

Male Seniors	Gold	Silver	Bronze	Merit
10k	00:31:15	00:34:08	00:37:14	00:40:43
10 miles	00:52:10	00:57:00	01:02:00	01:08:00
Half marathon	01:10:00	01:16:00	01:25:00	01:32:00
Full marathon	02:30:00	02:45:00	03:00:00	03:15:00

MV 40	Gold	Silver	Bronze	Merit
10k	00:34:08	00:37:14	00:40:43	00:43:20
10 miles	00:57:00	01:02:00	01:08:00	01:12:00
Half marathon	01:16:00	01:25:00	01:32:00	01:38:00
Full marathon	02:45:00	03:00:00	03:15:00	03:30:00

MV 45	Gold	Silver	Bronze	Merit
10k	00:35:41	00:38:59	00:42:02	00:45:00
10 miles	00:59:30	01:05:00	01:10:00	01:14:30
Half marathon	01:20:30	01:28:30	01:35:00	01:41:30
Full marathon	02:52:30	03:07:30	03:22:30	03:37:30

MV 50	Gold	Silver	Bronze	Merit
10k	00:37:14	00:40:43	00:43:20	00:46:40
10 miles	01:02:00	01:08:00	01:12:00	01:17:00
Half marathon	01:25:00	01:32:00	01:38:00	01:45:00
Full marathon	03:00:00	03:15:00	03:30:00	03:45:00

MV 55	Gold	Silver	Bronze	Merit
10k	00:38:59	00:42:02	00:45:00	00:48:33
10 miles	01:05:00	01:10:00	01:14:30	01:21:00
Half marathon	01:28:30	01:35:00	01:41:30	01:50:00
Full marathon	03:07:30	03:22:30	03:37:30	03:57:30

MV 60	Gold	Silver	Bronze	Merit
10k	00:40:43	00:43:20	00:46:40	00:50:25
10 miles	01:08:00	01:12:00	01:17:00	01:25:00
Half marathon	01:32:00	01:38:00	01:45:00	01:55:00
Full marathon	03:15:00	03:30:00	03:45:00	04:10:00

Female Seniors	Gold	Silver	Bronze	Merit
10k	00:37:14	00:40:43	00:43:20	00:46:40
10 miles	01:02:00	01:08:00	01:12:00	01:17:00
Half marathon	01:25:00	01:32:00	01:38:00	01:45:00
Full marathon	03:00:00	03:15:00	03:30:00	03:45:00

LV35	Gold	Silver	Bronze	Merit
10k	00:40:43	00:43:20	00:46:40	00:50:54
10 miles	01:08:00	01:12:00	01:17:00	01:24:00
Half marathon	01:32:00	01:38:00	01:45:00	01:54:00
Full marathon	03:15:00	03:30:00	03:45:00	04:05:00

LV40	Gold	Silver	Bronze	Merit
10k	00:42:02	00:45:00	00:48:47	00:52:30
10 miles	01:10:00	01:14:30	01:20:30	01:27:00
Half marathon	01:35:00	01:41:30	01:49:30	01:57:30
Full marathon	03:22:30	03:37:30	03:55:00	04:12:30

LV45	Gold	Silver	Bronze	Merit
10k	00:43:20	00:46:40	00:50:54	00:54:05
10 miles	01:12:00	01:17:00	01:24:00	01:30:00
Half marathon	01:38:00	01:45:00	01:54:00	02:01:00
Full marathon	03:30:00	03:45:00	04:05:00	04:20:00

LV50	Gold	Silver	Bronze	Merit
10k	00:45:00	00:48:47	00:52:30	00:56:13
10 miles	01:14:30	01:20:30	01:27:00	01:32:30
Half marathon	01:41:30	01:49:30	01:57:30	02:04:00
Full marathon	03:37:30	03:55:00	04:12:30	04:29:30

LV55	Gold	Silver	Bronze	Merit
10k	00:46:40	00:50:54	00:54:05	00:58:20
10 miles	01:17:00	01:24:00	01:30:00	01:35:00
Half marathon	01:45:00	01:54:00	02:01:00	02:07:00
Full marathon	03:45:00	04:05:00	04:20:00	04:39:00