

MEN	5K	5M	10K	10M	½Mar.	Marathon
SENIOR						
DIAMOND	15:05	24:55	31:25	52:15	1:09:45	2:26:40
GOLD	16:32	27:11	34:23	56:57	1:16:03	2:41:43
SILVER	17:50	29:19	37:05	1:01:25	1:22:01	2:54:24
BRONZE	19:44	32:38	41:06	1:08:30	1:30:54	3:11:32
MV40						
DIAMOND	16:12	26:50	33:42	56:08	1:14:45	2:34:05
GOLD	17:42	28:48	36:14	59:39	1:19:23	2:48:48
SILVER	19:06	31:03	39:04	1:04:20	1:25:37	3:02:02
BRONZE	21:12	35:06	44:05	1:13:50	1:37:26	3:20:26
MV45						
DIAMOND	16:52	27:45	35:02	58:45	1:17:25	2:42:12
GOLD	18:22	29:57	37:43	1:02:08	1:22:44	2:55:52
SILVER	19:48	32:18	40:40	1:07:00	1:29:12	3:09:40
BRONZE	22:00	36:25	45:52	1:16:52	1:41:40	3:21:26
MV50						
DIAMOND	17:32	29:05	36:30	1:01:10	1:21:16	2:49:30
GOLD	19:05	31:11	39:19	1:04:51	1:26:22	3:03:39
SILVER	20:34	33:38	42:24	1:09:56	1:33:09	3:18:03
BRONZE	22:56	37:58	47:42	1:20:10	1:46:10	3:41:45
MV55						
DIAMOND	18:16	30:15	38:05	1:04:10	1:24:50	2:57:20
GOLD	19:51	32:32	41:05	1:07:49	1:30:22	3:12:08
SILVER	21:24	35:06	44:18	1:13:08	1:37:27	3:27:12
BRONZE	23:56	39:37	49:56	1:23:45	1:51:10	3:51:50
MV60						
DIAMOND	19:09	31:40	39:50	1:06:06	1:28:55	3:06:25
GOLD	20:40	34:01	43:00	1:11:03	1:34:44	3:21:26
SILVER	22:18	36:41	46:23	1:16:38	1:42:10	3:37:14
BRONZE	25:02	41:28	52:06	1:27:40	1:56:10	4:03:46
MV65						
DIAMOND	20:05	33:10	45:30	1:10:20	1:33:30	3:16:30
GOLD	21:50	36:15	45:30	1:16:50	1:42:00	3:33:50
SILVER	23:42	39:14	49:22	1:23:05	1:50:26	3:51:55
BRONZE	26:14	43:25	54:40	1:32:10	2:02:26	4:17:28
MV70						
DIAMOND	21:25	35:35	44:40	1:15:05	1:39:20	3:28:55
GOLD	22:50	37:41	47:43	1:18:53	1:45:13	3:47:40
SILVER	24:37	40:38	51:28	1:25:04	1:53:28	4:06:48
BRONZE	28:04	46:22	58:25	1:38:08	2:10:10	4:33:50

WOMEN	5K	5M	10K	10M	½Mar.	Marathon
SENIOR						
DIAMOND	17:05	28:20	35:30	58:35	1:17:50	2:43:35
GOLD	18:34	30:43	38:36	1:04:06	1:24:36	2:54:26
SILVER	19:58	33:15	41:48	1:09:02	1:31:35	3:08:28
BRONZE	22:20	38:20	46:30	1:17:10	1:42:30	3:28:05
WV35						
DIAMOND	17:30	28:36	36:25	59:48	1:19:25	2:45:50
GOLD	19:00	30:23	38:45	1:03:31	1:24:20	2:56:15
SILVER	20:40	32:24	41:20	1:07:48	1:30:00	3:08:00
BRONZE	23:35	37:54	47:28	1:18:38	1:44:18	3:36:00
WV40						
DIAMOND	18:15	29:55	37:45	1:02:30	1:23:30	2:53:40
GOLD	19:55	32:34	40:55	1:07:54	1:30:44	3:09:25
SILVER	21:35	35:26	44:16	1:13:38	1:38:25	3:23:40
BRONZE	24:40	39:22	49:15	1:21:40	1:49:06	3:47:26
WV45						
DIAMOND	19:25	31:40	39:40	1:05:50	1:28:30	3:04:30
GOLD	21:04	34:32	43:08	1:13:38	1:36:22	3:20:45
SILVER	22:40	37:35	44:46	1:17:54	1:44:18	3:36:50
BRONZE	26:15	41:38	51:56	1:26:16	1:55:50	4:01:48
WV50						
DIAMOND	20:40	33:55	42:25	1:10:05	1:34:30	3:16:40
GOLD	22:34	37:04	46:14	1:16:30	1:42:40	3:33:45
SILVER	24:08	39:58	49:54	1:22:44	1:51:24	3:51:20
BRONZE	27:55	44:30	55:32	1:31:54	2:03:32	4:18:04
WV55						
DIAMOND	22:40	36:30	45:35	1:15:10	1:41:30	3:31:30
GOLD	24:15	39:36	49:36	1:21:48	1:50:10	3:50:45
SILVER	25:56	43:03	53:48	1:28:40	1:59:40	4:08:50
BRONZE	29:56	47:46	59:40	1:38:22	2:12:34	4:37:12
WV60						
DIAMOND	23:50	39:15	49:15	1:20:45	1:49:40	3:47:55
GOLD	26:04	42:58	53:36	1:27:55	1:59:00	4:10:00
SILVER	28:10	46:30	58:04	1:35:20	2:08:50	4:30:40
BRONZE	32:05	51:34	1:04:24	1:45:51	2:22:45	5:00:02
WV65						
DIAMOND	25:50	42:45	53:20	1:27:40	1:58:20	4:11:30
GOLD	28:18	46:34	58:16	1:35:18	2:08:45	4:33:45
SILVER	30:24	50:18	1:02:14	1:43:16	2:19:30	4:56:20
BRONZE	33:55	56:03	1:10:04	1:54:24	2:34:44	5:29:36
WV70						
DIAMOND	28:20	46:50	58:30	1:35:10	2:09:20	4:40:15
GOLD	30:43	50:45	1:03:54	1:43:35	2:20:15	5:07:40
SILVER	33:18	55:16	1:09:06	1:52:20	2:32:25	5:32:50
BRONZE	38:05	61:18	1:16:46	2:04:38	2:48:38	6:09:56