

Allen Valley Striders - Club Standards

MEN

<i>Diamond Standard</i>	<i>Platinum Standard</i>	<i>Gold Standard</i>	<i>Silver Standard</i>	<i>Bronze Standard</i>	<i>Copper Standard</i>
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4K Handicap

18 - 39	12:20	13:22	14:24	15:26	16:58	18:49
40 - 44	13:01	14:06	15:11	16:16	17:54	19:51
45 - 49	13:31	14:39	15:46	16:54	18:35	20:37
50 - 54	14:04	15:14	16:24	17:34	19:20	21:26
55 - 59	14:41	15:54	17:08	18:21	20:11	22:23
60 - 64	15:23	16:40	17:57	19:13	21:09	23:27
65 - 69	16:12	17:33	18:54	20:15	22:16	24:42
70 & over	17:12	18:38	20:04	21:30	23:39	26:14

5K

18 - 39	15:34	16:51	18:09	19:27	21:24	23:44
40 - 44	16:24	17:46	19:08	20:30	22:33	25:01
45 - 49	17:02	18:28	19:53	21:18	23:26	25:59
50 - 54	17:43	19:12	20:40	22:09	24:22	27:01
55 - 59	18:30	20:03	21:35	23:07	25:26	28:13
60 - 64	19:23	21:00	22:37	24:13	26:39	29:33
65 - 69	20:25	22:07	23:49	25:31	28:05	31:08
70 & over	21:41	23:29	25:18	27:06	29:49	33:04

5 miles

18 - 39	25:35	27:43	29:51	31:58	35:10	39:01
40 - 44	26:52	29:06	31:20	33:35	36:56	40:58
45 - 49	27:53	30:12	32:32	34:51	38:20	42:31
50 - 54	29:00	31:25	33:50	36:15	39:52	44:14
55 - 59	30:17	32:48	35:20	37:51	41:38	46:11
60 - 64	31:43	34:22	37:00	39:39	43:37	48:22
65 - 69	33:26	36:14	39:01	41:48	45:59	51:00
70 & over	35:30	38:27	41:25	44:22	48:49	54:08

10K

18 - 39	32:22	35:03	37:45	40:27	44:30	49:21
40 - 44	33:55	36:45	39:34	42:24	46:38	51:44
45 - 49	35:25	38:22	41:19	44:16	48:42	54:01
50 - 54	36:38	39:42	42:45	45:48	50:23	55:53
55 - 59	38:14	41:26	44:37	47:48	52:35	58:19
60 - 64	40:05	43:25	46:46	50:06	55:07	1:01:07
65 - 69	42:14	45:46	49:17	52:48	58:05	1:04:25
70 & over	44:52	48:36	52:20	56:05	1:01:41	1:08:25

10 miles

18 - 39	53:36	58:04	1:02:32	1:07:00	1:13:42	1:21:44
40 - 44	55:56	1:00:36	1:05:16	1:09:56	1:16:55	1:25:19
45 - 49	58:04	1:02:54	1:07:44	1:12:35	1:19:50	1:28:32
50 - 54	1:00:24	1:05:26	1:10:28	1:15:30	1:23:03	1:32:07
55 - 59	1:03:02	1:08:18	1:13:33	1:18:48	1:26:41	1:36:08
60 - 64	1:06:04	1:11:34	1:17:04	1:22:34	1:30:50	1:40:44
65 - 69	1:09:37	1:15:25	1:21:13	1:27:02	1:35:44	1:46:10
70 & over	1:13:54	1:20:04	1:26:13	1:32:22	1:41:37	1:52:42

1/2 Marathon

18 - 39	1:11:35	1:17:33	1:23:31	1:29:29	1:38:25	1:49:10
40 - 44	1:14:28	1:20:40	1:26:52	1:33:05	1:42:23	1:53:33
45 - 49	1:17:17	1:23:43	1:30:10	1:36:36	1:46:16	1:57:51
50 - 54	1:20:24	1:27:06	1:33:48	1:40:30	1:50:33	2:02:37
55 - 59	1:23:54	1:30:54	1:37:53	1:44:53	1:55:22	2:07:57
60 - 64	1:27:54	1:35:13	1:42:33	1:49:52	2:00:52	2:14:03
65 - 69	1:35:01	1:42:56	1:50:51	1:58:46	2:10:39	2:24:54
70 & over	1:38:18	1:46:29	1:54:41	2:02:52	2:15:10	2:29:54

Marathon

18 - 39	2:32:12	2:44:53	2:57:34	3:10:15	3:29:16	3:52:06
40 - 44	2:36:59	2:50:04	3:03:09	3:16:14	3:35:51	3:59:24
45 - 49	2:42:54	2:56:29	3:10:03	3:23:38	3:43:59	4:08:25
50 - 54	2:49:25	3:03:32	3:17:39	3:31:47	3:52:57	4:18:22
55 - 59	2:56:47	3:11:31	3:26:15	3:40:59	4:03:04	4:29:35
60 - 64	3:05:12	3:20:38	3:36:04	3:51:30	4:14:39	4:42:26
65 - 69	3:15:06	3:31:22	3:47:37	4:03:53	4:28:16	4:57:32
70 & over	3:27:00	3:44:15	4:01:30	4:18:45	4:44:38	5:15:41

