

## 5k Age Grading Table

Age	Female			Male			Age	Female			Male		
	Bronze	Silver	Gold	Bronze	Silver	Gold		Bronze	Silver	Gold	Bronze	Silver	Gold
	55%	62%	70%	55%	62%	70%		55%	62%	70%	55%	62%	70%
7	34:07	30:16	26:48	32:21	28:41	25:25	46	29:09	25:51	22:54	25:58	23:02	20:24
8	32:56	29:13	25:52	30:56	27:27	24:18	47	29:27	26:07	23:08	26:10	23:13	20:34
9	31:54	28:18	25:04	29:44	26:23	23:22	48	29:45	26:23	23:22	26:23	23:24	20:44
10	31:01	27:31	24:22	28:42	25:27	22:33	49	30:07	26:43	23:40	26:36	23:35	20:54
11	30:14	26:49	23:45	27:48	24:40	21:51	50	30:29	27:02	23:57	26:48	23:47	21:04
12	29:36	26:15	23:15	27:02	23:59	21:14	51	30:50	27:21	24:14	27:02	23:58	21:14
13	29:01	25:45	22:48	26:22	23:23	20:43	52	31:14	27:42	24:32	27:15	24:10	21:24
14	28:34	25:20	22:27	25:47	22:53	20:16	53	31:40	28:05	24:52	27:28	24:22	21:35
15	28:10	25:00	22:08	25:18	22:27	19:53	54	32:03	28:26	25:11	27:42	24:34	21:46
16	27:49	24:40	21:51	24:54	22:05	19:33	55	32:29	28:49	25:31	27:56	24:47	21:57
17	27:29	24:22	21:35	24:33	21:47	19:17	56	32:54	29:11	25:51	28:10	24:59	22:08
18	27:12	24:08	21:22	24:15	21:30	19:03	57	33:21	29:35	26:12	28:24	25:12	22:19
19	27:00	23:57	21:12	23:57	21:15	18:49	58	33:49	30:00	26:34	28:39	25:25	22:31
20	26:54	23:52	21:08	23:42	21:01	18:37	59	34:18	30:25	26:57	28:54	25:38	22:42
21	26:54	23:52	21:08	23:32	20:53	18:30	60	34:47	30:51	27:20	29:09	25:52	22:54
22	26:54	23:52	21:08	23:27	20:48	18:26	61	35:16	31:17	27:42	29:25	26:05	23:06
23	26:54	23:52	21:08	23:27	20:48	18:25	62	35:47	31:44	28:07	29:40	26:19	23:19
24	26:54	23:52	21:08	23:27	20:48	18:25	63	36:18	32:12	28:31	29:56	26:33	23:31
25	26:54	23:52	21:08	23:27	20:48	18:25	64	36:50	32:41	28:57	30:13	26:48	23:44
26	26:54	23:52	21:08	23:27	20:48	18:25	65	37:25	33:11	29:24	30:29	27:03	23:57
27	26:54	23:52	21:08	23:27	20:48	18:25	66	38:00	33:42	29:51	30:46	27:18	24:11
28	26:54	23:52	21:08	23:27	20:48	18:25	67	38:34	34:13	30:18	31:03	27:33	24:24
29	26:54	23:52	21:08	23:28	20:49	18:26	68	39:10	34:45	30:47	31:21	27:49	24:38
30	26:54	23:52	21:08	23:30	20:51	18:28	69	39:49	35:19	31:17	31:41	28:06	24:53
31	26:56	23:53	21:10	23:34	20:54	18:31	70	40:29	35:54	31:48	32:02	28:25	25:10
32	26:58	23:55	21:11	23:38	20:58	18:34	71	41:09	36:30	32:20	32:26	28:46	25:29
33	27:01	23:58	21:14	23:43	21:02	18:38	72	41:50	37:07	32:52	32:52	29:09	25:49
34	27:05	24:01	21:17	23:50	21:08	18:43	73	42:34	37:46	33:27	33:21	29:35	26:12
35	27:10	24:06	21:21	23:57	21:15	18:49	74	43:18	38:24	34:01	33:52	30:03	26:37
36	27:16	24:11	21:25	24:06	21:23	18:56	75	44:05	39:06	34:38	34:27	30:33	27:04
37	27:21	24:16	21:30	24:16	21:32	19:04	76	44:52	39:48	35:15	35:04	31:06	27:33
38	27:30	24:24	21:37	24:27	21:41	19:12	77	45:43	40:33	35:55	35:45	31:43	28:05
39	27:38	24:30	21:42	24:38	21:51	19:21	78	46:34	41:19	36:35	36:30	32:23	28:40
40	27:49	24:40	21:51	24:49	22:00	19:29	79	47:29	42:07	37:18	37:19	33:06	29:19
41	27:58	24:48	21:58	25:00	22:10	19:38	80	48:27	42:59	38:04	38:12	33:53	30:01
42	28:10	25:00	22:08	25:11	22:20	19:47	81	49:36	44:00	38:58	39:11	34:45	30:47
43	28:23	25:11	22:18	25:23	22:31	19:56	82	50:54	45:09	40:00	40:15	35:43	31:38
44	28:36	25:22	22:28	25:34	22:41	20:05	83	52:23	46:28	41:10	41:26	36:45	32:33
45	28:52	25:37	22:41	25:46	22:52	20:15	84	54:07	48:00	42:31	42:44	37:54	33:34