

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
03:00		15:00	16:17	24:08:00	30:00:00	48:17:00	01:03:18	02:06:35
	04:51	15:04	16:22	24:15:00	30:08:00	48:30:00	01:03:35	02:07:10
03:01		15:05	16:23	24:16:00	30:10:00	48:33:00	01:03:39	02:07:17
	04:52	15:07	16:25	24:20:00	30:14:00	48:40:00	01:03:48	02:07:36
03:02		15:10	16:28	24:25:00	30:20:00	48:50:00	01:04:00	02:07:59
	04:54	15:13	16:32	24:30:00	30:27:00	49:00:00	01:04:14	02:08:28
03:03		15:15	16:34	24:33:00	30:30:00	49:05:00	01:04:21	02:08:42
	04:55	15:17	16:35	24:35:00	30:33:00	49:10:00	01:04:27	02:08:55
	04:56	15:20	16:39	24:40:00	30:39:00	49:20:00	01:04:40	02:09:21
03:04		15:20	16:39	24:41:00	30:40:00	49:21:00	01:04:42	02:09:24
	04:57	15:23	16:42	24:45:00	30:46:00	49:30:00	01:04:53	02:09:47
03:05		15:25	16:45	24:49:00	30:50:00	49:37:00	01:05:03	02:10:06
	04:58	15:26	16:46	24:50:00	30:52:00	49:40:00	01:05:07	02:10:13
	04:59	15:29	16:49	24:55:00	30:58:00	49:50:00	01:05:20	02:10:39
03:06		15:30	16:50	24:57:00	31:00:00	49:53:00	01:05:24	02:10:48
	05:00	15:32	16:52	25:00:00	31:04:00	50:00:00	01:05:33	02:11:06
03:07		15:35	16:55	25:05:00	31:10:00	50:10:00	01:05:46	02:11:32
	05:02	15:38	16:59	25:10:00	31:17:00	50:20:00	01:05:59	02:11:58
03:08		15:40	17:01	25:13:00	31:20:00	50:26:00	01:06:06	02:12:13
	05:03	15:41	17:02	25:15:00	31:23:00	50:30:00	01:06:12	02:12:24
	05:04	15:44	17:06	25:20:00	31:29:00	50:40:00	01:06:25	02:12:50
03:09		15:45	17:06	25:21:00	31:30:00	50:42:00	01:06:27	02:12:55
	05:05	15:48	17:09	25:25:00	31:35:00	50:50:00	01:06:38	02:13:17
03:10		15:50	17:12	25:29:00	31:40:00	50:58:00	01:06:49	02:13:37
	05:06	15:51	17:13	25:30:00	31:41:00	51:00:00	01:06:51	02:13:43
	05:07	15:54	17:16	25:35:00	31:48:00	51:10:00	01:07:05	02:14:09
03:11		15:55	17:17	25:37:00	31:50:00	51:14:00	01:07:10	02:14:19
	05:08	15:57	17:19	25:40:00	31:54:00	51:20:00	01:07:18	02:14:35
03:12		16:00	17:23	25:45:00	32:00:00	51:30:00	01:07:31	02:15:02
	05:10	16:03	17:26	25:50:00	32:06:00	51:40:00	01:07:44	02:15:28
03:13		16:05	17:28	25:53:00	32:10:00	51:46:00	01:07:52	02:15:44
	05:11	16:06	17:29	25:55:00	32:12:00	51:50:00	01:07:57	02:15:54
	05:12	16:09	17:33	26:00:00	32:19:00	52:00:00	01:08:10	02:16:20
03:14		16:10	17:33	26:01:00	32:20:00	52:02:00	01:08:13	02:16:26
	05:13	16:12	17:36	26:05:00	32:25:00	52:10:00	01:08:23	02:16:46
03:15		16:15	17:39	26:09:00	32:30:00	52:18:00	01:08:34	02:17:08
	05:14	16:16	17:39	26:10:00	32:31:00	52:20:00	01:08:36	02:17:13
	05:15	16:19	17:43	26:15:00	32:37:00	52:30:00	01:08:49	02:17:39
03:16		16:20	17:44	26:17:00	32:40:00	52:34:00	01:08:55	02:17:50
	05:16	16:22	17:46	26:20:00	32:44:00	32:40:00	01:09:03	02:18:05

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
03:17	05:17	16:25	17:50	26:25:00	32:50:00	52:50:00	01:09:16	02:18:31
	05:18	16:28	17:53	26:30:00	32:56:00	53:00:00	01:09:29	02:18:58
03:18		16:30	17:55	26:33:00	33:00:00	53:07:00	01:09:37	02:19:15
	05:19	16:31	17:56	26:35:00	33:02:00	53:10:00	01:09:42	02:19:24
03:19	05:20	16:34	18:00	26:40:00	33:08:00	53:20:00	01:09:55	02:19:50
		16:35	18:01	26:41:00	33:10:00	53:23:00	01:09:58	02:19:57
03:20	05:21	16:37	18:03	26:45:00	33:15:00	53:30:00	01:10:08	02:20:16
		16:40	18:06	26:50:00	33:20:00	53:40:00	01:10:21	02:20:42
03:21	05:22	16:44	18:03	26:55:00	33:27:00	53:50:00	01:10:34	02:21:09
		16:45	18:12	26:57:00	33:30:00	53:55:00	01:10:41	02:21:21
03:22	05:24	16:47	18:13	27:00:00	33:33:00	54:00:00	01:10:47	02:21:35
		16:50	18:17	27:05:00	33:40:00	54:10:00	01:11:01	02:22:01
03:23	05:25	16:53	18:20	27:10:00	33:46:00	54:20:00	01:11:14	02:22:27
		16:55	18:22	27:13:00	33:50:00	54:27:00	01:11:23	02:22:46
03:24	05:27	16:56	18:23	27:15:00	33:52:00	54:30:00	01:11:27	02:22:54
		16:59	18:27	27:20:00	33:58:00	54:40:00	01:11:40	02:23:20
03:25	05:28	17:00	18:28	27:22:00	34:00:00	54:43:00	01:11:44	02:23:28
		17:02	18:30	27:25:00	34:04:00	54:50:00	01:11:53	02:23:46
03:26	05:29	17:05	18:33	27:30:00	34:10:00	55:00:00	01:12:06	02:24:12
		17:08	18:37	27:35:00	34:17:00	55:10:00	01:12:19	02:24:38
03:27	05:30	17:10	18:39	27:38:00	34:20:00	55:15:00	01:12:26	02:24:52
		17:11	18:40	27:40:00	34:23:00	55:20:00	01:12:32	02:25:05
03:28	05:31	17:15	18:44	27:45:00	34:30:00	55:30:00	01:12:45	02:25:31
		17:18	18:47	27:50:00	34:35:00	55:40:00	01:12:59	02:25:57
03:29	05:32	17:20	18:49	27:54:00	34:40:00	55:47:00	01:13:08	02:26:17
		17:21	18:50	27:55:00	34:42:00	55:50:00	01:13:12	02:26:23
03:30	05:33	17:24	18:54	28:00:00	34:48:00	56:00:00	01:13:25	02:26:49
		17:25	18:55	28:02:00	34:50:00	56:04:00	01:13:29	02:26:59
03:31	05:34	17:27	18:57	28:05:00	34:54:00	56:10:00	01:13:38	02:27:16
		17:30	19:00	28:10:00	35:00:00	56:20:00	01:13:51	02:27:42
03:32	05:35	17:33	19:04	28:15:00	35:05:00	56:30:00	01:14:04	02:28:08
		17:35	19:06	28:18:00	35:10:00	56:36:00	01:14:12	02:28:23
03:33	05:36	17:36	19:07	28:20:00	35:13:00	56:40:00	01:14:17	02:28:34
		17:39	19:11	28:25:00	35:19:00	56:50:00	01:14:30	02:29:01
03:34	05:37	17:40	19:12	28:26:00	35:20:00	56:52:00	01:14:33	02:29:05
		17:43	19:14	28:30:00	35:25:00	57:00:00	01:14:43	02:29:27
03:35	05:38	17:45	19:17	28:35:00	35:30:00	57:10:00	01:14:57	02:29:53
		17:49	19:21	28:40:00	35:38:00	57:20:00	01:15:10	02:30:19
03:36	05:39	17:50	19:22	28:42:00	35:40:00	57:24:00	01:15:15	02:30:30
		17:52	19:24	28:45:00	35:44:00	57:30:00	01:15:23	02:30:45
03:37	05:40	17:55	19:27	28:50:00	35:50:00	57:40:00	01:15:36	02:32:12