WOMEN

<i>Diamond Standard</i>	<i>Platinum Standard</i>	<i>Gold Standard</i>	<i>Silver Standard</i>	<i>Bronze Standard</i>	<i>Copper Standard</i>
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4K Handicap

18 - 34	13:42	14:50	15:59	17:07	18:50	20:54
35 - 39	14:04	15:14	16:24	17:34	19:20	21:26
40 - 44	14:38	15:52	17:05	18:18	20:08	22:20
45 - 49	15:18	16:35	17:51	19:07	21:02	23:20
50 - 54	16:00	17:20	18:40	20:00	22:00	24:24
55 - 59	16:49	18:13	19:37	21:02	23:08	25:39
60 - 64	17:47	19:16	20:45	22:13	24:27	27:07
65 & over	18:54	20:29	22:03	23:37	25:59	28:49

5K

18 - 34	17:17	18:43	20:10	21:36	23:46	26:21
35 - 39	17:42	19:11	20:39	22:08	24:20	27:00
40 - 44	18:26	19:59	21:31	23:03	25:21	28:07
45 - 49	19:16	20:52	22:28	24:05	26:29	29:22
50 - 54	20:10	21:50	23:31	25:12	27:43	30:45
55 - 59	21:11	22:57	24:43	26:28	29:07	32:18
60 - 64	22:23	24:15	26:07	27:58	30:46	34:08
65 & over	23:48	25:47	27:46	29:45	32:43	36:18

5 miles

18 - 34	28:23	30:45	33:07	35:29	39:01	43:17
35 - 39	28:58	31:22	33:47	36:12	39:49	44:10
40 - 44	30:10	32:40	35:11	37:42	41:28	46:00
45 - 49	31:30	34:08	36:45	39:22	43:19	48:02
50 - 54	32:59	35:44	38:29	41:14	45:21	50:18
55 - 59	34:40	37:33	40:26	43:20	47:39	52:51
60 - 64	36:36	39:39	42:42	45:45	50:19	55:49
65 & over	38:55	42:10	45:24	48:39	53:31	59:21

10K

18 - 34	35:54	38:54	41:53	44:52	49:22	54:45
35 - 39	36:34	39:36	42:39	45:42	50:16	55:45
40 - 44	38:05	41:15	44:26	47:36	52:22	58:04
45 - 49	39:44	43:03	46:22	49:41	54:39	1:00:36
50 - 54	41:37	45:05	48:33	52:02	57:14	1:03:28
55 - 59	43:43	47:22	51:00	54:39	1:00:07	1:06:40
60 - 64	46:11	50:02	53:53	57:44	1:03:30	1:10:25
65 & over	49:05	53:10	57:16	1:01:21	1:07:29	1:14:51

10 miles

18 - 34	59:16	1:04:12	1:09:08	1:14:05	1:21:29	1:30:22
35 - 39	1:00:05	1:05:05	1:10:06	1:15:06	1:22:37	1:31:37
40 - 44	1:02:34	1:07:46	1:12:59	1:18:12	1:26:01	1:35:24
45 - 49	1:05:17	1:10:43	1:16:10	1:21:36	1:29:46	1:39:33
50 - 54	1:08:20	1:14:02	1:19:44	1:25:26	1:33:58	1:44:13
55 - 59	1:11:47	1:17:46	1:23:45	1:29:44	1:38:42	1:49:28
60 - 64	1:15:47	1:22:06	1:28:25	1:34:43	1:44:12	1:55:34
65 & over	1:20:31	1:27:14	1:33:56	1:40:39	1:50:43	2:02:48

1/2 Marathon

18 - 34	1:18:58	1:25:32	1:32:07	1:38:42	1:48:34	2:00:25
35 - 39	1:19:50	1:26:30	1:33:09	1:39:48	1:49:47	2:01:45
40 - 44	1:23:07	1:30:03	1:36:58	1:43:54	1:54:17	2:06:45
45 - 49	1:26:44	1:33:58	1:41:12	1:48:26	1:59:16	2:12:17
50 - 54	1:30:47	1:38:21	1:45:55	1:53:28	2:04:49	2:18:26
55 - 59	1:35:23	1:43:20	1:51:17	1:59:14	2:11:09	2:25:27
60 - 64	1:40:41	1:49:04	1:57:28	2:05:51	2:18:26	2:33:32
65 & over	1:46:59	1:55:54	2:04:49	2:13:43	2:27:06	2:43:09

Marathon

18 - 34	2:46:37	3:00:30	3:14:23	3:28:17	3:49:06	4:14:06
35 - 39	2:46:59	3:00:54	3:14:49	3:28:44	3:49:36	4:14:39
40 - 44	2:53:48	3:08:17	3:22:46	3:37:15	3:58:59	4:25:03
45 - 49	3:01:18	3:16:25	3:31:31	3:46:38	4:09:17	4:36:29
50 - 54	3:09:40	3:25:28	3:41:16	3:57:05	4:20:47	4:49:14
55 - 59	3:19:08	3:35:44	3:52:20	4:08:56	4:33:49	5:03:41
60 - 64	3:30:07	3:47:38	4:05:08	4:22:39	4:48:55	5:20:26
65 & over	3:43:06	4:01:41	4:20:17	4:38:53	5:06:46	5:40:14