

### Required Results for Age Grade Male 73%

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

### Required Results for Age Grade Male 73%

age	5kmRoad	8kmRoad	5MileRoad	10kmRoad	15km	10Mile	20km	Half Mar	25km	30km	Marathon
47	19:44	32:25	32:37	41:04	1:02:31	1:07:21	1:24:36	1:29:26	1:46:51	2:09:28	3:06:02
48	19:53	32:40	32:53	41:23	1:03:02	1:07:55	1:25:19	1:30:11	1:47:46	2:10:35	3:07:40
49	20:03	32:56	33:09	41:43	1:03:33	1:08:28	1:26:02	1:30:56	1:48:41	2:11:43	3:09:20
50	20:12	33:12	33:25	42:03	1:04:05	1:09:03	1:26:46	1:31:43	1:49:38	2:12:52	3:11:03
51	20:22	33:28	33:41	42:24	1:04:37	1:09:38	1:27:31	1:32:30	1:50:35	2:14:03	3:12:46
52	20:32	33:45	33:57	42:44	1:05:10	1:10:13	1:28:16	1:33:19	1:51:33	2:15:15	3:14:31
53	20:42	34:01	34:14	43:05	1:05:43	1:10:49	1:29:02	1:34:08	1:52:33	2:16:27	3:16:18
54	20:53	34:18	34:31	43:27	1:06:17	1:11:26	1:29:49	1:34:58	1:53:33	2:17:41	3:18:07
55	21:03	34:36	34:49	43:49	1:06:52	1:12:03	1:30:37	1:35:48	1:54:34	2:18:57	3:20:00
56	21:14	34:53	35:06	44:11	1:07:27	1:12:41	1:31:25	1:36:40	1:55:37	2:20:14	3:21:53
57	21:25	35:11	35:24	44:34	1:08:03	1:13:20	1:32:15	1:37:33	1:56:41	2:21:32	3:23:49
58	21:36	35:29	35:43	44:57	1:08:39	1:14:00	1:33:06	1:38:26	1:57:46	2:22:52	3:25:46
59	21:47	35:48	36:01	45:20	1:09:16	1:14:40	1:33:57	1:39:21	1:58:52	2:24:14	3:27:46
60	21:58	36:06	36:20	45:44	1:09:54	1:15:20	1:34:50	1:40:16	1:59:59	2:25:37	3:29:50
61	22:10	36:26	36:39	46:08	1:10:32	1:16:02	1:35:43	1:41:13	2:01:08	2:27:02	3:31:55
62	22:22	36:45	36:59	46:33	1:11:11	1:16:45	1:36:37	1:42:11	2:02:19	2:28:27	3:34:02
63	22:34	37:05	37:19	46:58	1:11:51	1:17:28	1:37:32	1:43:10	2:03:30	2:29:55	3:36:12
64	22:46	37:25	37:39	47:24	1:12:32	1:18:12	1:38:29	1:44:10	2:04:43	2:31:25	3:38:24
65	22:59	37:46	38:00	47:49	1:13:13	1:18:57	1:39:26	1:45:11	2:05:57	2:32:57	3:40:41
66	23:11	38:07	38:21	48:16	1:13:55	1:19:42	1:40:26	1:46:13	2:07:12	2:34:30	3:42:59
67	23:24	38:28	38:42	48:43	1:14:38	1:20:29	1:41:25	1:47:17	2:08:30	2:36:06	3:45:20
68	23:38	38:50	39:04	49:11	1:15:22	1:21:17	1:42:26	1:48:22	2:09:49	2:37:43	3:47:44
69	23:52	39:14	39:29	49:41	1:16:07	1:22:05	1:43:29	1:49:28	2:11:09	2:39:23	3:50:11
70	24:09	39:41	39:56	50:15	1:16:56	1:22:57	1:44:33	1:50:36	2:12:32	2:41:03	3:52:43
71	24:26	40:10	40:25	50:52	1:17:51	1:23:55	1:45:43	1:51:50	2:13:59	2:42:49	3:55:19
72	24:46	40:42	40:58	51:33	1:18:51	1:24:59	1:47:01	1:53:12	2:15:37	2:44:46	3:58:10
73	25:08	41:18	41:34	52:19	1:19:57	1:26:10	1:48:27	1:54:43	2:17:25	2:46:58	4:01:19
74	25:32	41:57	42:13	53:08	1:21:11	1:27:28	1:50:03	1:56:24	2:19:25	2:49:21	4:04:48
75	25:57	42:39	42:56	54:02	1:22:31	1:28:53	1:51:47	1:58:15	2:21:36	2:52:01	4:08:39