

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|-----------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| 5k | | | | | | | | | | |
| open | 00:14:24 | 00:16:34 | 00:17:17 | 00:18:22 | 00:19:48 | 00:21:36 | 00:23:46 | 00:26:17 | 00:29:10 | 00:32:24 |
| 35-39 | 00:14:45 | 00:16:58 | 00:17:42 | 00:18:48 | 00:20:17 | 00:22:08 | 00:24:20 | 00:26:55 | 00:29:52 | 00:33:11 |
| 40-44 | 00:15:22 | 00:17:40 | 00:18:26 | 00:19:36 | 00:21:08 | 00:23:03 | 00:25:21 | 00:28:03 | 00:31:07 | 00:34:34 |
| 45-49 | 00:16:03 | 00:18:27 | 00:19:16 | 00:20:28 | 00:22:04 | 00:24:05 | 00:26:29 | 00:29:17 | 00:32:30 | 00:36:07 |
| 50-54 | 00:16:48 | 00:19:19 | 00:20:10 | 00:21:25 | 00:23:06 | 00:25:12 | 00:27:43 | 00:30:40 | 00:34:01 | 00:37:48 |
| 55-59 | 00:17:39 | 00:20:18 | 00:21:11 | 00:22:30 | 00:24:16 | 00:26:28 | 00:29:07 | 00:32:13 | 00:35:44 | 00:39:43 |
| 60-64 | 00:18:39 | 00:21:27 | 00:22:23 | 00:23:47 | 00:25:39 | 00:27:58 | 00:30:46 | 00:34:02 | 00:37:46 | 00:41:58 |
| 65 & Over | 00:19:50 | 00:22:48 | 00:23:48 | 00:25:17 | 00:27:16 | 00:29:45 | 00:32:43 | 00:36:12 | 00:40:10 | 00:44:37 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|---------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| 5 mile | | | | | | | | | | |
| open | 00:23:39 | 00:27:12 | 00:28:23 | 00:30:09 | 00:32:31 | 00:35:29 | 00:39:01 | 00:43:10 | 00:47:53 | 00:53:13 |
| 35-39 | 00:24:08 | 00:27:45 | 00:28:58 | 00:30:46 | 00:33:11 | 00:36:12 | 00:39:49 | 00:44:03 | 00:48:52 | 00:54:18 |
| 40-44 | 00:25:08 | 00:28:54 | 00:30:10 | 00:32:03 | 00:34:34 | 00:37:42 | 00:41:28 | 00:45:52 | 00:50:54 | 00:56:33 |
| 45-49 | 00:26:15 | 00:30:11 | 00:31:30 | 00:33:28 | 00:36:06 | 00:39:22 | 00:43:19 | 00:47:54 | 00:53:09 | 00:59:04 |
| 50-54 | 00:27:29 | 00:31:36 | 00:32:59 | 00:35:02 | 00:37:47 | 00:41:14 | 00:45:21 | 00:50:09 | 00:55:39 | 01:01:50 |
| 55-59 | 00:28:53 | 00:33:13 | 00:34:40 | 00:36:50 | 00:39:43 | 00:43:20 | 00:47:39 | 00:52:43 | 00:58:29 | 01:04:59 |
| 60-64 | 00:30:30 | 00:35:04 | 00:36:36 | 00:38:53 | 00:41:56 | 00:45:45 | 00:50:19 | 00:55:40 | 01:01:46 | 01:08:37 |
| 65 & Over | 00:32:26 | 00:37:18 | 00:38:55 | 00:41:21 | 00:44:36 | 00:48:39 | 00:53:31 | 00:59:11 | 01:05:41 | 01:12:58 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|---------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| 6 mile | | | | | | | | | | |
| open | 00:28:57 | 00:33:18 | 00:34:44 | 00:36:55 | 00:39:48 | 00:43:25 | 00:47:46 | 00:52:50 | 00:58:37 | 01:05:08 |
| 35-39 | 00:29:29 | 00:33:54 | 00:35:23 | 00:37:35 | 00:40:32 | 00:44:14 | 00:48:39 | 00:53:48 | 00:59:42 | 01:06:20 |
| 40-44 | 00:30:43 | 00:35:19 | 00:36:52 | 00:39:10 | 00:42:14 | 00:46:05 | 00:50:41 | 00:56:03 | 01:02:12 | 01:09:07 |
| 45-49 | 00:32:03 | 00:36:51 | 00:38:28 | 00:40:52 | 00:44:04 | 00:48:04 | 00:52:53 | 00:58:29 | 01:04:54 | 01:12:07 |
