

Required Results for Age Grade Female 71%

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

Required Results for Age Grade Female 71%

age	5kmRoad	8kmRoad	5MileRoad	10kmRoad	15km	10Mile	20km	Half Mar	25km	30km	Marathon
45	0:22:07	0:36:08	0:36:24	0:45:41	1:09:35	1:14:46	1:33:27	1:38:49	1:57:57	2:22:21	3:24:41
46	0:22:19	0:36:29	0:36:46	0:46:08	1:10:17	1:15:31	1:34:23	1:39:48	1:59:07	2:23:46	3:26:47
47	0:22:32	0:36:51	0:37:11	0:46:37	1:11:01	1:16:19	1:35:23	1:40:51	2:00:25	2:25:20	3:29:05
48	0:22:46	0:37:16	0:37:38	0:47:09	1:11:49	1:17:11	1:36:28	1:42:00	2:01:47	2:27:00	3:31:32
49	0:23:01	0:37:41	0:38:07	0:47:42	1:12:40	1:18:06	1:37:36	1:43:12	2:03:14	2:28:47	3:34:09
50	0:23:16	0:38:07	0:38:37	0:48:16	1:13:32	1:19:01	1:38:46	1:44:26	2:04:45	2:30:36	3:36:50
51	0:23:31	0:38:34	0:39:07	0:48:51	1:14:26	1:19:59	1:39:58	1:45:41	2:06:16	2:32:27	3:39:34
52	0:23:47	0:39:01	0:39:39	0:49:26	1:15:20	1:20:58	1:41:11	1:46:59	2:07:50	2:34:22	3:42:23
53	0:24:03	0:39:29	0:40:11	0:50:03	1:16:16	1:21:58	1:42:26	1:48:19	2:09:26	2:36:18	3:45:17
54	0:24:19	0:39:58	0:40:44	0:50:40	1:17:14	1:22:59	1:43:43	1:49:40	2:11:05	2:38:19	3:48:15
55	0:24:36	0:40:27	0:41:18	0:51:19	1:18:13	1:24:03	1:45:02	1:51:04	2:12:47	2:40:22	3:51:17
56	0:24:53	0:40:57	0:41:53	0:51:58	1:19:13	1:25:07	1:46:24	1:52:29	2:14:30	2:42:29	3:54:25
57	0:25:11	0:41:28	0:42:29	0:52:38	1:20:15	1:26:14	1:47:47	1:53:57	2:16:17	2:44:38	3:57:38
58	0:25:29	0:42:00	0:43:06	0:53:20	1:21:19	1:27:22	1:49:12	1:55:28	2:18:06	2:46:52	4:00:56
59	0:25:47	0:42:32	0:43:44	0:54:02	1:22:24	1:28:32	1:50:40	1:57:00	2:19:59	2:49:08	4:04:20
60	0:26:06	0:43:05	0:44:23	0:54:46	1:23:31	1:29:45	1:52:10	1:58:35	2:21:55	2:51:30	4:07:49
61	0:26:25	0:43:40	0:45:04	0:55:31	1:24:40	1:30:59	1:53:42	2:00:13	2:23:53	2:53:54	4:11:25
62	0:26:45	0:44:15	0:45:46	0:56:17	1:25:51	1:32:15	1:55:17	2:01:54	2:25:55	2:56:23	4:15:07
63	0:27:06	0:44:51	0:46:29	0:57:04	1:27:03	1:33:33	1:56:55	2:03:37	2:28:01	2:58:57	4:18:55
64	0:27:26	0:45:28	0:47:13	0:57:53	1:28:18	1:34:53	1:58:36	2:05:24	2:30:11	3:01:34	4:22:51
65	0:27:48	0:46:06	0:47:59	0:58:43	1:29:35	1:36:16	2:00:19	2:07:13	2:32:24	3:04:18	4:26:54
66	0:28:10	0:46:45	0:48:46	0:59:35	1:30:55	1:37:41	2:02:06	2:09:06	2:34:41	3:07:04	4:31:04
67	0:28:32	0:47:26	0:49:35	1:00:28	1:32:16	1:39:09	2:03:56	2:11:02	2:37:02	3:09:58	4:35:22
68	0:28:55	0:48:07	0:50:26	1:01:23	1:33:41	1:40:40	2:05:49	2:13:01	2:39:29	3:12:55	4:39:49
69	0:29:19	0:48:50	0:51:18	1:02:19	1:35:07	1:42:13	2:07:45	2:15:05	2:41:59	3:15:59	4:44:24
70	0:29:43	0:49:34	0:52:12	1:03:17	1:36:37	1:43:49	2:09:46	2:17:12	2:44:34	3:19:08	4:49:09
71	0:30:09	0:50:19	0:53:08	1:04:17	1:38:09	1:45:29	2:11:50	2:19:23	2:47:14	3:22:24	4:54:03
72	0:30:34	0:51:06	0:54:06	1:05:19	1:39:45	1:47:11	2:13:58	2:21:38	2:50:00	3:25:46	4:59:08
73	0:31:01	0:51:54	0:55:07	1:06:23	1:41:23	1:48:57	2:16:10	2:23:58	2:52:51	3:29:16	5:04:23
74	0:31:29	0:52:44	0:56:09	1:07:29	1:43:05	1:50:46	2:18:27	2:26:23	2:55:48	3:32:53	5:09:49
75	0:31:57	0:53:35	0:57:14	1:08:37	1:44:50	1:52:40	2:20:48	2:28:52	2:58:50	3:36:38	5:15:40