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
	05:47	17:58	19:31	28:55:00	35:56:00	57:50:00	01:15:49	02:31:38
03:36		18:00	19:33	28:58:00	36:00:00	57:56:00	01:15:57	02:31:54
	05:48	18:01	19:34	29:00:00	36:02:00	58:00:00	01:16:02	02:32:04
	05:49	18:04	19:37	29:05:00	36:09:00	58:10:00	01:16:15	02:32:30
03:37		18:05	19:38	29:06:00	36:10:00	58:12:00	01:16:18	02:32:36
	05:50	18:07	19:41	29:10:00	36:15:00	58:20:00	01:16:28	02:32:57
03:38		18:10	19:44	29:14:00	36:20:00	58:28:00	01:16:39	02:33:19
	05:51	18:11	19:45	29:15:00	36:21:00	58:30:00	01:16:41	02:33:23
	05:52	18:14	19:48	29:20:00	36:27:00	58:40:00	01:16:55	02:33:49
03:39		18:15	19:49	29:22:00	36:30:00	58:44:00	01:17:00	02:34:01
	05:53	18:17	19:51	29:25:00	36:33:00	58:50:00	01:17:08	02:34:15
03:40		18:20	19:55	29:30:00	36:40:00	59:00:00	01:17:21	02:34:41
	05:55	18:23	19:58	29:35:00	36:46:00	59:10:00	01:17:34	02:35:08
03:41		18:25	20:00	29:38:00	36:50:00	59:17:00	01:17:43	02:35:25
	05:56	18:26	20:01	29:40:00	36:52:00	59:20:00	01:17:47	02:35:34
	05:57	18:29	20:05	29:45:00	36:58:00	59:30:00	01:18:00	02:36:00
03:42		18:30	20:05	29:46:00	37:00:00	59:33:00	01:18:04	02:36:07
	05:58	18:32	20:08	29:50:00	37:05:00	59:40:00	01:18:13	02:36:26
03:43		18:35	20:11	29:55:00	37:10:00	59:50:00	01:18:26	02:36:53
	06:00	18:38	20:15	30:00:00	37:17:00	01:00:00	01:18:39	02:37:19
03:44		18:40	20:16	30:02:00	37:20:00	01:00:05	01:18:46	02:37:32
	06:01	18:42	20:18	30:05:00	37:23:00	01:00:10	01:18:52	02:37:45
03:45		18:45	20:22	30:10:00	37:30:00	01:00:20	01:19:06	02:38:11
	06:03	18:48	20:25	30:15:00	37:36:00	01:00:30	01:19:19	02:38:37
03:46		18:50	20:27	30:19:00	37:40:00	01:00:37	01:19:28	02:38:56
	06:04	18:51	20:28	30:20:00	37:42:00	01:00:40	01:19:32	02:39:04
	06:05	18:54	20:32	30:25:00	37:48:00	01:00:50	01:19:45	02:39:30
03:47		18:55	20:33	30:27:00	37:50:00	01:00:53	01:19:49	02:39:38
	06:06	18:57	20:35	30:30:00	37:54:00	01:01:00	01:19:58	02:39:56
03:48		19:00	20:38	30:35:00	38:00:00	01:01:10	01:20:11	02:40:22
	06:08	19:03	20:42	30:40:00	38:07:00	01:01:20	01:20:24	02:40:49
03:49		19:05	20:43	30:43:00	38:10:00	01:01:25	01:20:31	02:41:03
	06:09	19:06	20:45	30:45:00	38:13:00	01:01:30	01:20:37	02:41:15
03:50		19:10	20:49	30:50:00	38:20:00	01:01:40	01:20:50	02:41:41
	06:11	19:13	20:52	30:55:00	38:25:00	01:01:50	01:21:04	02:42:07
03:51		19:15	20:54	30:59:00	38:30:00	01:01:58	01:21:14	02:42:27
	06:12	19:16	20:55	31:00:00	38:32:00	01:02:00	01:21:17	02:42:33
	06:13	19:19	20:59	31:05:00	38:38:00	01:02:10	01:21:30	02:43:00
03:52		19:20	21:00	31:07:00	38:40:00	01:02:14	01:21:35	02:43:09
	06:14	19:22	21:02	31:10:00	38:44:00	01:02:20	01:21:43	02:43:26
03:53		19:25	21:05	31:15:00	38:50:00	01:02:30	01:21:56	02:43:52

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
	06:16	19:28	21:09	31:20:00	38:56:00	01:02:40	01:22:09	02:44:18
03:54		19:30	21:11	31:23:00	39:00:00	01:02:46	01:22:17	02:44:34
	06:17	19:31	21:12	31:25:00	39:03:00	01:02:50	01:22:22	02:44:44
	06:18	19:34	21:15	31:30:00	39:09:00	01:03:00	01:22:35	02:45:11
03:55		19:35	21:16	31:31:00	39:10:00	01:03:02	01:22:38	02:45:16
	06:19	19:37	21:19	31:35:00	39:15:00	01:03:10	01:22:48	02:45:37
03:56		19:40	21:21	31:39:00	39:20:00	01:03:18	01:22:59	02:45:58
	06:20	19:41	21:22	31:40:00	39:21:00	01:03:20	01:23:20	02:46:03
	06:21	19:44	21:26	31:45:00	39:27:00	01:03:30	01:23:15	02:46:29
03:57		19:45	21:27	31:47:00	39:30:00	01:03:34	01:23:20	02:46:40
	06:22	19:47	21:29	31:50:00	39:34:00	01:03:40	01:23:28	02:46:56
03:58	06:23	19:50	21:32	31:55:00	39:40:00	01:03:50	01:23:41	02:47:22
	06:24	19:53	21:36	32:00:00	39:46:00	01:04:00	01:23:54	02:47:48
03:59		19:55	21:38	32:03:00	39:50:00	01:04:06	01:24:02	02:48:05
	06:25	19:56	21:39	32:05:00	39:52:00	01:04:10	01:24:07	02:48:14
	06:26	19:59	21:42	32:10:00	39:58:00	01:04:20	01:24:20	02:48:40
04:00		20:00	21:43	32:11:00	40:00:00	01:04:22	01:24:33	02:48:47
	06:27	20:02	21:46	32:15:00	40:05:00	01:04:30	01:24:33	02:49:07
04:01	06:28	20:05	21:49	32:20:00	40:10:00	01:04:40	01:24:46	02:49:33
	06:29	20:09	21:53	32:25:00	40:17:00	01:04:50	01:25:00	02:49:59
04:02		20:10	21:54	32:27:00	40:20:00	01:04:55	01:25:06	02:50:11
	06:30	20:12	21:56	32:30:00	40:23:00	01:05:00	01:25:13	02:50:25
04:03	06:31	20:15	22:00	32:35:00	40:30:00	01:05:10	01:25:26	02:50:52
	06:32	20:18	22:03	32:40:00	40:36:00	01:05:20	01:25:39	02:51:18
04:04		20:20	22:05	32:43:00	40:40:00	01:05:27	01:25:48	02:51:36
	06:33	20:21	22:06	32:45:00	40:42:00	01:05:30	01:25:52	02:51:44
	06:34	20:24	22:09	32:50:00	40:48:00	01:05:40	01:26:05	02:52:10
04:05		20:25	22:10	32:51:00	40:50:00	01:05:43	01:26:09	02:52:18
	06:35	20:27	22:13	32:55:00	40:54:00	01:05:50	01:26:18	02:52:36
04:06	06:36	20:30	22:16	33:00:00	41:00:00	01:06:00	01:26:31	02:53:03
	06:37	20:33	22:20	33:05:00	41:07:00	01:06:10	01:26:44	02:53:29
04:07		20:35	22:21	33:08:00	41:10:00	01:06:15	01:26:51	02:53:42
	06:38	20:37	22:23	33:10:00	41:13:00	01:06:20	01:26:58	02:53:55
04:08	06:39	20:40	22:27	33:15:00	41:20:00	01:06:30	01:27:11	02:54:21
	06:40	20:43	22:30	33:20:00	41:25:00	01:06:40	01:27:24	02:54:48
04:09		20:45	22:32	33:24:00	41:30:00	01:06:47	01:27:33	02:55:07
	06:41	20:46	22:33	33:25:00	41:32:00	01:06:50	01:27:37	02:55:14
	06:42	20:49	22:36	33:30:00	41:38:00	01:07:00	01:27:50	02:55:40
04:10		20:50	22:37	33:32:00	41:40:00	01:07:03	01:27:54	02:55:49
	06:43	20:52	22:40	33:35:00	41:44:00	01:07:10	01:28:03	02:56:06
04:11	06:44	20:55	22:43	33:40:00	41:50:00	01:07:20	01:28:16	02:56:32

