

Men's Standards

Category - Open

Distance	World Standard 100%	Platinum Standard 120%	Gold Standard 135%	Silver Standard 150%	Bronze Standard 165%	Copper Standard 185%	Pewter Standard 200%
5km	00:12:58	00:15:34	00:17:30	00:19:27	00:21:24	00:23:59	00:25:56
5mile	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26	00:42:38
6mile	00:26:00	00:31:12	00:35:06	00:39:00	00:42:54	00:48:06	00:52:00
10km	00:26:58	00:32:22	00:36:24	00:40:27	00:44:30	00:49:53	00:53:56
7mile	00:30:35	00:36:42	00:41:17	00:45:53	00:50:28	00:56:35	01:01:10
8Mile	00:35:11	00:42:13	00:47:30	00:52:47	00:58:03	01:05:05	01:10:22
10Mile	00:44:40	00:53:36	01:00:18	01:07:00	01:13:42	01:22:38	01:29:20
Half Marathon	00:59:39	01:11:35	01:20:32	01:29:29	01:38:25	01:50:21	01:59:18
20Mile	01:40:13	02:00:16	02:15:18	02:30:19	02:45:21	03:05:24	03:20:26
Marathon	02:06:50	02:32:12	02:51:14	03:10:15	03:29:16	03:54:39	04:13:40

Category – 40-44

Distance	World Standard 100%	Platinum Standard 120%	Gold Standard 135%	Silver Standard 150%	Bronze Standard 165%	Copper Standard 185%	Pewter Standard 200%
5km	00:13:40	00:16:24	00:18:27	00:20:30	00:22:33	00:25:17	00:27:20
5mile	00:22:23	00:26:52	00:30:13	00:33:35	00:36:56	00:41:25	00:44:46
6mile	00:27:15	00:32:42	00:36:47	00:40:52	00:44:58	00:50:25	00:54:30
10km	00:28:16	00:33:55	00:38:10	00:42:24	00:46:38	00:52:18	00:56:32
7mile	00:32:03	00:38:28	00:43:16	00:48:04	00:52:53	00:59:18	01:04:06
8Mile	00:36:53	00:44:16	00:49:48	00:55:20	01:00:51	01:08:14	01:13:46
10Mile	00:46:37	00:55:56	01:02:56	01:09:56	01:16:55	01:26:14	01:33:14
Half Marathon	01:02:03	01:14:28	01:23:46	01:33:05	01:42:23	01:54:48	02:04:06
20Mile	01:44:04	02:04:53	02:20:29	02:36:06	02:51:43	03:12:31	03:28:08
Marathon	02:10:49	02:36:59	02:56:36	03:16:14	03:35:51	04:02:01	04:21:38

Category – 45-49

Distance	World Standard 100%	Platinum Standard 120%	Gold Standard 135%	Silver Standard 150%	Bronze Standard 165%	Copper Standard 185%	Pewter Standard 200%
5km	00:14:12	00:17:02	00:19:10	00:21:18	00:23:26	00:26:16	00:28:24
5mile	00:23:14	00:27:53	00:31:22	00:34:51	00:38:20	00:42:59	00:46:28
6mile	00:28:28	00:34:10	00:38:26	00:42:42	00:46:58	00:52:40	00:56:56
10km	00:29:31	00:35:25	00:39:51	00:44:16	00:48:42	00:54:36	00:59:02
7mile	00:33:29	00:40:11	00:45:12	00:50:14	00:55:15	01:01:57	01:06:58
8Mile	00:38:32	00:46:14	00:52:01	00:57:48	01:03:35	01:11:17	01:17:04
10Mile	00:48:23	00:58:04	01:05:19	01:12:35	01:19:50	01:29:31	01:36:46
Half Marathon	01:04:24	01:17:17	01:26:56	01:36:36	01:46:16	01:59:08	02:08:48
20Mile	01:48:01	02:09:37	02:25:49	02:42:01	02:58:14	03:19:50	03:36:02
Marathon	02:15:45	02:42:54	03:03:16	03:23:38	03:43:59	04:11:08	04:31:30

Category – 50-54

Distance	World Standard 100%	Platinum Standard 120%	Gold Standard 135%	Silver Standard 150%	Bronze Standard 165%	Copper Standard 185%	Pewter Standard 200%
5km	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	00:29:32
5mile	00:24:10	00:29:00	00:32:37	00:36:15	00:39:52	00:44:43	00:48:20
6mile	00:29:27	00:35:20	00:39:45	00:44:10	00:48:36	00:54:29	00:58:54
10km	00:30:32	00:36:38	00:41:13	00:45:48	00:50:23	00:56:29	01:01:04
7mile	00:34:38	00:41:34	00:46:45	00:51:57	00:57:09	01:04:04	01:09:16
8Mile	00:39:52	00:47:50	00:53:49	00:59:48	01:05:47	01:13:45	01:19:44
10Mile	00:50:20	01:00:24	01:07:57	01:15:30	01:23:03	01:33:07	01:40:40
Half Marathon	01:07:00	01:20:24	01:30:27	01:40:30	01:50:33	02:03:57	02:14:00
20Mile	01:52:21	02:14:49	02:31:40	02:48:31	03:05:23	03:27:51	03:44:42
Marathon	02:21:11	02:49:25	03:10:36	03:31:47	03:52:57	04:21:11	04:42:22

