

Required Results for Age Grade Male 70%

age	5kmRoad	8kmRoad	5MileRoad	10kmRoad	15km	10Mile	20km	Half Mar	25km	30km	Marathon
13	0:20:01	0:32:43	0:33:35	0:41:14	1:03:09	1:07:53	1:25:16	1:30:06	1:48:09	2:11:26	3:09:45
14	0:19:33	0:31:57	0:32:52	0:40:16	1:01:41	1:06:19	1:23:17	1:28:01	1:45:39	2:08:23	3:05:21
15	0:19:11	0:31:21	0:32:14	0:39:31	1:00:32	1:05:05	1:21:44	1:26:22	1:43:41	2:06:00	3:01:54
16	0:18:55	0:30:54	0:31:43	0:38:57	0:59:40	1:04:09	1:20:34	1:25:08	1:42:12	2:04:12	2:59:18
17	0:18:41	0:30:32	0:31:17	0:38:29	0:58:56	1:03:22	1:19:35	1:24:06	1:40:58	2:02:41	2:57:07
18	0:18:33	0:30:18	0:30:54	0:38:11	0:58:29	1:02:53	1:18:59	1:23:27	1:40:11	2:01:45	2:55:45
19	0:18:32	0:30:17	0:30:31	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
20	0:18:32	0:30:17	0:30:12	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
21	0:18:32	0:30:17	0:29:59	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
22	0:18:32	0:30:17	0:29:53	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
23	0:18:32	0:30:17	0:29:52	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
24	0:18:32	0:30:17	0:29:52	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
25	0:18:32	0:30:17	0:29:52	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
26	0:18:32	0:30:17	0:29:52	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
27	0:18:32	0:30:17	0:29:52	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
28	0:18:33	0:30:17	0:29:53	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
29	0:18:34	0:30:17	0:29:54	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
30	0:18:36	0:30:17	0:29:57	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
31	0:18:38	0:30:19	0:30:01	0:38:10	0:58:27	1:02:50	1:18:55	1:23:24	1:40:07	2:01:40	2:55:38
32	0:18:42	0:30:22	0:30:06	0:38:13	0:58:29	1:02:52	1:18:56	1:23:25	1:40:08	2:01:41	2:55:40
33	0:18:46	0:30:27	0:30:13	0:38:17	0:58:34	1:02:57	1:19:01	1:23:29	1:40:13	2:01:48	2:55:50
34	0:18:51	0:30:33	0:30:22	0:38:23	0:58:41	1:03:04	1:19:09	1:23:37	1:40:23	2:01:59	2:56:07
35	0:18:56	0:30:40	0:30:31	0:38:31	0:58:51	1:03:14	1:19:20	1:23:49	1:40:37	2:02:16	2:56:31
36	0:19:03	0:30:48	0:30:42	0:38:40	0:59:03	1:03:28	1:19:35	1:24:04	1:40:55	2:02:38	2:57:03
37	0:19:10	0:30:58	0:30:55	0:38:51	0:59:18	1:03:43	1:19:54	1:24:24	1:41:18	2:03:07	2:57:44
38	0:19:18	0:31:09	0:31:09	0:39:04	0:59:36	1:04:02	1:20:16	1:24:47	1:41:46	2:03:40	2:58:33
39	0:19:26	0:31:22	0:31:23	0:39:18	0:59:57	1:04:24	1:20:42	1:25:14	1:42:19	2:04:21	2:59:31
40	0:19:35	0:31:36	0:31:37	0:39:35	1:00:20	1:04:49	1:21:12	1:25:45	1:42:57	2:05:06	3:00:36
41	0:19:43	0:31:50	0:31:51	0:39:53	1:00:47	1:05:17	1:21:46	1:26:21	1:43:39	2:05:58	3:01:51
42	0:19:51	0:32:05	0:32:05	0:40:12	1:01:16	1:05:48	1:22:24	1:27:01	1:44:27	2:06:56	3:03:16
43	0:20:00	0:32:20	0:32:20	0:40:31	1:01:45	1:06:20	1:23:05	1:27:44	1:45:19	2:07:59	3:04:46