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
	06:45	20:58	22:47	33:45:00	41:57:00	01:07:30	01:28:29	02:56:59
04:12		21:00	22:48	33:48:00	42:00:00	01:07:36	01:28:37	02:57:13
	06:46	21:01	22:50	33:50:00	42:03:00	01:07:40	01:28:42	02:57:25
	06:47	21:04	22:53	33:55:00	42:09:00	01:07:50	01:28:56	02:57:51
04:13		21:05	22:54	33:56:00	42:10:00	01:07:52	01:28:58	02:57:55
	06:48	21:08	22:57	34:00:00	42:15:00	01:08:00	01:29:09	02:58:17
04:14		21:10	22:59	34:04:00	42:20:00	01:08:08	01:29:19	02:58:38
	06:49	21:11	23:00	34:05:00	42:21:00	01:08:10	01:29:22	02:58:43
	06:50	21:14	23:03	34:10:00	42:28:00	01:08:20	01:29:35	02:59:10
04:15		21:15	23:05	34:12:00	42:30:00	01:08:24	01:29:40	02:59:20
	06:51	21:17	23:07	34:15:00	42:34:00	01:08:30	01:29:48	02:59:36
04:16		21:20	23:10	34:20:00	42:40:00	01:08:40	01:30:01	03:00:02
	06:53	21:23	23:14	34:25:00	42:46:00	01:08:50	01:30:14	03:00:28
04:17		21:25	23:16	34:28:00	42:50:00	01:08:56	01:30:22	03:00:44
	06:54	21:26	23:17	34:30:00	42:52:00	01:09:00	01:30:27	03:00:55
	06:55	21:29	23:20	34:35:00	42:59:00	01:09:10	01:30:40	03:01:21
04:18		21:30	23:21	34:36:00	43:00:00	01:09:12	01:30:43	03:01:26
	06:56	21:32	23:24	34:40:00	43:05:00	01:09:20	01:30:54	03:01:47
04:19		21:35	23:26	34:44:00	43:10:00	01:09:28	01:31:04	03:02:09
	06:57	21:36	23:27	34:45:00	43:11:00	01:09:30	01:31:07	03:02:13
	06:58	21:39	23:30	34:50:00	43:17:00	01:09:40	01:31:20	03:02:39
04:20		21:40	23:32	34:52:00	43:20:00	01:09:44	01:31:25	03:02:51
	06:59	21:42	23:34	34:55:00	43:24:00	01:09:50	01:31:33	03:03:06
04:21		21:45	23:37	35:00:00	43:30:00	01:10:00	01:31:46	03:03:33
	07:01	21:48	23:41	35:05:00	43:36:00	01:10:10	01:31:59	03:03:58
04:22		21:50	23:43	35:08:00	43:40:00	01:10:16	01:32:08	03:04:15
	07:02	21:51	23:44	35:10:00	43:42:00	01:10:20	01:32:12	03:04:24
	07:03	21:54	23:47	35:15:00	43:48:00	01:10:30	01:32:25	03:04:51
04:23		21:55	23:48	35:16:00	43:50:00	01:10:33	01:32:29	03:04:57
	07:04	21:57	23:51	35:20:00	43:55:00	01:10:40	01:32:38	03:05:17
04:24		22:00	23:54	35:25:00	44:00:00	01:10:50	01:32:51	03:05:43
	07:06	22:04	23:57	35:03:00	44:07:00	01:11:00	01:33:05	03:06:09
04:25		22:05	23:59	35:32:00	44:10:00	01:11:05	01:33:11	03:06:22
	07:07	22:07	24:01:00	35:35:00	44:13:00	01:11:10	01:33:18	03:06:35
04:26		22:10	24:04:00	35:40:00	44:20:00	01:11:20	01:33:31	03:07:02
	07:09	22:13	24:08:00	35:45:00	44:26:00	01:11:30	01:33:44	03:07:28
04:27		22:15	24:10:00	35:48:00	44:30:00	01:11:37	01:33:53	03:07:46
	07:10	22:16	24:11:00	35:50:00	44:32:00	01:11:40	01:33:57	03:07:54
	07:11	22:19	24:14:00	35:55:00	44:38:00	01:11:50	01:34:10	03:08:20
04:28		22:20	24:15:00	35:57:00	44:40:00	01:11:53	01:34:14	03:08:28
	07:12	22:22	24:18:00	36:00:00	44:44:00	01:12:00	01:34:23	03:08:47

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
04:29	07:13	22:25	24:21:00	36:05:00	44:50:00	01:12:10	01:34:36	03:09:13
	07:14	22:28	24:24:00	36:10:00	44:57:00	01:12:20	01:34:49	03:09:39
04:30		22:30	24:26:00	36:13:00	45:00:00	01:12:25	01:34:56	03:09:53
	07:15	22:31	24:28:00	36:15:00	45:03:00	01:12:30	01:35:03	03:10:05
04:31	07:16	22:35	24:32:00	36:20:00	45:10:00	01:12:40	01:35:16	03:19:31
	07:17	22:38	24:35:00	36:25:00	45:15:00	01:12:50	01:35:29	03:10:58
04:32		22:40	24:37:00	36:29:00	45:20:00	01:12:57	01:35:39	03:11:17
	07:18	22:41	24:38:00	36:30:00	45:22:00	01:13:00	01:35:42	03:11:24
04:33	07:19	22:44	24:41:00	36:35:00	45:28:00	01:13:10	01:35:55	03:11:50
		22:45	24:42:00	36:37:00	45:30:00	01:13:14	01:36:00	03:11:59
04:34	07:20	22:47	24:45:00	36:40:00	45:34:00	01:13:20	01:36:08	03:12:16
	07:21	22:50	24:48:00	36:45:00	45:40:00	01:13:30	01:36:21	03:12:42
04:35	07:22	22:53	24:51:00	36:50:00	45:46:00	01:13:40	01:36:34	03:12:09
		22:55	24:53:00	36:53:00	45:50:00	01:13:46	01:36:42	03:13:24
04:36	07:23	22:56	24:55:00	36:55:00	45:53:00	01:13:50	01:36:47	03:13:35
	07:24	22:59	24:58:00	37:00:00	45:59:00	01:14:00	01:37:01	03:14:01
04:37		23:00	24:59:00	37:01:00	46:00:00	01:14:02	01:37:03	03:14:06
	07:25	23:03	25:02:00	37:05:00	46:05:00	01:14:10	01:37:14	03:14:27
04:38		23:05	25:04:00	37:09:00	46:10:00	01:14:18	01:37:24	03:14:48
	07:26	23:06	25:49:00	37:10:00	46:11:00	01:14:20	01:37:27	03:14:54
04:39	07:27	23:09	25:08:00	37:15:00	46:18:00	01:14:30	01:37:40	03:15:20
		23:10	25:10:00	37:17:00	46:20:00	01:14:34	01:37:45	03:15:30
04:40	07:28	23:12	25:12:00	37:20:00	46:24:00	01:14:40	01:37:53	03:15:46
	07:29	23:15	25:15:00	37:25:00	46:30:00	01:14:50	01:38:06	03:16:12
04:41	07:30	23:18	25:18:00	37:30:00	46:36:00	01:15:00	01:38:19	03:16:38
		23:20	25:20:00	37:33:00	46:40:00	01:15:06	01:38:27	03:16:55
04:42	07:31	23:21	25:22:00	37:35:00	46:42:00	01:15:10	01:38:32	03:17:05
	07:32	23:24	25:25:00	37:40:00	46:49:00	01:15:20	01:38:45	03:17:31
04:43		23:25	25:26:00	37:41:00	46:50:00	01:15:22	01:38:48	03:17:37
	07:33	23:27	25:29:00	37:45:00	46:55:00	01:15:30	01:38:59	03:17:57
04:44		23:30	25:31:00	37:49:00	47:00:00	01:15:38	01:39:09	03:18:19
	07:34	23:31	25:32:00	37:50:00	47:01:00	01:15:40	01:39:12	03:18:23
04:45	07:35	23:34	25:35:00	37:55:00	47:07:00	01:15:50	01:39:25	03:18:50
		23:35	25:37:00	37:57:00	47:10:00	01:15:54	01:39:31	03:19:01
04:46	07:36	23:37	25:39:00	38:00:00	47:13:00	01:16:00	01:39:38	03:19:16
	07:37	23:40	25:42:00	38:05:00	47:20:00	01:16:10	01:39:51	03:19:42
04:47	07:38	23:43	25:45:00	38:10:00	47:26:00	01:16:20	01:40:04	03:20:08
		23:45	25:48:00	38:13:00	47:30:00	01:16:27	01:40:13	03:20:26
04:48	07:39	23:46	25:49:00	38:15:00	47:32:00	01:16:30	01:40:17	03:20:34
	07:40	23:49	25:52:00	38:20:00	47:38:00	01:16:40	01:40:30	03:21:01
04:49		23:50	25:53:00	38:21:00	47:40:00	01:16:43	01:40:34	03:21:08