Men's Standards

Category – 55-59

Distance	World Standard 100%	Platinum Standard 120%	Gold Standard 135%	Silver Standard 150%	Bronze Standard 165%	Copper Standard 185%	Pewter Standard 200%
5km	00:15:25	00:18:30	00:20:49	00:23:07	00:25:26	00:28:31	00:30:50
5mile	00:25:14	00:30:17	00:34:04	00:37:51	00:41:38	00:46:41	00:50:28
6mile	00:30:43	00:36:52	00:41:28	00:46:05	00:50:41	00:56:50	01:01:26
10km	00:31:52	00:38:14	00:43:01	00:47:48	00:52:35	00:58:57	01:03:44
7mile	00:36:07	00:43:20	00:48:45	00:54:11	00:59:36	01:06:49	01:12:14
8Mile	00:41:35	00:49:54	00:56:08	01:02:23	01:08:37	01:16:56	01:23:10
10Mile	00:52:32	01:03:02	01:10:55	01:18:48	01:26:41	01:37:11	01:45:04
Half Marathon	01:09:55	01:23:54	01:34:23	01:44:53	01:55:22	02:09:21	02:19:50
20Mile	01:57:15	02:20:42	02:38:17	02:55:52	03:13:28	03:36:55	03:54:30
Marathon	02:27:19	02:56:47	03:18:53	03:40:59	04:03:04	04:32:32	04:54:38

Category – 60-64

Distance	World Standard 100%	Platinum Standard 120%	Gold Standard 135%	Silver Standard 150%	Bronze Standard 165%	Copper Standard 185%	Pewter Standard 200%
5km	00:16:09	00:19:23	00:21:48	00:24:13	00:26:39	00:29:53	00:32:18
5mile	00:26:26	00:31:43	00:35:41	00:39:39	00:43:37	00:48:54	00:52:52
6mile	00:32:12	00:38:38	00:43:28	00:48:18	00:53:08	00:59:34	01:04:24
10km	00:33:24	00:40:05	00:45:05	00:50:06	00:55:07	01:01:47	01:06:48
7mile	00:37:52	00:45:26	00:51:07	00:56:48	01:02:29	01:10:03	01:15:44
8Mile	00:43:35	00:52:18	00:58:50	01:05:23	01:11:55	01:20:38	01:27:10
10Mile	00:55:03	01:06:04	01:14:19	01:22:34	01:30:50	01:41:51	01:50:06
Half Marathon	01:13:15	01:27:54	01:38:53	01:49:52	02:00:52	02:15:31	02:26:30
20Mile	02:02:51	02:27:25	02:45:51	03:04:17	03:22:42	03:47:16	04:05:42
Marathon	02:34:20	03:05:12	03:28:21	03:51:30	04:14:39	04:45:31	05:08:40

Category – 65-69

Distance	World Standard 100%	Platinum Standard 120%	Gold Standard 135%	Silver Standard 150%	Bronze Standard 165%	Copper Standard 185%	Pewter Standard 200%
5km	00:17:01	00:20:25	00:22:58	00:25:31	00:28:05	00:31:29	00:34:02
5mile	00:27:52	00:33:26	00:37:37	00:41:48	00:45:59	00:51:33	00:55:44
6mile	00:33:56	00:40:43	00:45:49	00:50:54	00:55:59	01:02:47	01:07:52
10km	00:35:12	00:42:14	00:47:31	00:52:48	00:58:05	01:05:07	01:10:24
7mile	00:39:55	00:47:54	00:53:53	00:59:52	01:05:52	01:13:51	01:19:50
8Mile	00:45:56	00:55:07	01:02:01	01:08:54	01:15:47	01:24:59	01:31:52
10Mile	00:58:01	01:09:37	01:18:19	01:27:02	01:35:44	01:47:20	01:56:02
Half Marathon	01:19:11	01:35:01	01:46:54	01:58:46	02:10:39	02:26:29	02:38:22
20Mile	02:09:26	02:35:19	02:54:44	03:14:09	03:33:34	03:59:27	04:18:52
Marathon	02:42:35	03:15:06	03:39:29	04:03:53	04:28:16	05:00:47	05:25:10