

**DESIDERED RUNNERS CLUB STANDARDS**

All times are shown as hours:minutes:seconds

MEN						5K						10K						10 MILES						HALF-MARATHON						MARATHON					
Standard	Gold	Silver	Bronze	Achieve.	Age	Standard	Gold	Silver	Bronze	Achieve.	Age	Standard	Gold	Silver	Bronze	Achieve.	Age	Standard	Gold	Silver	Bronze	Achieve.	Age	Standard	Gold	Silver	Bronze	Achieve.	Age						
Age	100%	75%	70%	65%	55%	Age	100%	75%	70%	65%	55%	Age	100%	75%	70%	65%	55%	Age	100%	75%	70%	65%	55%	Age	100%	75%	70%	65%	55%						
18	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	18	0:26:27	0:35:16	0:37:47	0:40:42	0:48:05	18	0:43:47	0:58:23	1:02:33	1:07:22	1:19:36	18	0:58:03	1:17:24	1:22:58	1:29:18	1:45:33	18	2:01:44	2:42:19	2:53:54	3:07:17	3:41:20						
19	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	19	0:26:27	0:35:16	0:37:47	0:40:42	0:48:05	19	0:43:47	0:58:23	1:02:33	1:07:22	1:19:36	19	0:58:03	1:17:24	1:22:58	1:29:18	1:45:33	19	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
20	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	20	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	20	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	20	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	20	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
21	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	21	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	21	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	21	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	21	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
22	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	22	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	22	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	22	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	22	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
23	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	23	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	23	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	23	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	23	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
24	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	24	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	24	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	24	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	24	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
25	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	25	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	25	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	25	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	25	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
26	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	26	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	26	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	26	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	26	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
27	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	27	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	27	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	27	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	27	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
28	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	28	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	28	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	28	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	28	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