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
	07:41	23:52	25:55:00	38:25:00	47:45:00	01:16:50	01:40:43	03:21:27
04:47	07:42	23:55	25:59:00	38:30:00	47:50:00	01:17:00	01:40:57	03:21:53
	07:43	23:58	26:02:00	38:35:00	47:57:00	01:17:10	01:41:10	03:22:19
04:48		24:00:00	26:04:00	38:37:00	48:00:00	01:17:15	01:41:16	03:22:32
	07:44	24:02:00	26:07:00	38:40:00	48:03:00	01:17:20	01:41:23	03:22:46
04:49	07:45	24:05:00	26:09:00	38:45:00	48:10:00	01:17:30	01:41:36	03:23:12
	07:46	24:08:00	26:12:00	38:50:00	48:16:00	01:17:40	01:41:49	03:23:38
04:50		24:10:00	26:15:00	38:54:00	48:20:00	01:17:47	01:41:58	03:23:57
	07:47	24:11:00	26:16:00	38:55:00	48:22:00	01:17:50	01:42:02	03:24:04
	07:48	24:14:00	26:19:00	39:00:00	48:28:00	01:18:00	01:42:15	03:24:30
04:51		24:15:00	26:20:00	39:02:00	48:30:00	01:18:03	01:42:19	03:24:39
	07:49	24:17:00	26:22:00	39:05:00	48:34:00	01:18:10	01:42:28	03:24:57
04:52	07:50	24:20:00	26:26:00	39:10:00	48:40:00	01:18:20	01:42:41	03:25:23
	07:51	24:23:00	26:29:00	39:15:00	48:47:00	01:18:30	01:42:55	03:25:49
04:53		24:25:00	26:31:00	39:18:00	48:50:00	01:18:35	01:43:02	03:26:03
	07:52	24:26:00	26:33:00	39:20:00	48:53:00	01:18:40	01:43:08	03:26:15
	07:53	24:29:00	26:36:00	39:25:00	48:59:00	01:18:50	01:43:21	03:26:41
04:54		24:30:00	26:36:00	39:26:00	49:00:00	01:18:51	01:43:23	03:26:45
	07:54	24:33:00	26:39:00	39:30:00	49:05:00	01:19:00	01:43:34	03:27:08
04:55		24:35:00	26:42:00	39:34:00	49:10:00	01:19:08	01:43:44	03:27:28
	07:55	24:36:00	26:43:00	39:35:00	49:12:00	01:19:10	01:43:47	03:27:34
	07:56	24:39:00	26:46:00	39:40:00	49:18:00	01:19:20	01:44:00	03:28:00
04:56		24:40:00	26:47:00	39:42:00	49:20:00	01:19:24	01:44:05	03:28:10
	07:57	24:42:00	26:49:00	39:45:00	49:24:00	01:19:30	01:44:13	03:28:26
04:57	07:58	24:45:00	26:53:00	39:50:00	49:30:00	01:19:40	01:44:26	03:28:53
	07:59	24:48:00	26:56:00	39:55:00	49:36:00	01:19:50	01:44:39	03:29:19
04:58		24:50:00	26:58:00	39:58:00	49:40:00	01:19:56	01:44:47	03:29:34
	08:00	24:51:00	26:59:00	40:00:00	49:43:00	01:20:00	01:44:53	03:29:45
	08:01	24:54:00	27:00:00	40:05:00	49:49:00	01:20:10	01:45:53	03:30:11
04:59		24:55:00	27:04:00	40:06:00	49:50:00	01:20:12	01:45:08	03:30:16
	08:02	24:58:00	27:06:00	40:10:00	49:55:00	01:20:20	01:45:19	03:30:37
05:00		25:00:00	27:09:00	40:14:00	50:00:00	01:20:28	01:45:29	03:30:58
	08:03	25:01:00	27:10:00	40:15:00	50:01:00	01:20:30	01:45:32	03:31:04
	08:04	25:04:00	27:13:00	40:20:00	50:07:00	01:20:40	01:45:45	03:31:30
05:01		25:05:00	27:14:00	40:22:00	50:10:00	01:20:44	01:45:50	03:31:41
	08:05	25:07:00	27:16:00	40:25:00	50:14:00	01:20:50	01:45:58	03:31:56
05:02	08:06	25:10:00	27:20:00	40:30:00	50:20:00	01:21:00	01:46:11	03:32:22
	08:07	25:13:00	27:23:00	40:35:00	50:26:00	01:21:10	01:46:24	03:32:49
05:03		25:15:00	27:25:00	40:38:00	50:30:00	01:21:16	01:46:33	03:33:05
	08:08	25:16:00	27:27:00	40:40:00	50:32:00	01:21:20	01:46:37	03:33:15
	08:09	25:19:00	27:30:00	40:45:00	50:39:00	01:21:30	01:46:50	03:33:41

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
05:04		25:20:00	27:31:00	40:46:00	50:40:00	01:21:32	01:46:54	03:33:47
	08:10	25:22:00	27:33:00	40:50:00	50:45:00	01:21:40	01:47:04	03:34:07
05:05	08:11	25:25:00	27:37:00	40:55:00	50:50:00	01:21:50	01:47:17	03:34:33
	08:12	25:29:00	27:40:00	41:00:00	50:57:00	01:22:00	01:47:30	03:35:00
05:06		25:30:00	27:42:00	41:02:00	51:00:00	01:22:05	01:47:36	03:35:12
	08:13	25:32:00	27:43:00	41:05:00	51:03:00	01:22:10	01:47:43	03:35:26
05:07	08:14	25:35:00	27:47:00	41:10:00	51:10:00	01:22:20	01:47:56	03:35:52
	08:15	25:38:00	27:50:00	41:15:00	51:16:00	01:22:30	01:48:09	03:36:18
05:08		25:40:00	27:52:00	41:18:00	51:20:00	01:22:37	01:48:18	03:36:36
	08:16	25:41:00	27:54:00	41:20:00	51:22:00	01:22:40	01:48:22	03:36:45
	08:17	25:44:00	27:57:00	41:25:00	51:28:00	01:22:50	01:48:35	03:37:11
05:09		25:45:00	27:58:00	41:26:00	51:30:00	01:22:53	01:48:39	03:37:18
	08:18	25:47:00	28:00:00	41:30:00	51:34:00	01:23:00	01:48:48	03:37:37
05:10	08:19	25:50:00	28:04:00	41:35:00	51:40:00	01:23:10	01:49:02	03:38:03
	08:20	25:53:00	28:07:00	41:40:00	51:47:00	01:23:20	01:49:15	03:38:29
05:11		25:55:00	28:09:00	41:43:00	51:50:00	01:23:25	01:49:21	03:38:43
	08:21	25:57:00	28:10:00	41:45:00	51:53:00	01:23:30	01:49:28	03:38:56
05:12	08:22	26:00:00	28:14:00	41:50:00	52:00:00	01:23:40	01:49:41	03:39:22
	08:23	26:03:00	28:17:00	41:55:00	52:05:00	01:23:50	01:49:54	03:39:48
05:13		26:05:00	28:20:00	41:59:00	52:10:00	01:23:57	01:50:04	03:40:07
	08:24	26:06:00	28:21:00	42:00:00	52:12:00	01:24:00	01:50:07	03:40:14
	08:25	26:09:00	28:24:00	42:05:00	52:18:00	01:24:10	01:50:20	03:40:40
05:14		26:10:00	28:25:00	42:07:00	52:20:00	01:24:13	01:50:25	03:40:50
	08:26	26:12:00	28:27:00	42:10:00	52:24:00	01:24:20	01:50:33	03:41:07
05:15	08:27	26:15:00	28:31:00	42:15:00	52:30:00	01:24:30	01:50:46	03:41:33
	08:28	26:18:00	28:34:00	42:20:00	52:37:00	01:24:40	01:51:00	03:41:59
05:16		26:20:00	28:36:00	42:23:00	52:40:00	01:24:46	01:51:07	03:42:14
	08:29	26:21:00	28:37:00	42:25:00	52:43:00	01:24:50	01:51:13	03:42:25
	08:30	26:24:00	28:41:00	42:30:00	52:49:00	01:25:00	01:51:26	03:42:52
05:17		26:25:00	28:42:00	42:31:00	52:50:00	01:25:02	01:51:28	03:42:56
	08:31	26:28:00	28:44:00	42:35:00	52:55:00	01:25:10	01:51:39	03:43:18
05:18		26:30:00	28:47:00	42:39:00	53:00:00	01:25:18	01:51:49	03:43:38
	08:32	26:31:00	28:48:00	42:40:00	53:01:00	01:25:20	01:51:52	03:43:44
	08:33	26:34:00	28:51:00	42:45:00	53:08:00	01:25:30	01:52:05	03:44:10
05:19		26:35:00	28:52:00	42:47:00	53:10:00	01:25:34	01:52:10	03:44:20
	08:34	26:37:00	28:54:00	42:50:00	53:14:00	01:25:40	01:52:18	03:44:36
05:20	08:35	26:40:00	28:57:00	42:55:00	53:20:00	01:25:50	01:52:31	03:45:03
	08:36	26:43:00	29:01:00	43:00:00	53:26:00	01:26:00	01:52:44	03:45:29
05:21		26:45:00	29:03:00	43:03:00	53:30:00	01:26:06	01:52:52	03:45:45
	08:37	26:46:00	29:04:00	43:05:00	53:32:00	01:26:10	01:52:58	03:45:55
	08:38	26:49:00	29:08:00	43:10:00	53:39:00	01:26:20	01:53:11	03:46:21



Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
05:22		26:50:00	29:09:00	43:11:00	53:40:00	01:26:22	01:53:13	03:46:27
	08:39	26:52:00	29:11:00	43:15:00	53:45:00	01:26:30	01:53:24	03:46:48
05:23		26:55:00	29:14:00	43:19:00	53:50:00	01:26:38	01:53:34	03:47:09
	08:40	26:56:00	29:15:00	43:20:00	53:51:00	01:26:40	01:53:37	03:47:14
	08:41	26:59:00	29:18:00	43:25:00	53:57:00	01:26:50	01:53:50	03:47:40
05:24		27:00:00	29:19:00	43:27:00	54:00:00	01:26:54	01:53:56	03:47:51
	08:42	27:02:00	29:21:00	43:30:00	54:04:00	01:27:00	01:54:03	03:48:06
05:25	08:43	27:05:00	29:25:00	43:35:00	54:10:00	01:27:10	01:54:16	03:48:32
	08:44	27:08:00	29:28:00	43:40:00	54:16:00	01:27:20	01:54:29	03:48:59
05:26		27:10:00	29:29:00	43:43:00	54:20:00	01:27:26	01:54:38	03:49:16
	08:45	27:11:00	29:31:00	43:45:00	54:22:00	01:27:30	01:54:42	03:49:25
	08:46	27:14:00	29:35:00	43:50:00	54:28:00	01:27:40	01:54:56	03:49:51
05:27		27:15:00	29:36:00	43:51:00	54:30:00	01:27:43	01:54:59	03:49:58
	08:47	27:17:00	29:38:00	43:55:00	54:35:00	01:27:50	01:55:09	03:50:17
05:28	08:48	27:20:00	29:42:00	44:00:00	54:40:00	01:28:00	01:55:22	03:50:44
	08:49	27:24:00	29:45:00	44:05:00	54:47:00	01:28:10	01:55:35	03:51:10
05:29		27:25:00	29:46:00	44:07:00	54:50:00	01:28:15	01:55:41	03:51:22
	08:50	27:27:00	29:48:00	44:10:00	54:53:00	01:28:20	01:55:48	03:51:36
05:30	08:51	27:30:00	29:52:00	44:15:00	55:00:00	01:28:30	01:56:01	03:52:02
	08:52	27:33:00	29:55:00	44:20:00	55:06:00	01:28:40	01:56:14	03:52:28
05:31		27:35:00	29:57:00	44:23:00	55:10:00	01:28:47	01:56:23	03:52:47
	08:53	27:36:00	29:58:00	44:25:00	55:12:00	01:28:50	01:56:27	03:52:55
	08:54	27:39:00	30:02:00	44:30:00	55:18:00	01:29:00	01:56:40	03:53:21
05:32		27:40:00	30:03:00	44:32:00	55:20:00	01:29:03	01:56:44	03:53:29
	08:55	27:42:00	30:05:00	44:35:00	55:24:00	01:29:10	01:56:54	03:53:47
05:33	08:56	27:45:00	30:09:00	44:40:00	55:30:00	01:29:20	01:57:07	03:54:13
	08:57	27:48:00	30:12:00	44:45:00	55:37:00	01:29:30	01:57:20	03:54:39
05:34		27:50:00	30:14:00	44:48:00	55:40:00	01:29:35	01:57:27	03:54:53
	08:58	27:51:00	30:15:00	44:50:00	55:43:00	01:29:40	01:57:33	03:55:06
05:35	08:59	27:55:00	30:19:00	44:55:00	55:50:00	01:29:50	01:57:46	03:55:32
	09:00	27:58:00	30:22:00	45:00:00	55:55:00	01:30:00	01:57:59	03:55:58
05:36		28:00:00	30:24:00	45:04:00	56:00:00	01:30:07	01:58:09	03:56:18
	09:01	28:01:00	30:25:00	45:05:00	56:02:00	01:30:10	01:58:12	03:56:24
	09:02	28:04:00	30:29:00	45:10:00	56:08:00	01:30:20	01:58:25	03:56:51
05:37		28:05:00	30:30:00	45:12:00	56:10:00	01:30:23	01:58:30	03:57:00
	09:03	28:07:00	30:32:00	45:15:00	56:14:00	01:30:30	01:58:38	03:57:17
05:38	09:04	28:10:00	30:36:00	45:20:00	56:20:00	01:30:40	01:58:52	03:57:43
	09:05	28:13:00	30:39:00	45:25:00	56:26:00	01:30:50	01:59:05	03:58:09
05:39		28:15:00	30:41:00	45:28:00	56:30:00	01:30:56	01:59:12	03:58:24
	09:06	28:16:00	30:42:00	45:30:00	56:33:00	01:31:00	01:59:18	03:58:35
	09:07	28:19:00	30:45:00	45:35:00	56:39:00	01:31:10	01:59:31	03:59:02

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
05:40		28:20:00	30:46:00	45:36:00	56:40:00	01:31:12	01:59:33	03:59:06
	09:08	28:23:00	30:49:00	45:40:00	56:45:00	01:31:20	01:59:44	03:59:28
05:41		28:25:00	30:52:00	45:44:00	56:50:00	01:31:28	01:59:54	03:59:48
	09:09	28:26:00	30:52:00	45:45:00	56:51:00	01:31:30	01:59:57	03:59:54
05:42	09:10	28:29:00	30:56:00	45:50:00	56:58:00	01:31:40	02:00:10	04:00:20
		28:30:00	30:57:00	45:52:00	57:00:00	01:31:44	02:00:15	04:00:30
05:43	09:11	28:32:00	30:59:00	45:55:00	57:04:00	01:31:50	02:00:23	04:00:47
		28:35:00	31:03:00	46:00:00	57:10:00	01:32:00	02:00:36	04:01:13
05:44	09:12	28:35:00	31:03:00	46:00:00	57:10:00	01:32:00	02:00:36	04:01:13
		28:38:00	31:06:00	46:05:00	57:16:00	01:32:10	02:00:49	04:01:39
05:45	09:13	28:40:00	31:08:00	46:08:00	57:20:00	01:32:16	02:00:58	04:01:13
		28:41:00	31:09:00	46:10:00	57:22:00	01:32:20	02:01:03	04:02:05
05:46	09:14	28:44:00	31:13:00	46:15:00	57:29:00	01:32:30	02:01:16	04:02:31
		28:45:00	31:14:00	46:16:00	57:30:00	01:32:32	02:01:19	04:02:37
05:47	09:15	28:47:00	31:16:00	46:20:00	57:35:00	01:32:40	02:01:29	04:02:58
		28:50:00	31:19:00	46:24:00	57:40:00	01:32:48	02:01:40	04:03:19
05:48	09:16	28:51:00	31:20:00	46:25:00	57:41:00	01:32:50	02:01:42	04:03:24
		28:54:00	31:23:00	46:30:00	57:47:00	01:33:00	02:01:55	04:03:50
05:49	09:17	28:55:00	31:24:00	46:32:00	57:50:00	01:33:04	02:02:01	04:04:02
		28:57:00	31:26:00	46:35:00	57:53:00	01:33:10	02:02:08	04:04:16
05:50	09:18	29:00:00	31:30:00	46:40:00	58:00:00	01:33:20	02:02:21	04:04:43
		29:03:00	31:33:00	46:45:00	58:06:00	01:33:30	02:02:34	04:05:09
05:51	09:19	29:05:00	31:35:00	46:48:00	58:10:00	01:33:37	02:02:43	04:05:26
		29:06:00	31:36:00	46:50:00	58:12:00	01:33:40	02:02:47	04:05:35
05:52	09:20	29:09:00	31:40:00	46:55:00	58:18:00	01:33:50	02:03:01	04:06:01
		29:10:00	31:41:00	46:56:00	58:20:00	01:33:53	02:03:04	04:06:08
05:53	09:21	29:12:00	31:43:00	47:00:00	58:25:00	01:34:00	02:03:14	04:06:27
		29:15:00	31:46:00	47:05:00	58:30:00	01:34:10	02:03:27	04:06:54
05:54	09:22	29:18:00	31:50:00	47:10:00	58:37:00	01:34:20	02:03:40	04:07:20
		29:20:00	31:51:00	47:12:00	58:40:00	01:34:25	02:03:46	04:07:33
05:55	09:23	29:22:00	31:53:00	47:15:00	58:43:00	01:34:30	02:03:53	04:07:46
		29:25:00	31:57:00	47:20:00	58:50:00	01:34:40	02:04:06	04:08:12
05:56	09:24	29:28:00	32:00:00	47:25:00	58:56:00	01:34:50	02:04:19	04:08:38
		29:30:00	32:02:00	47:29:00	59:00:00	01:34:57	02:04:29	04:08:57
05:57	09:25	29:31:00	32:03:00	47:30:00	59:02:00	01:35:00	02:04:32	04:09:05
		29:34:00	32:07:00	47:35:00	59:08:00	01:35:10	02:04:45	04:09:31
05:58	09:26	29:35:00	32:08:00	47:37:00	59:10:00	01:35:13	02:04:50	04:09:39
		29:37:00	32:10:00	47:40:00	59:14:00	01:35:20	02:04:59	04:09:57
05:59	09:27	29:40:00	32:13:00	47:45:00	59:20:00	01:35:30	02:05:12	04:10:23
		29:43:00	32:17:00	47:50:00	59:27:00	01:35:40	02:05:25	04:10:50
06:00	09:28	29:45:00	32:19:00	47:53:00	59:30:00	01:35:45	02:05:32	04:11:04
		29:46:00	32:20:00	47:55:00	59:33:00	01:35:50	02:05:38	04:11:16

