

Required Results for Age Grade Male 73%

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

Required Results for Age Grade Male 73%

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