33	1.32.09	2.01.44	4.15.40
	Diamond	21.07	43.21	1.11.56	1.35.25	3.20.05		Diamond	25.17	52.05	1.26.24	1.54.08	3.59.41
	Bronze	35.47	1.13.06	2.01.26	2.41.14	5.38.00		Bronze	43.20	1.29.34	2.28.58	3.17.06	6.56.26
V70	Silver	29.49	1.00.55	1.41.12	2.14.22	4.41.40	V70	Silver	36.06	1.14.38	2.04.08	2.44.15	5.47.02
	Gold	25.34	52.13	1.26.44	1.55.10	4.01.26		Gold	30.57	1.03.59	1.46.24	2.20.47	4.57.27
	Platinum	23.51	48.44	1.20.57	1.47.29	3.45.20		Platinum	28.53	59.43	1.39.19	2.11.24	4.37.37
	Diamond	22.22	45.41	1.15.54	1.40.46	3.31.15		Diamond	27.05	55.59	1.33.06	2.03.11	4.20.16
	Bronze	38.53	1.18.50	2.11.12	2.54.22	6.05.36		Bronze	46.40	1.37.04	2.41.44	3.34.16	7.38.20
V75	Silver	32.24	1.05.42	1.49.20	2.25.18	5.04.40	V75	Silver	38.53	1.20.53	2.14.47	2.58.33	6.21.57
	Gold	27.47	56.19	1.33.43	2.04.33	4.21.09		Gold	33.20	1.09.20	1.55.31	2.33.03	5.27.23
	Platinum	25.55	52.33	1.27.28	1.56.15	4.03.44		Platinum	31.06	1.04.43	1.47.49	2.22.51	5.05.33
	Diamond	24.18	49.16	1.22.00	1.48.59	3.48.30		Diamond	29.10	1.00.40	1.41.05	2.13.55	4.46.28
	Bronze	43.39	1.27.56	2.26.42	3.15.16	6.49.48		Bronze	51.03	1.48.58	3.01.44	4.00.46	8.48.08
V80	Silver	36.22	1.13.17	2.02.15	2.42.43	5.41.30	V80	Silver	42.33	1.30.48	2.31.27	3.20.38	7.20.07
	Gold	31.11	1.02.49	1.44.47	2.19.29	4.52.43		Gold	36.28	1.17.50	2.09.49	2.51.59	6.17.14
	Platinum	29.06	58.37	1.37.48	2.10.11	4.33.12		Platinum	34.02	1.12.39	2.01.09	2.40.31	5.52.05
	Diamond	27.10	54.58	1.31.41	2.02.03	4.16.08		Diamond	31.54	1.08.06	1.53.35	2.30.29	5.30.05
	Bronze	51.13	1.42.40	2.51.58	3.49.24	8.02.22		Bronze	58.53	2.09.18	3.36.14	4.47.00	10.53.20
V85	Silver	42.41	1.25.33	2.23.18	3.11.10	6.41.58	V85	Silver	49.04	1.47.45	3.00.12	3.59.10	9.04.27
	Gold	36.35	1.13.20	2.02.50	2.43.51	5.44.33		Gold	42.04	1.32.21	2.34.27	3.25.00	7.46.40
	Platinum	34.09	1.08.27	1.54.39	2.32.56	5.21.35		Platinum	39.15	1.26.12	2.24.09	3.11.20	7.15.33
	Diamond	32.01	1.04.10	1.47.29	2.23.23	5.01.29		Diamond	36.48	1.20.49	2.15.09	2.59.23	6.48.20