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
05:58	09:36	29:50:00	32:24:00	48:00:00	59:40:00	01:36:00	02:05:51	04:11:42
	09:37	29:53:00	32:27:00	48:05:00	59:45:00	01:36:10	02:06:04	04:12:08
05:59		29:55:00	32:29:00	48:09:00	59:50:00	01:36:18	02:06:14	04:12:28
	09:38	29:56:00	32:30:00	48:10:00	59:52:00	01:36:20	02:06:17	04:12:34
	09:39	29:59:00	32:34:00	48:15:00	59:58:00	01:36:30	02:06:30	04:13:01
06:00		30:00:00	32:35:00	48:17:00	01:00:00	01:36:34	02:06:35	04:13:10
	09:40	30:02:00	32:37:00	48:20:00	01:00:04	01:36:40	02:06:43	04:13:27
06:01	09:41	30:05:00	32:40:00	48:25:00	01:00:10	01:36:50	02:06:57	04:13:57
	09:42	30:08:00	32:44:00	48:30:00	01:00:16	01:37:00	02:07:10	04:14:19
06:02		30:10:00	32:46:00	48:33:00	01:00:20	01:37:06	02:07:17	04:14:35
	09:43	30:11:00	32:47:00	48:35:00	01:00:23	01:37:10	02:07:23	04:14:46
	09:44	30:14:00	32:50:00	48:40:00	01:00:29	01:37:20	02:07:36	04:15:12
06:03		30:15:00	32:51:00	48:41:00	01:00:30	01:37:22	02:07:38	04:15:17
	09:45	30:18:00	32:54:00	48:45:00	01:00:35	01:37:30	02:07:49	04:15:38
06:04		30:20:00	32:56:00	48:49:00	01:00:40	01:37:38	02:07:59	04:15:59
	09:46	30:21:00	32:57:00	48:50:00	01:00:41	01:37:40	02:08:02	04:16:04
	09:47	30:24:00	33:01:00	48:55:00	01:00:47	01:37:50	02:08:15	04:16:30
06:05		30:25:00	33:02:00	48:57:00	01:00:50	01:37:54	02:08:21	04:16:41
	09:48	30:27:00	33:04:00	49:00:00	01:00:54	01:38:00	02:08:28	04:16:57
06:06	09:49	30:30:00	33:07:00	49:05:00	01:01:00	01:38:10	02:08:41	04:17:23
	09:50	30:33:00	33:11:00	49:10:00	01:01:06	01:38:20	02:08:55	04:17:49
06:07		30:35:00	33:13:00	49:13:00	01:01:10	01:38:26	02:09:03	04:18:06
	09:51	30:36:00	33:14:00	49:15:00	01:01:12	01:38:30	02:09:08	04:18:15
	09:52	30:39:00	33:17:00	49:20:00	01:01:19	01:38:40	02:09:21	04:18:42
06:08		30:40:00	33:18:00	49:21:00	01:01:20	01:38:42	02:09:24	04:18:48
	09:53	30:42:00	33:21:00	49:25:00	01:01:25	01:38:50	02:09:34	04:19:08
06:09	09:54	30:45:00	33:24:00	49:30:00	01:01:30	01:39:00	02:09:47	04:19:34
	09:55	30:49:00	33:28:00	49:35:00	01:01:37	01:39:10	02:10:00	04:20:00
06:10		30:50:00	33:29:00	49:37:00	01:01:40	01:39:15	02:10:06	04:20:12
	09:56	30:52:00	33:31:00	49:40:00	01:01:43	01:39:20	02:10:13	04:20:26
06:11	09:57	30:55:00	33:34:00	49:45:00	01:01:50	01:39:30	02:10:26	04:20:53
	09:58	30:58:00	33:38:00	49:50:00	01:01:56	01:39:40	02:10:39	04:21:19
06:12		31:00:00	33:40:00	49:53:00	01:02:00	01:39:47	02:10:48	04:21:37
	09:59	31:01:00	33:41:00	49:55:00	01:02:02	01:39:50	02:10:53	04:21:45
	10:00	31:04:00	33:44:00	50:00:00	01:02:08	01:40:00	02:11:06	04:22:11
06:13		31:05:00	33:45:00	50:01:00	01:02:10	01:40:03	02:11:09	04:22:19
	10:01	31:07:00	33:48:00	50:05:00	01:02:14	01:40:10	02:11:19	04:22:37
06:14	10:02	31:10:00	33:51:00	50:10:00	01:02:20	01:40:20	02:11:32	04:23:04
	10:03	31:13:00	33:55:00	50:15:00	01:02:27	01:40:30	02:11:45	04:23:30
06:15		31:15:00	33:56:00	50:18:00	01:02:30	01:40:35	02:11:52	04:23:43
	10:04	31:17:00	33:58:00	50:20:00	01:02:33	01:40:40	02:11:58	04:23:56

