

Coltishall Jaguars – Men's Standards

<u>Men under 40</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 K	00:15:40	00:17:20	00:19:00	00:21:00	00:22:34
5 Miles	00:26:00	00:28:40	00:31:20	00:34:40	00:37:15
10 K	00:33:00	00:36:20	00:40:00	00:44:00	00:46:54
10 Miles	00:55:00	01:00:40	01:06:40	01:13:20	01:17:41
Half Marathon	01:13:40	01:21:00	01:29:00	01:38:00	01:43:45
15 Miles	01:25:20	01:34:00	01:43:20	01:53:40	02:03:48
20 Miles	01:56:20	02:08:00	02:20:40	02:35:00	02:42:09
Marathon	02:35:40	02:51:20	03:08:20	03:27:20	03:40:35
<u>Men 40 - 44</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 K	00:16:40	00:18:20	00:20:00	00:22:00	00:23:26
5 Miles	00:27:40	00:30:20	00:33:20	00:36:40	00:38:34
10 K	00:35:00	00:38:20	00:42:20	00:46:40	00:48:28
10 Miles	00:58:20	01:04:00	01:10:40	01:17:40	01:19:55
Half Marathon	01:18:00	01:26:00	01:34:20	01:44:00	01:46:23
15 Miles	01:30:20	01:39:20	01:49:20	02:00:20	02:06:46
20 Miles	02:03:20	02:15:40	02:29:20	02:44:00	02:53:14
Marathon	02:45:00	03:01:40	03:19:40	03:39:40	03:53:32
<u>Men 45 - 49</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 K	00:17:00	00:18:40	00:20:40	00:22:40	00:24:40
5 Miles	00:28:00	00:31:00	00:34:00	00:37:20	00:40:20
10 K	00:35:40	00:39:20	00:43:00	00:47:20	00:51:10
10 Miles	00:59:20	01:05:20	01:12:00	01:19:00	01:23:29
Half Marathon	01:19:40	01:27:40	01:36:20	01:46:00	01:51:10
15 Miles	01:32:00	01:41:20	01:51:40	02:02:40	02:12:27
20 Miles	02:05:40	02:18:20	02:32:00	02:47:20	03:04:20
Marathon	02:48:00	03:05:00	03:23:20	03:43:40	03:58:40
<u>Men 50 - 54</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:17:20	00:19:20	00:21:20	00:23:00	00:25:15
5 miles	00:29:00	00:31:40	00:35:00	00:38:20	00:41:34
10K	00:36:40	00:40:20	00:44:20	00:48:40	00:52:14
10 miles	01:01:00	01:07:00	01:14:00	01:21:20	01:27:07
Half marathon	01:21:40	01:30:00	01:39:00	01:49:00	01:54:39
15 miles	01:34:40	01:44:20	01:54:40	02:06:00	02:16:35
20 miles	02:09:00	02:22:00	02:36:20	02:52:00	03:12:39
Marathon	02:52:40	03:10:00	03:29:00	03:50:00	04:10:36

<u>Men 55 - 59</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:18:40	00:20:40	00:22:40	00:25:00	00:26:20
5 miles	00:31:00	00:34:00	00:37:20	00:41:20	00:43:19
10K	00:39:20	00:43:20	00:47:40	00:52:20	00:54:27
10 miles	01:05:20	01:12:00	01:19:20	01:27:00	01:29:45
Half marathon	01:27:40	01:36:20	01:46:00	01:56:40	01:59:27
15 miles	01:41:40	01:51:40	02:03:00	02:15:00	02:22:20
20 miles	02:18:20	02:32:20	02:47:40	03:04:20	03:30:42
Marathon	03:05:20	03:23:40	03:44:00	04:06:40	04:47:16
<u>Men 60 - 64</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:19:48	00:22:00	00:24:20	00:26:40	00:27:33
5 miles	00:33:20	00:36:40	00:40:20	00:44:20	00:46:14
10K	00:41:45	00:45:20	00:51:00	00:56:20	00:58:14
10 miles	01:08:49	01:15:20	01:24:20	01:33:40	01:35:45
Half marathon	01:31:34	01:41:40	01:52:42	02:05:40	02:07:34
15 miles	01:49:20	02:00:00	02:12:00	02:25:20	02:31:50
20 miles	02:23:07	02:37:55	02:56:08	03:18:20	03:48:58
Marathon	03:12:55	03:32:53	03:57:27	04:25:20	05:08:40
<u>Men 65 - 70</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:21:20	00:23:20	00:25:40	00:28:00	00:29:15
5 miles	00:35:20	00:39:00	00:42:40	00:47:00	00:48:42
10K	00:44:00	00:48:20	00:53:33	00:59:40	01:00:32
10 miles	01:12:32	01:20:02	01:29:16	01:39:40	01:56:00
Half marathon	01:35:25	01:45:18	01:57:27	02:13:20	02:32:40
15 miles	01:56:00	02:07:40	02:20:20	02:34:20	02:41:47
20 miles	02:30:47	02:46:23	03:05:34	03:30:40	04:01:14
Marathon	03:23:14	03:44:16	04:10:08	04:41:40	05:25:10
<u>Men 70+</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:22:40	00:24:40	00:27:00	00:29:20	00:31:26
5 miles	00:37:40	00:41:20	00:45:40	00:50:20	00:51:45
10K	00:47:08	00:50:54	00:56:47	01:04:11	01:13:48
10 miles	01:19:40	01:27:40	01:36:20	01:46:00	02:04:00
Half marathon	01:42:24	01:53:00	02:06:02	02:22:28	02:43:50
15 miles	02:03:40	02:16:00	02:29:40	02:44:40	02:52:00
20 miles	02:42:05	02:58:52	03:19:30	03:45:31	04:19:20
Marathon	03:35:38	03:57:56	04:25:24	05:00:00	05:45:00