| 50-54 | 00:33:34 | 00:38:36 | 00:40:17 | 00:42:48 | 00:46:09 | 00:50:21 | 00:55:23 | 01:01:16 | 01:07:58 | 01:15:32 |
| 55-59 | 00:35:15 | 00:40:32 | 00:42:18 | 00:44:57 | 00:48:28 | 00:52:52 | 00:58:10 | 01:04:20 | 01:11:23 | 01:19:19 |
| 60-64 | 00:37:15 | 00:42:50 | 00:44:42 | 00:47:30 | 00:51:13 | 00:55:53 | 01:01:28 | 01:07:59 | 01:15:26 | 01:23:49 |
| 65 & Over | 00:39:35 | 00:45:31 | 00:47:30 | 00:50:28 | 00:54:26 | 00:59:23 | 01:05:19 | 01:12:14 | 01:20:09 | 01:29:04 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| 10k | | | | | | | | | | |
| open | 00:29:55 | 00:34:24 | 00:35:54 | 00:38:09 | 00:41:08 | 00:44:53 | 00:49:22 | 00:54:36 | 01:00:35 | 01:07:19 |
| 35-39 | 00:30:28 | 00:35:02 | 00:36:34 | 00:38:51 | 00:41:53 | 00:45:42 | 00:50:16 | 00:55:36 | 01:01:42 | 01:08:33 |
| 40-44 | 00:31:44 | 00:36:30 | 00:38:05 | 00:40:28 | 00:43:38 | 00:47:36 | 00:52:22 | 00:57:55 | 01:04:16 | 01:11:24 |
| 45-49 | 00:33:07 | 00:38:05 | 00:39:44 | 00:42:13 | 00:45:32 | 00:49:41 | 00:54:39 | 01:00:26 | 01:07:04 | 01:14:31 |
| 50-54 | 00:34:41 | 00:39:53 | 00:41:37 | 00:44:13 | 00:47:41 | 00:52:02 | 00:57:14 | 01:03:18 | 01:10:14 | 01:18:02 |
| 55-59 | 00:36:26 | 00:41:54 | 00:43:43 | 00:46:27 | 00:50:06 | 00:54:39 | 01:00:07 | 01:06:29 | 01:13:47 | 01:21:59 |
| 60-64 | 00:38:29 | 00:44:15 | 00:46:11 | 00:49:04 | 00:52:55 | 00:57:44 | 01:03:30 | 01:10:14 | 01:17:56 | 01:26:35 |
| 65 & Over | 00:40:54 | 00:47:02 | 00:49:05 | 00:52:09 | 00:56:14 | 01:01:21 | 01:07:29 | 01:14:39 | 01:22:49 | 01:32:01 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|---------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| 7 mile | | | | | | | | | | |
| open | 00:33:47 | 00:38:51 | 00:40:32 | 00:43:04 | 00:46:27 | 00:50:41 | 00:55:45 | 01:01:39 | 01:08:25 | 01:16:01 |
| 35-39 | 00:34:24 | 00:39:34 | 00:41:17 | 00:43:52 | 00:47:18 | 00:51:36 | 00:56:46 | 01:02:47 | 01:09:40 | 01:17:24 |
| 40-44 | 00:35:50 | 00:41:13 | 00:43:00 | 00:45:41 | 00:49:16 | 00:53:45 | 00:59:08 | 01:05:24 | 01:12:34 | 01:20:37 |
| 45-49 | 00:37:23 | 00:42:59 | 00:44:52 | 00:47:40 | 00:51:24 | 00:56:05 | 01:01:41 | 01:08:13 | 01:15:42 | 01:24:07 |
| 50-54 | 00:39:10 | 00:45:02 | 00:47:00 | 00:49:56 | 00:53:51 | 00:58:45 | 01:04:38 | 01:11:29 | 01:19:19 | 01:28:07 |
| 55-59 | 00:41:08 | 00:47:18 | 00:49:22 | 00:52:27 | 00:56:34 | 01:01:42 | 01:07:52 | 01:15:04 | 01:23:18 | 01:32:33 |
| 60-64 | 00:43:27 | 00:49:58 | 00:52:08 | 00:55:24 | 00:59:45 | 01:05:11 | 01:11:42 | 01:19:18 | 01:27:59 | 01:37:46 |
| 65 & Over | 00:46:11 | 00:53:07 | 00:55:25 | 00:58:53 | 01:03:30 | 01:09:16 | 01:16:12 | 01:24:17 | 01:33:31 | 01:43:55 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|---------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| 8 mile | | | | | | | | | | |