Required Results for Age Grade Male 70%

age	5kmRoad	8kmRoad	5MileRoad	10kmRoad	15km	10Mile	20km	Half Mar	25km	30km	Marathon
44	0:20:09	0:32:35	0:32:35	0:40:51	1:02:16	1:06:53	1:23:46	1:28:27	1:46:11	2:09:02	3:06:17
45	0:20:18	0:32:50	0:32:50	0:41:11	1:02:46	1:07:26	1:24:28	1:29:12	1:47:04	2:10:07	3:07:51
46	0:20:27	0:33:06	0:33:05	0:41:31	1:03:17	1:07:59	1:25:10	1:29:56	1:47:58	2:11:12	3:09:24
47	0:20:36	0:33:22	0:33:21	0:41:51	1:03:49	1:08:33	1:25:53	1:30:42	1:48:53	2:12:19	3:11:01
48	0:20:45	0:33:38	0:33:37	0:42:12	1:04:21	1:09:08	1:26:37	1:31:28	1:49:48	2:13:27	3:12:39
49	0:20:54	0:33:54	0:33:53	0:42:33	1:04:54	1:09:44	1:27:22	1:32:16	1:50:45	2:14:36	3:14:19
50	0:21:04	0:34:11	0:34:09	0:42:55	1:05:27	1:10:20	1:28:07	1:33:04	1:51:43	2:15:46	3:16:00
51	0:21:14	0:34:28	0:34:26	0:43:16	1:06:01	1:10:56	1:28:54	1:33:52	1:52:41	2:16:57	3:17:42
52	0:21:24	0:34:45	0:34:43	0:43:39	1:06:36	1:11:33	1:29:40	1:34:42	1:53:41	2:18:09	3:19:27
53	0:21:34	0:35:02	0:35:00	0:44:01	1:07:11	1:12:11	1:30:28	1:35:33	1:54:42	2:19:23	3:21:14
54	0:21:44	0:35:20	0:35:17	0:44:24	1:07:47	1:12:49	1:31:17	1:36:25	1:55:44	2:20:39	3:23:03
55	0:21:54	0:35:38	0:35:35	0:44:48	1:08:23	1:13:29	1:32:07	1:37:17	1:56:47	2:21:56	3:24:54
56	0:22:04	0:35:57	0:35:53	0:45:11	1:09:00	1:14:09	1:32:57	1:38:10	1:57:51	2:23:13	3:26:45
57	0:22:15	0:36:15	0:36:12	0:45:36	1:09:38	1:14:49	1:33:49	1:39:05	1:58:56	2:24:32	3:28:40
58	0:22:26	0:36:34	0:36:30	0:46:00	1:10:16	1:15:31	1:34:41	1:40:01	2:00:03	2:25:54	3:30:37
59	0:22:37	0:36:53	0:36:49	0:46:25	1:10:55	1:16:13	1:35:34	1:40:57	2:01:11	2:27:16	3:32:37
60	0:22:48	0:37:13	0:37:09	0:46:51	1:11:35	1:16:56	1:36:29	1:41:55	2:02:21	2:28:40	3:34:38
61	0:23:00	0:37:33	0:37:28	0:47:17	1:12:16	1:17:39	1:37:24	1:42:53	2:03:30	2:30:05	3:36:40
62	0:23:11	0:37:53	0:37:48	0:47:44	1:12:57	1:18:24	1:38:21	1:43:53	2:04:42	2:31:33	3:38:47
63	0:23:23	0:38:14	0:38:09	0:48:11	1:13:39	1:19:10	1:39:19	1:44:54	2:05:56	2:33:02	3:40:56
64	0:23:35	0:38:36	0:38:30	0:48:38	1:14:22	1:19:56	1:40:17	1:45:57	2:07:11	2:34:33	3:43:07
65	0:23:47	0:38:57	0:38:51	0:49:06	1:15:06	1:20:43	1:41:17	1:47:00	2:08:27	2:36:06	3:45:21
66	0:23:59	0:39:19	0:39:12	0:49:35	1:15:51	1:21:31	1:42:18	1:48:04	2:09:44	2:37:39	3:47:36
67	0:24:12	0:39:41	0:39:34	0:50:04	1:16:36	1:22:21	1:43:21	1:49:10	2:11:03	2:39:16	3:49:55
68	0:24:25	0:40:04	0:39:57	0:50:34	1:17:23	1:23:11	1:44:25	1:50:18	2:12:24	2:40:54	3:52:18
69	0:24:40	0:40:28	0:40:22	0:51:05	1:18:10	1:24:02	1:45:29	1:51:27	2:13:47	2:42:35	3:54:43
70	0:24:57	0:40:55	0:40:49	0:51:38	1:19:00	1:24:54	1:46:36	1:52:37	2:15:12	2:44:18	3:57:11
71	0:25:15	0:41:24	0:41:19	0:52:14	1:19:54	1:25:53	1:47:47	1:53:52	2:16:41	2:46:07	3:59:49
72	0:25:35	0:41:56	0:41:53	0:52:55	1:20:54	1:26:57	1:49:06	1:55:15	2:18:21	2:48:08	4:02:44
73	0:25:57	0:42:32	0:42:29	0:53:39	1:22:00	1:28:08	1:50:34	1:56:48	2:20:13	2:50:24	4:05:59
74	0:26:20	0:43:11	0:43:09	0:54:29	1:23:14	1:29:26	1:52:11	1:58:30	2:22:15	2:52:52	4:09:33

Required Results for Age Grade Male 70%

age	5kmRoad	8kmRoad	5MileRoad	10kmRoad	15km	10Mile	20km	Half Mar	25km	30km	Marathon
75	0:26:46	0:43:53	0:43:53	0:55:22	1:24:34	1:30:52	1:53:57	2:00:22	2:24:29	2:55:35	4:13:29