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
06:16	10:05	31:20:00	34:01:00	50:25:00	01:02:40	01:40:50	02:12:11	04:24:22
	10:06	31:23:00	34:05:00	50:30:00	01:02:46	01:41:00	02:12:24	04:24:49
06:17		31:25:00	34:07:00	50:34:00	01:02:50	01:41:07	02:12:34	04:25:08
	10:07	31:26:00	34:08:00	50:35:00	01:02:52	01:41:10	02:12:37	04:25:15
	10:08	31:29:00	34:12:00	50:40:00	01:02:58	01:41:20	02:12:51	04:25:41
06:18		31:30:00	34:13:00	50:42:00	01:03:00	01:41:23	02:12:55	04:25:50
	10:09	31:32:00	34:15:00	50:45:00	01:03:04	01:41:30	02:13:04	04:26:07
06:19	10:10	31:35:00	34:18:00	50:50:00	01:03:10	01:41:40	02:13:17	04:26:33
	10:11	31:38:00	34:22:00	50:55:00	01:03:17	01:41:50	02:13:30	04:27:00
06:20		31:40:00	34:23:00	50:58:00	01:03:20	01:41:56	02:13:37	04:27:14
	10:12	31:41:00	34:25:00	51:00:00	01:03:23	01:42:00	02:13:43	04:27:26
06:21	10:13	31:45:00	34:28:00	51:05:00	01:03:30	01:42:10	02:13:56	04:27:52
	10:14	31:48:00	34:32:00	51:10:00	01:03:35	01:42:20	02:14:09	04:28:18
06:22		31:50:00	34:34:00	51:14:00	01:03:40	01:42:28	02:14:19	04:28:38
	10:15	31:51:00	34:35:00	51:15:00	01:03:41	01:42:30	02:14:22	04:28:45
	10:16	31:54:00	34:38:00	51:20:00	01:03:48	01:42:40	02:14:35	04:29:11
06:23		31:55:00	34:40:00	51:22:00	01:03:50	01:42:44	02:14:40	04:29:21
	10:17	31:57:00	34:42:00	51:25:00	01:03:54	01:42:50	02:14:48	04:29:37
06:24	10:18	32:00:00	34:45:00	51:30:00	01:04:00	01:43:00	02:15:02	04:30:03
	10:19	32:03:00	34:49:00	51:35:00	01:04:06	01:43:10	02:15:15	04:30:29
06:25		32:05:00	34:50:00	51:38:00	01:04:10	01:43:16	02:15:23	04:30:45
	10:20	32:06:00	34:52:00	51:40:00	01:04:13	01:43:20	02:15:28	04:30:56
	10:21	32:09:00	34:55:00	51:45:00	01:04:19	01:43:30	02:15:41	04:31:22
06:26		32:10:00	34:56:00	51:46:00	01:04:20	01:43:32	02:15:44	04:31:27
	10:22	32:12:00	34:59:00	51:50:00	01:04:25	01:43:40	02:15:54	04:31:48
06:27		32:15:00	35:01:00	51:54:00	01:04:30	01:43:48	02:16:05	04:32:09
	10:23	32:16:00	35:02:00	51:55:00	01:04:31	01:43:50	02:16:07	04:32:14
	10:24	32:19:00	35:06:00	52:00:00	01:04:37	01:44:00	02:16:20	04:32:41
06:28		32:20:00	35:07:00	52:02:00	01:04:40	01:44:04	02:16:26	04:32:52
	10:25	32:22:00	35:09:00	52:05:00	01:04:44	01:44:10	02:16:33	04:33:07
06:29	10:26	32:25:00	35:12:00	52:10:00	01:04:50	01:44:20	02:16:46	04:33:33
	10:27	32:28:00	35:16:00	52:15:00	01:04:56	01:44:30	02:17:00	04:33:59
06:30		32:30:00	35:18:00	52:18:00	01:05:00	01:44:36	02:17:08	04:34:16
	10:28	32:31:00	35:19:00	52:20:00	01:05:02	01:44:40	02:17:13	04:34:25
	10:29	32:34:00	35:22:00	52:25:00	01:05:08	01:44:50	02:17:26	04:34:52
06:31		32:35:00	35:23:00	52:26:00	01:05:10	01:44:53	02:17:29	04:34:58
	10:30	32:37:00	35:26:00	52:30:00	01:05:15	01:45:00	02:17:39	04:35:18
06:32	10:31	32:40:00	35:29:00	52:35:00	01:05:20	01:45:10	02:17:52	04:35:44
	10:32	32:44:00	35:32:00	52:40:00	01:05:27	01:45:20	02:18:05	04:36:10
06:33		32:45:00	35:34:00	52:42:00	01:05:30	01:45:25	02:18:11	04:36:23
	10:33	32:47:00	35:36:00	52:45:00	01:05:33	01:45:30	02:18:18	04:36:36

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
06:34	10:34	32:50:00	35:39:00	52:50:00	01:05:40	01:45:40	02:18:31	04:37:03
	10:35	32:53:00	35:43:00	52:55:00	01:05:46	01:45:50	02:18:44	04:37:29
06:35		32:55:00	35:45:00	52:58:00	01:05:50	01:45:57	02:18:54	04:37:47
	10:36	32:56:00	35:46:00	53:00:00	01:05:52	01:46:00	02:18:58	04:37:55
	10:37	32:59:00	35:49:00	53:05:00	01:05:58	01:46:10	02:19:11	04:38:21
06:36		33:00:00	35:50:00	53:07:00	01:06:00	01:46:13	02:19:15	04:38:29
	10:38	33:02:00	35:53:00	53:10:00	01:06:04	01:46:20	02:19:24	04:38:48
06:37	10:39	33:05:00	35:56:00	53:15:00	01:06:10	01:46:30	02:19:37	04:39:14
	10:40	33:08:00	35:59:00	53:20:00	01:06:17	01:46:40	02:19:50	04:39:40
06:38		33:10:00	36:01:00	53:23:00	01:06:20	01:46:45	02:19:57	04:39:54
	10:41	33:11:00	36:03:00	53:25:00	01:06:23	01:46:50	02:20:03	04:40:06
06:39	10:42	33:15:00	36:06:00	53:30:00	01:06:30	01:47:00	02:20:16	04:40:32
	10:43	33:18:00	36:10:00	53:35:00	01:06:35	01:47:10	02:20:29	04:40:59
06:40		33:20:00	36:12:00	53:39:00	01:06:40	01:47:17	02:20:39	04:41:18
	10:44	33:21:00	36:13:00	53:40:00	01:06:42	01:47:20	02:20:42	04:41:25
	10:45	33:24:00	36:16:00	53:45:00	01:06:48	01:47:30	02:20:56	04:41:51
06:41		33:25:00	36:17:00	53:47:00	01:06:50	01:47:33	02:21:00	04:42:00
	10:46	33:27:00	36:20:00	53:50:00	01:06:54	01:47:40	02:21:09	04:42:17
06:42	10:47	33:30:00	36:23:00	53:55:00	01:07:00	01:47:50	02:21:22	04:42:44
	10:48	33:33:00	36:26:00	54:00:00	01:07:06	01:48:00	02:21:35	04:43:10
06:43		33:35:00	36:28:00	54:03:00	01:07:10	01:48:06	02:21:42	04:43:25
	10:49	33:36:00	36:30:00	54:05:00	01:07:13	01:48:10	02:21:48	04:43:36
	10:50	33:39:00	36:33:00	54:10:00	01:07:19	01:48:20	02:22:01	04:44:02
06:44		33:40:00	36:34:00	54:11:00	01:07:20	01:48:22	02:22:03	04:44:07
	10:51	33:43:00	36:37:00	54:15:00	01:07:25	01:48:30	02:22:14	04:44:28
06:45		33:45:00	36:39:00	54:19:00	01:07:30	01:48:38	02:22:24	04:44:49
	10:52	33:46:00	36:40:00	54:20:00	01:07:31	01:48:40	02:22:27	04:44:55
	10:53	33:49:00	36:43:00	54:25:00	01:07:38	01:48:50	02:22:40	04:45:21
06:46		33:50:00	36:45:00	54:27:00	01:07:40	01:48:54	02:22:46	04:45:31
	10:54	33:52:00	36:47:00	54:30:00	01:07:44	01:49:00	02:22:54	04:45:47
06:47	10:55	33:55:00	36:50:00	54:35:00	01:07:50	01:49:10	02:23:07	04:46:13
	10:56	33:58:00	36:53:00	54:40:00	01:07:56	01:49:20	02:23:20	04:46:40
06:48		34:00:00	36:55:00	54:43:00	01:08:00	01:49:26	02:23:28	04:46:56
	10:57	34:01:00	36:57:00	54:45:00	01:08:02	01:49:30	02:23:33	04:47:06
	10:58	34:04:00	37:00:00	54:50:00	01:08:09	01:49:40	02:23:46	04:47:32
06:49		34:05:00	37:01:00	54:51:00	01:08:10	01:49:42	02:23:49	04:47:38
	10:59	34:07:00	37:04:00	54:55:00	01:08:15	01:49:50	02:23:59	04:47:58
06:50		34:10:00	37:06:00	54:59:00	01:08:20	01:49:58	02:24:10	04:48:20
	11:00	34:11:00	37:07:00	55:00:00	01:08:21	01:50:00	02:24:12	04:48:24
	11:01	34:14:00	37:10:00	55:05:00	01:08:27	01:50:10	02:24:25	04:48:51
06:51		34:15:00	37:12:00	55:07:00	01:08:30	01:50:14	02:24:31	04:49:02

