

<b>Men</b>						
<b>Age</b>	<b>Marathon</b>	<b>Half Marathon</b>	<b>10 Mile</b>	<b>10K</b>	<b>5M</b>	<b>5K</b>
40-44	2:40:00	1:16	0:56:52	0:34:27	0:27:09	0:16:26
45-49	2:48:00	1:20	0:59:42	0:36:10	0:28:30	0:17:16
50-54	2:55:00	1:23:33	1:02:12	0:37:40	0:29:42	0:17:59
55-59	3:05:00	1:28:19	1:05:45	0:39:50	0:31:23	0:19:01
60-64	3:15:00	1:33:06	1:09:18	0:41:59	0:33:05	0:20:02
65-69	3:25:00	1:37:52	1:12:52	0:44:08	0:34:47	0:21:04
70-74	3:37:00	1:43:36	1:17:08	0:46:43	0:36:49	0:22:18
75-79	3:55:00	1:52:12	1:23:31	0:50:35	0:39:52	0:24:09
80-84	4:20:00	2:04:08	1:32:25	0:55:58	0:44:07	0:26:43
85 & up	5:00:00	2:23:14	1:46:38	1:04:35	0:50:54	0:30:50

<b>Women</b>						
<b>Age</b>	<b>Marathon</b>	<b>Half Marathon</b>	<b>10 Mile</b>	<b>10K</b>	<b>5M</b>	<b>5K</b>
40-44	3:00:00	1:25:56	1:03:58	0:38:45	0:30:32	0:18:30
45-49	3:12:00	1:31:40	1:08:14	0:41:20	0:32:35	0:19:44
50-54	3:22:00	1:36:26	1:11:48	0:43:29	0:34:16	0:20:46
55-59	3:40:00	1:45:02	1:18:11	0:47:22	0:37:20	0:22:37
60-64	3:58:00	1:53:38	1:24:35	0:51:14	0:40:23	0:24:28
65-69	4:15:00	2:01:45	1:30:38	0:54:54	0:43:16	0:26:12
70-74	5:00:00	2:23:14	1:46:38	1:04:35	0:50:54	0:30:50
75-79	5:00:00	2:23:14	1:46:38	1:04:35	0:50:54	0:30:50
80-84	5:30:00	2:37:33	1:57:17	1:11:03	0:56:00	0:33:55
85 & up	5:30:00	2:37:33	1:57:17	1:11:03	0:56:00	0:33:55