| open | 00:38:36 | 00:44:23 | 00:46:19 | 00:49:13 | 00:53:05 | 00:57:54 | 01:03:41 | 01:10:27 | 01:18:10 | 01:26:51 |
| 35-39 | 00:39:19 | 00:45:13 | 00:47:11 | 00:50:08 | 00:54:04 | 00:58:59 | 01:04:52 | 01:11:45 | 01:19:37 | 01:28:28 |
| 40-44 | 00:40:57 | 00:47:06 | 00:49:08 | 00:52:13 | 00:56:18 | 01:01:26 | 01:07:34 | 01:14:44 | 01:22:55 | 01:32:08 |
| 45-49 | 00:42:44 | 00:49:09 | 00:51:17 | 00:54:29 | 00:58:45 | 01:04:06 | 01:10:31 | 01:17:59 | 01:26:32 | 01:36:09 |
| 50-54 | 00:44:45 | 00:51:28 | 00:53:42 | 00:57:03 | 01:01:32 | 01:07:08 | 01:13:50 | 01:21:40 | 01:30:37 | 01:40:41 |
| 55-59 | 00:47:01 | 00:54:04 | 00:56:25 | 00:59:57 | 01:04:39 | 01:10:32 | 01:17:35 | 01:25:48 | 01:35:13 | 01:45:47 |
| 60-64 | 00:49:39 | 00:57:06 | 00:59:35 | 01:03:18 | 01:08:16 | 01:14:28 | 01:21:55 | 01:30:37 | 01:40:32 | 01:51:43 |
| 65 & Over | 00:52:46 | 01:00:41 | 01:03:19 | 01:07:17 | 01:12:33 | 01:19:09 | 01:27:04 | 01:36:18 | 01:46:51 | 01:58:43 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|----------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| 10 mile | | | | | | | | | | |
| open | 00:49:23 | 00:56:47 | 00:59:16 | 01:02:58 | 01:07:54 | 01:14:05 | 01:21:29 | 01:30:07 | 01:40:00 | 01:51:07 |
| 35-39 | 00:50:04 | 00:57:35 | 01:00:05 | 01:03:50 | 01:08:51 | 01:15:06 | 01:22:37 | 01:31:22 | 01:41:23 | 01:52:39 |
| 40-44 | 00:52:08 | 00:59:57 | 01:02:34 | 01:06:28 | 01:11:41 | 01:18:12 | 01:26:01 | 01:35:09 | 01:45:34 | 01:57:18 |
| 45-49 | 00:54:24 | 01:02:34 | 01:05:17 | 01:09:22 | 01:14:48 | 01:21:36 | 01:29:46 | 01:39:17 | 01:50:10 | 02:02:24 |
| 50-54 | 00:56:57 | 01:05:30 | 01:08:20 | 01:12:37 | 01:18:18 | 01:25:26 | 01:33:58 | 01:43:56 | 01:55:19 | 02:08:08 |
| 55-59 | 00:59:49 | 01:08:47 | 01:11:47 | 01:16:16 | 01:22:15 | 01:29:44 | 01:38:42 | 01:49:10 | 02:01:08 | 02:14:35 |
| 60-64 | 01:03:09 | 01:12:37 | 01:15:47 | 01:20:31 | 01:26:50 | 01:34:43 | 01:44:12 | 01:55:15 | 02:07:53 | 02:22:05 |
| 65 & Over | 01:07:06 | 01:17:10 | 01:20:31 | 01:25:33 | 01:32:16 | 01:40:39 | 01:50:43 | 02:02:27 | 02:15:53 | 02:30:59 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|----------------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| Half Marathon | | | | | | | | | | |
| open | 01:05:48 | 01:15:40 | 01:18:58 | 01:23:54 | 01:30:29 | 01:38:42 | 01:48:34 | 02:00:05 | 02:13:15 | 02:28:03 |
| 35-39 | 01:06:32 | 01:16:31 | 01:19:50 | 01:24:50 | 01:31:29 | 01:39:48 | 01:49:47 | 02:01:25 | 02:14:44 | 02:29:42 |
| 40-44 | 01:09:16 | 01:19:39 | 01:23:07 | 01:28:19 | 01:35:14 | 01:43:54 | 01:54:17 | 02:06:25 | 02:20:16 | 02:35:51 |
| 45-49 | 01:12:17 | 01:23:08 | 01:26:44 | 01:32:10 | 01:39:23 | 01:48:26 | 01:59:16 | 02:11:55 | 02:26:22 | 02:42:38 |
| 50-54 | 01:15:39 | 01:27:00 | 01:30:47 | 01:36:27 | 01:44:01 | 01:53:28 | 02:04:49 | 02:18:04 | 02:33:11 | 02:50:13 |