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
	11:02	34:17:00	37:14:00	55:10:00	01:08:33	01:50:20	02:24:38	04:49:17
06:52	11:03	34:20:00	37:17:00	55:15:00	01:08:40	01:50:30	02:24:52	04:49:43
	11:04	34:23:00	37:20:00	55:20:00	01:08:46	01:50:40	02:25:05	04:50:09
06:53		34:25:00	37:23:00	55:23:00	01:08:50	01:50:47	02:25:13	04:50:27
	11:05	34:26:00	37:24:00	55:25:00	01:08:52	01:50:50	02:25:18	04:50:35
	11:06	34:29:00	37:27:00	55:30:00	01:08:58	01:51:00	02:25:31	04:51:02
06:54		34:30:00	37:28:00	55:31:00	01:09:00	01:51:03	02:25:34	04:51:09
	11:07	34:32:00	37:31:00	55:35:00	01:09:05	01:51:10	02:25:44	04:51:28
06:55	11:08	34:35:00	37:34:00	55:40:00	01:09:10	01:51:20	02:25:57	04:51:54
	11:09	34:38:00	37:37:00	55:45:00	01:09:17	01:51:30	02:26:10	04:52:20
06:56		34:40:00	37:39:00	55:47:00	01:09:20	01:51:35	02:26:17	04:52:33
	11:10	34:42:00	37:41:00	55:50:00	01:09:23	01:51:40	02:26:23	04:52:47
06:57	11:11	34:45:00	37:44:00	55:55:00	01:09:30	01:51:50	02:26:36	04:53:13
	11:12	34:48:00	37:47:00	56:00:00	01:09:36	01:52:00	02:26:50	04:53:39
06:58		34:50:00	37:50:00	56:04:00	01:09:40	01:52:07	02:26:59	04:53:58
	11:13	34:51:00	37:51:00	56:05:00	01:09:42	01:52:10	02:27:03	04:54:05
	11:14	34:54:00	37:54:00	56:10:00	01:09:48	01:52:20	02:27:16	04:54:31
06:59		34:55:00	37:55:00	56:12:00	01:09:50	01:52:23	02:27:20	04:54:40
	11:15	34:57:00	37:58:00	56:15:00	01:09:54	01:52:30	02:27:29	04:54:38
07:00	11:16	35:00:00	38:01:00	56:20:00	01:10:00	01:52:40	02:27:42	04:55:24
	11:17	35:03:00	38:04:00	56:25:00	01:10:07	01:52:50	02:27:55	04:55:50
07:01		35:05:00	38:06:00	56:28:00	01:10:10	01:52:55	02:28:02	04:56:04
	11:18	35:06:00	38:08:00	56:30:00	01:10:13	01:53:00	02:28:08	04:56:16
07:02	11:19	35:10:00	38:11:00	56:35:00	01:10:20	01:53:10	02:28:21	04:56:43
	11:20	35:13:00	38:14:00	56:40:00	01:10:25	01:53:20	02:28:34	04:57:09
07:03		35:15:00	38:17:00	56:44:00	01:10:30	01:53:28	02:28:44	04:57:28
	11:21	35:16:00	38:18:00	56:45:00	01:10:32	01:53:30	02:28:47	04:57:35
	11:22	35:19:00	38:21:00	56:50:00	01:10:38	01:53:40	02:29:01	04:58:01
07:04		35:20:00	38:22:00	56:52:00	01:10:40	01:53:44	02:29:05	04:58:11
	11:23	35:22:00	38:25:00	56:55:00	01:10:44	01:53:50	02:29:14	04:58:27
07:05	11:24	35:25:00	38:28:00	57:00:00	01:10:50	01:54:00	02:29:27	04:58:54
	11:25	35:28:00	38:31:00	57:05:00	01:10:56	01:54:10	02:29:40	04:59:20
	11:25	35:28:00	38:31:00	57:05:00	01:10:56	01:54:10	02:29:40	04:59:20
07:06		35:30:00	38:33:00	57:08:00	01:11:00	01:54:16	02:29:48	04:59:35
	11:26	35:31:00	38:35:00	57:10:00	01:11:03	01:54:20	02:29:53	04:59:46
	11:27	35:34:00	38:38:00	57:15:00	01:11:09	01:54:30	02:30:06	05:00:12
07:07		35:35:00	38:39:00	57:16:00	01:11:10	01:54:32	02:30:09	05:00:17
	11:28	35:38:00	38:41:00	57:20:00	01:11:15	01:54:40	02:30:19	05:00:38
07:08		35:40:00	38:44:00	57:24:00	01:11:20	01:54:48	02:30:30	05:00:59
	11:29	35:41:00	38:45:00	57:25:00	01:11:21	01:54:50	02:30:32	05:01:05
	11:30	35:44:00	38:48:00	57:30:00	01:11:27	01:55:00	02:30:45	05:01:31

Min/km	Min/mile	5K	5.43K	5M	10K	10M	1/2 Marathon	Marathon
07:09		35:45:00	38:50:00	57:32:00	01:11:30	01:55:04	02:30:51	05:01:42
	11:31	35:47:00	38:52:00	57:35:00	01:11:34	01:55:10	02:30:59	05:01:57
07:10	11:32	35:50:00	38:55:00	57:40:00	01:11:40	01:55:20	02:31:12	05:02:23
	11:33	35:53:00	38:58:00	57:45:00	01:11:46	01:55:30	02:31:25	05:02:50
07:11		35:55:00	39:00:00	57:48:00	01:11:50	01:55:36	02:31:33	05:03:06
	11:34	35:56:00	39:02:00	57:50:00	01:11:52	01:55:40	02:31:38	05:03:16
	11:35	35:59:00	39:05:00	57:55:00	01:11:59	01:55:50	02:31:51	05:03:42
07:12		36:00:00	39:06:00	57:56:00	01:12:00	01:55:52	02:31:54	05:03:48
	11:36	36:02:00	39:08:00	58:00:00	01:12:05	01:56:00	02:32:04	05:04:04
07:13	11:37	36:05:00	39:12:00	58:05:00	01:12:10	01:56:10	02:32:17	05:04:34
	11:38	36:09:00	39:15:00	58:10:00	01:12:17	01:56:20	02:32:30	05:05:01
07:14		36:10:00	39:17:00	58:12:00	01:12:20	01:56:25	02:32:36	05:05:13
	11:39	36:12:00	39:19:00	58:15:00	01:12:23	01:56:30	02:32:43	05:05:27
07:15	11:40	36:15:00	39:22:00	58:20:00	01:12:30	01:56:40	02:32:57	05:05:53
	11:41	36:18:00	39:25:00	58:25:00	01:12:36	01:56:50	02:33:10	05:06:19
07:16		36:20:00	39:27:00	58:28:00	01:12:40	01:56:57	02:33:19	05:06:37
	11:42	36:21:00	39:29:00	58:30:00	01:12:42	01:57:00	02:33:23	05:06:46
	11:43	36:24:00	39:32:00	58:35:00	01:12:48	01:57:10	02:33:36	05:07:12
07:17		36:25:00	39:33:00	58:36:00	01:12:50	01:57:13	02:33:40	05:07:19
	11:44	36:27:00	39:35:00	58:40:00	01:12:54	01:57:20	02:33:49	05:07:38
07:18	11:45	36:30:00	39:39:00	58:45:00	01:13:00	01:57:30	02:34:02	05:08:04
	11:46	36:33:00	39:42:00	58:50:00	01:13:07	01:57:40	02:34:15	05:08:30
07:19		36:35:00	39:44:00	58:53:00	01:13:10	01:57:45	02:34:22	05:08:44
	11:47	36:37:00	39:46:00	58:55:00	01:13:13	01:57:50	02:34:28	05:08:57
07:20	11:48	36:40:00	39:49:00	59:00:00	01:13:20	01:58:00	02:34:41	05:09:23
	11:49	36:43:00	39:52:00	59:05:00	01:13:26	01:58:10	02:34:55	05:09:49
07:21		36:45:00	39:55:00	59:09:00	01:13:30	01:58:17	02:35:04	05:10:08
	11:50	36:46:00	39:56:00	59:10:00	01:13:32	01:58:20	02:35:08	05:10:15
	11:51	36:49:00	39:59:00	59:15:00	01:13:38	01:58:30	02:35:21	05:10:42
07:22		36:50:00	40:00:00	59:17:00	01:13:40	01:58:33	02:35:25	05:10:50
	11:52	36:52:00	40:02:00	59:20:00	01:13:44	01:58:40	02:35:34	05:11:08
07:23	11:53	36:55:00	40:06:00	59:25:00	01:13:50	01:58:50	02:35:47	05:11:34
	11:54	36:58:00	40:09:00	59:30:00	01:13:57	01:59:00	02:36:00	05:12:00
07:24		37:00:00	40:11:00	59:33:00	01:14:00	01:59:05	02:36:07	05:12:15
	11:55	37:01:00	40:13:00	59:35:00	01:14:03	01:59:10	02:36:13	05:12:26
07:25	11:56	37:05:00	40:16:00	59:40:00	01:14:10	01:59:20	02:36:26	05:12:53
	11:57	37:08:00	40:19:00	59:45:00	01:14:15	01:59:30	02:36:39	05:13:19
07:26		37:10:00	40:22:00	59:49:00	01:14:20	01:59:38	02:36:49	05:13:39
	11:58	37:11:00	40:23:00	59:50:00	01:14:21	01:59:40	02:36:53	05:13:45
	11:59	37:14:00	40:26:00	59:55:00	01:14:28	01:59:50	02:37:06	05:14:11
07:27		37:15:00	40:27:00	59:57:00	01:14:30	01:59:54	02:37:11	05:14:21