29	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	29	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	29	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	29	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	29	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
30	0:12:51	0:17:08	0:18:21	0:19:46	0:23:22	30	0:26:24	0:35:12	0:37:43	0:40:37	0:48:00	30	0:43:45	0:58:20	1:02:30	1:07:18	1:19:33	30	0:58:01	1:17:21	1:22:53	1:29:15	1:45:29	30	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
31	0:12:52	0:17:09	0:18:23	0:19:48	0:23:24	31	0:26:25	0:35:13	0:37:44	0:40:38	0:48:02	31	0:43:45	0:58:21	1:02:31	1:07:19	1:19:34	31	0:58:01	1:17:22	1:22:54	1:29:16	1:45:30	31	2:01:39	2:42:12	2:53:47	3:07:09	3:41:11						
32	0:12:53	0:17:11	0:18:24	0:19:49	0:23:25	32	0:26:26	0:35:15	0:37:46	0:40:40	0:48:04	32	0:43:46	0:58:22	1:02:32	1:07:20	1:19:35	32	0:58:02	1:17:23	1:22:55	1:29:17	1:45:31	32	2:01:40	2:42:13	2:53:49	3:07:10	3:41:13						
33	0:12:56	0:17:15	0:18:29	0:19:54	0:23:31	33	0:26:29	0:35:19	0:37:50	0:40:45	0:48:09	33	0:43:50	0:58:27	1:02:37	1:07:26	1:19:42	33	0:58:05	1:17:27	1:22:59	1:29:22	1:45:36	33	2:01:48	2:42:24	2:54:00	3:07:23	3:41:27						
34	0:12:59	0:17:19	0:18:33	0:19:58	0:23:36	34	0:26:33	0:35:24	0:37:56	0:40:51	0:48:16	34	0:43:55	0:58:33	1:02:44	1:07:34	1:19:51	34	0:58:11	1:17:35	1:23:07	1:29:29	1:45:47	34	2:02:00	2:42:40	2:54:17	3:07:42	3:41:49						
35	0:13:04	0:17:25	0:18:40	0:20:06	0:23:45	35	0:26:39	0:35:32	0:38:04	0:41:00	0:48:27	35	0:44:03	0:58:44	1:02:56	1:07:46	1:20:05	35	0:58:20	1:17:47	1:23:20	1:29:45	1:46:04	35	2:02:19	2:43:05	2:54:44	3:08:11	3:42:24						
36	0:13:09	0:17:32	0:18:47	0:20:14	0:23:55	36	0:26:49	0:35:45	0:38:19	0:41:15	0:48:45	36	0:44:13	0:58:57	1:03:10	1:08:02	1:20:24	36	0:58:32	1:18:03	1:23:37	1:30:03	1:46:25	36	2:02:45	2:43:40	2:55:21	3:08:51	3:43:11						
37	0:13:14	0:17:39	0:18:54	0:20:22	0:24:04	37	0:26:53	0:35:51	0:38:24	0:41:22	0:48:53	37	0:44:24	0:59:12	1:03:26	1:08:18	1:20:44	37	0:58:47	1:18:23	1:23:59	1:30:26	1:46:53	37	2:03:15	2:44:20	2:56:04	3:09:37	3:44:05						
38	0:13:20	0:17:47	0:19:03	0:20:31	0:24:15	38	0:27:02	0:36:03	0:38:37	0:41:35	0:49:09	38	0:44:38	0:59:31	1:03:46	1:08:40	1:21:09	38	0:59:05	1:18:47	1:24:24	1:30:54	1:47:25	38	2:03:53	2:45:12	2:56:59	3:10:35	3:45:15						
39	0:13:26	0:17:55	0:19:11	0:20:40	0:24:25	39	0:27:12	0:36:16	0:38:51	0:41:51	0:49:27	39	0:44:55	0:59:53	1:04:10	1:09:06	1:21:40	39	0:59:26	1:19:15	1:24:54	1:31:26	1:48:04	39	2:04:37	2:46:09	2:58:01	3:11:43	3:46:35						
40	0:13:32	0:18:03	0:19:20	0:20:49	0:24:36	40	0:27:24	0:36:32	0:39:09	0:42:09	0:49:49	40	0:45:13	1:00:17	1:04:36	1:09:36	1:22:13	40	0:59:50	1:19:47	1:25:30	1:32:03	1:48:47	40	2:05:28	2:47:17	2:59:14	3:13:02	3:48:07						
41	0:13:38	0:18:11	0:19:29	0:20:58	0:24:47	41	0:27:37	0:36:49	0:39:27	0:42:29	0:50:13	41	0:45:34	1:00:45	1:05:06	1:10:06	1:22:51	41	1:00:17	1:20:23	1:26:07	1:32:45	1:49:36	41	2:06:25	2:48:33	3:00:36	3:14:29	3:49:51						
42	0:13:44	0:18:19	0:19:37	0:21:08	0:24:58	42	0:27:50	0:37:07	0:39:46	0:42:49	0:50:36	42	0:45:56	1:01:15	1:05:37	1:10:40	1:23:31	42	1:00:47	1:21:03	1:26:50	1:33:31	1:50:31	42	2:07:27	2:49:56	3:02:04	3:16:05	3:51:44						
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47	0:14:16	0:19:01	0:20:23	0:21:57	0:25:56	47	0:28:59	0:38:39	0:41:24	0:44:35	0:52:42	47	0:47:52	1:03:49	1:08:23	1:13:38	1:27:02	47	1:03:22	1:24:29	1:30:31	1:37:29	1:55:13	47	2:12:52	2:57:09	3:09:49	3:24:25	4:01:35						
48	0:14:23	0:19:11	0:20:33	0:22:08	0:26:09	48	0:29:13	0:38:57	0:41:44	0:44:57	0:53:07	48	0:48:17	1:04:23	1:08:59	1:14:17	1:27:47	48	1:03:55	1:25:13	1:31:19	1:38:20	1:56:13	48	2:14:00	2:58:40	3:11:26	3:26:09	4:03:38						
49	0:14:30	0:19:20	0:20:43	0:22:18	0:26:22	49	0:29:28	0:39:17	0:42:06	0:45:20	0:53:35	49	0																						