

Coltishall Jaguars – Women's Standards

<u>Women under 35</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 K	00:17:59	00:18:40	00:20:40	00:22:40	00:25:00
5 Miles	00:29:44	00:31:20	00:34:20	00:37:40	00:41:40
10 K	00:37:24	00:39:40	00:43:40	00:48:00	00:52:40
10 Miles	01:01:44	01:06:00	01:12:40	01:20:00	01:28:00
Half Marathon	01:22:15	01:28:20	01:37:20	01:47:00	01:57:40
15 Miles	01:37:59	01:42:20	01:52:40	02:04:00	02:16:20
20 Miles	02:08:35	02:19:40	02:33:40	02:49:00	03:05:40
Marathon	02:53:34	03:06:40	03:25:20	03:46:00	04:08:40
<u>Women 35 - 39</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 K	00:18:20	00:19:40	00:21:40	00:24:00	00:26:20
5 Miles	00:30:20	00:33:00	00:36:20	00:40:00	00:44:00
10 K	00:38:05	00:42:00	00:46:00	00:50:40	00:55:40
10 Miles	01:02:35	01:10:00	01:17:00	01:24:40	01:33:00
Half Marathon	01:23:10	01:33:40	01:43:00	01:53:20	02:04:40
15 Miles	01:38:53	01:48:20	01:59:20	02:11:00	02:24:20
20 Miles	02:09:27	02:22:50	02:39:19	03:00:06	03:16:40
Marathon	02:53:57	03:17:40	03:37:20	03:59:20	04:23:00
<u>Women 40 - 44</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 K	00:19:12	00:20:20	00:22:40	00:24:40	00:27:20
5 Miles	00:31:35	00:33:40	00:37:20	00:41:00	00:45:00
10 K	00:39:39	00:43:00	00:47:20	00:52:00	00:57:00
10 Miles	01:05:10	01:11:40	01:18:40	01:26:40	01:35:00
Half Marathon	01:26:35	01:35:40	01:45:20	01:56:00	02:07:20
15 Miles	01:42:57	01:51:00	02:02:00	02:14:20	02:27:40
20 Miles	02:14:47	02:31:20	02:46:20	03:03:00	03:21:20
Marathon	03:01:03	03:22:20	03:42:40	04:05:00	04:29:20
<u>Women 45 - 49</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5 K	00:20:03	00:21:00	00:23:00	00:25:20	00:28:00
5 Miles	00:32:59	00:34:40	00:38:00	00:42:00	00:46:00
10 K	00:41:24	00:44:00	00:48:20	00:53:00	00:58:20
10 Miles	01:08:00	01:13:00	01:20:20	01:28:40	01:37:20
Half Marathon	01:30:22	01:38:00	01:47:40	01:58:40	02:10:20
15 Miles	01:47:24	01:53:20	02:05:00	02:17:20	02:31:00
20 Miles	02:20:38	02:34:40	02:50:20	03:07:20	03:26:00
Marathon	03:08:52	03:27:00	03:47:40	04:10:40	04:35:40

<u>Women 50 - 54</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:20:59	00:22:20	00:24:40	00:27:00	00:29:40
5 miles	00:34:32	00:37:20	00:41:00	00:45:00	00:49:20
10K	00:43:20	00:47:20	00:52:00	00:57:00	01:02:40
10 miles	01:11:12	01:18:40	01:26:40	01:35:00	01:44:40
Half marathon	01:34:34	01:45:20	01:56:00	02:07:20	02:20:20
15 miles	01:52:25	02:02:00	02:14:20	02:27:40	02:42:20
20 miles	02:27:09	02:46:20	03:03:00	03:21:20	03:41:20
Marathon	03:17:34	03:42:40	04:05:00	04:29:20	04:56:20
<u>Women 55 - 59</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:22:04	00:24:00	00:26:40	00:29:00	00:32:00
5 miles	00:36:18	00:40:00	00:44:00	00:48:20	00:53:20
10K	00:45:33	00:50:40	00:56:00	01:01:20	01:07:04
10 miles	01:14:47	01:24:40	01:33:20	01:42:20	01:52:40
Half marathon	01:39:22	01:53:20	02:04:40	02:17:20	02:31:00
15 miles	01:58:05	02:11:20	02:24:40	02:39:00	02:55:00
20 miles	02:34:33	02:59:00	03:17:00	03:36:40	03:58:20
Marathon	03:27:27	03:59:40	04:23:40	04:50:00	05:19:00
<u>Women 60 - 64</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:23:18	00:25:40	00:28:20	00:31:20	00:34:20
5 miles	00:38:19	00:42:40	00:47:00	00:51:40	00:56:40
10K	00:48:05	00:54:00	00:59:40	01:05:20	01:12:00
10 miles	01:18:57	01:30:20	01:39:20	01:49:00	02:00:00
Half marathon	01:44:53	02:00:40	02:13:00	02:26:20	02:40:40
15 miles	02:04:39	02:20:00	02:34:00	02:49:20	03:06:20
20 miles	02:43:07	03:10:40	03:30:00	03:51:00	04:14:00
Marathon	03:38:53	04:15:20	04:40:40	05:09:00	05:39:40
<u>Women 65+</u>	<u>Platinum</u>	<u>Diamond</u>	<u>Gold</u>	<u>Silver</u>	<u>Bronze</u>
5K	00:24:47	00:27:20	00:29:40	00:33:00	00:36:20
5 miles	00:40:45	00:45:40	00:50:00	00:55:00	01:00:40
10K	00:51:08	00:57:40	01:03:40	01:10:00	01:17:00
10 miles	01:23:53	01:36:20	01:46:00	01:56:20	02:08:00
Half marathon	01:51:27	02:09:00	02:21:40	02:36:00	02:51:40
15 miles	02:12:25	02:29:20	02:44:20	03:00:40	03:18:40
20 miles	02:53:17	03:23:40	03:44:00	04:06:20	04:31:00
Marathon	03:52:24	04:32:20	04:59:40	05:29:40	06:02:40