| 55-59 | 01:19:29 | 01:31:24 | 01:35:23 | 01:41:20 | 01:49:17 | 01:59:14 | 02:11:09 | 02:25:03 | 02:40:57 | 02:58:50 |
| 60-64 | 01:23:54 | 01:36:29 | 01:40:41 | 01:46:58 | 01:55:22 | 02:05:51 | 02:18:26 | 02:33:07 | 02:49:54 | 03:08:47 |
| 65 & Over | 01:29:09 | 01:42:31 | 01:46:59 | 01:53:40 | 02:02:35 | 02:13:43 | 02:27:06 | 02:42:42 | 03:00:32 | 03:20:35 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|-----------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| 20 Miles | | | | | | | | | | |
| open | 01:50:15 | 02:06:47 | 02:12:18 | 02:20:34 | 02:31:36 | 02:45:22 | 03:01:55 | 03:21:12 | 03:43:15 | 04:08:04 |
| 35-39 | 01:51:36 | 02:08:20 | 02:13:55 | 02:22:17 | 02:33:27 | 02:47:24 | 03:04:08 | 03:23:40 | 03:45:59 | 04:11:06 |
| 40-44 | 01:55:51 | 02:13:14 | 02:19:01 | 02:27:43 | 02:39:18 | 02:53:46 | 03:11:09 | 03:31:26 | 03:54:36 | 04:20:40 |
| 45-49 | 02:00:54 | 02:19:02 | 02:25:05 | 02:34:09 | 02:46:14 | 03:01:21 | 03:19:29 | 03:40:39 | 04:04:49 | 04:32:02 |
| 50-54 | 02:06:31 | 02:25:30 | 02:31:49 | 02:41:19 | 02:53:58 | 03:09:47 | 03:28:45 | 03:50:54 | 04:16:12 | 04:44:40 |
| 55-59 | 02:12:53 | 02:32:49 | 02:39:28 | 02:49:26 | 03:02:43 | 03:19:19 | 03:39:15 | 04:02:31 | 04:29:05 | 04:58:59 |
| 60-64 | 02:20:16 | 02:41:18 | 02:48:19 | 02:58:50 | 03:12:52 | 03:30:24 | 03:51:26 | 04:15:59 | 04:44:02 | 05:15:36 |
| 65 & Over | 02:29:01 | 02:51:22 | 02:58:49 | 03:10:00 | 03:24:54 | 03:43:31 | 04:05:53 | 04:31:57 | 05:01:46 | 05:35:17 |

| | | | 5% | 7.50% | 10% | 12.5% | 15% | 17.50% | 20% | 22.5% |
|-----------------|---------------------------|--------------|---------------|----------------|-------------|-------------|-------------|---------------|---------------|------------|
| Female | World Standard Times 100% | Rhodium 115% | Platinum 120% | Diamond 127.5% | Gold 137.5% | Silver 150% | Bronze 165% | Copper 182.5% | Pewter 202.5% | Steel 225% |
| Marathon | | | | | | | | | | |
| open | 02:18:51 | 02:39:41 | 02:46:37 | 02:57:02 | 03:10:55 | 03:28:17 | 03:49:06 | 04:13:24 | 04:41:10 | 05:12:25 |
| 35-39 | 02:19:09 | 02:40:01 | 02:46:59 | 02:57:25 | 03:11:20 | 03:28:44 | 03:49:36 | 04:13:57 | 04:41:47 | 05:13:05 |
| 40-44 | 02:24:50 | 02:46:33 | 02:53:48 | 03:04:40 | 03:19:09 | 03:37:15 | 03:58:59 | 04:24:19 | 04:53:17 | 05:25:52 |
| 45-49 | 02:31:05 | 02:53:45 | 03:01:18 | 03:12:38 | 03:27:44 | 03:46:38 | 04:09:17 | 04:35:44 | 05:05:57 | 05:39:56 |
| 50-54 | 02:38:03 | 03:01:45 | 03:09:40 | 03:21:31 | 03:37:19 | 03:57:05 | 04:20:47 | 04:48:26 | 05:20:03 | 05:55:37 |
| 55-59 | 02:45:57 | 03:10:51 | 03:19:08 | 03:31:35 | 03:48:11 | 04:08:56 | 04:33:49 | 05:02:52 | 05:36:03 | 06:13:23 |
| 60-64 | 02:55:06 | 03:21:22 | 03:30:07 | 03:43:15 | 04:00:46 | 04:22:39 | 04:48:55 | 05:19:33 | 05:54:35 | 06:33:59 |
| 65 & Over | 03:05:55 | 03:33:48 | 03:43:06 | 03:57:03 | 04:15:38 | 04:38:53 | 05:06:46 | 05:39:18 | 06:16:29 | 06:58:19 |