

FENLAND RUNNING CLUB PERFORMANCE STANDARDS

MEN	GOLD	SILVER	BRONZE
	78%	68%	58%
Senior			
5K	16:35	19:00	22:15
10K	34:25	39:30	46:15
10M	56:55	1:05:15	1:16:30
HM	1:16:00	1:27:00	1:42:00
Marathon	2:40:00	3:03:30	3:35:30
M35			
5K	17:05	19:35	23:00
10K	35:40	40:50	47:55
10M	58:20	1:06:50	1:18:25
HM	1:17:15	1:28:45	1:44:00
Marathon	2:40:45	3:04:30	3:36:30
M40			
5K	17:45	20:20	23:55
10K	37:00	42:25	49:45
10M	1:00:35	1:09:30	1:21:25
HM	1:20:15	1:32:15	1:48:15
Marathon	2:47:00	3:11:30	3:44:00
M45			
5K	18:30	21:10	24:50
10K	38:25	44:05	51:40
10M	1:03:00	1:12:20	1:24:45
HM	1:23:45	1:36:00	1:52:45
Marathon	2:54:00	3:19:30	3:54:00
M50			
5K	19:15	22:00	25:50
10K	40:00	45:55	53:45
10M	1:05:45	1:15:20	1:28:20
HM	1:27:15	1:40:15	1:57:30
Marathon	3:02:00	3:29:00	4:05:00
M55			
5K	20:00	23:00	26:55
10K	41:40	47:50	56:05
10M	1:08:40	1:18:45	1:32:20
HM	1:31:15	1:44:45	2:02:45
Marathon	3:10:30	3:39:00	4:16:30
M60			
5K	20:55	24:00	28:10
10K	43:35	50:00	58:35
10M	1:11:50	1:22:25	1:36:35
HM	1:35:15	1:49:15	2:08:15
Marathon	3:20:30	3:50:00	4:29:00
M65			
5K	21:55	25:10	29:30
10K	45:35	52:20	1:01:20
10M	1:15:20	1:26:25	1:41:15
HM	1:40:30	1:55:15	2:15:00
Marathon	3:31:00	4:02:00	4:43:30
M70			
5K	23:10	26:35	31:10
10K	48:15	55:21	1:04:54
10M	1:19:30	1:31:14	1:46:58
HM	1:46:00	2:01:30	2:22:45
Marathon	3:43:00	4:16:00	5:00:00

LADIES	GOLD	SILVER	BRONZE
	78%	68%	58%
Senior			
5K	19:00	21:45	25:30
10K	38:55	44:35	52:20
10M	1:03:45	1:13:05	1:25:40
HM	1:24:30	1:36:45	1:53:30
Marathon	2:53:30	3:19:00	3:53:30
F35			
5K	19:20	22:10	26:00
10K	39:35	45:20	53:10
10M	1:03:40	1:13:05	1:25:40
HM	1:25:45	1:38:30	1:55:30
Marathon	2:58:30	3:24:30	4:00:00
F40			
5K	19:50	22:50	26:45
10K	40:45	46:45	54:45
10M	1:06:40	1:16:30	1:29:40
HM	1:28:30	1:41:30	1:58:45
Marathon	3:07:00	3:34:30	4:11:30
F45			
5K	20:45	23:50	27:55
10K	42:35	48:50	57:15
10M	1:09:40	1:20:00	1:33:45
HM	1:32:15	1:46:00	2:04:15
Marathon	3:18:30	3:48:00	4:27:00
F50			
5K	22:00	25:15	29:40
10K	45:10	51:50	1:00:45
10M	1:14:00	1:24:50	1:39:30
HM	1:38:00	1:52:30	2:11:45
Marathon	3:31:30	4:03:00	4:45:00
F55			
5K	23:30	27:00	31:40
10K	48:15	55:20	1:04:50
10M	1:19:00	1:30:35	1:46:10
HM	1:44:45	2:00:00	2:20:45
Marathon	3:46:30	4:20:00	5:05:00
F60			
5K	25:15	29:00	33:50
10K	51:45	59:20	1:09:30
10M	1:24:40	1:37:10	1:53:55
HM	1:52:15	2:08:45	2:31:00
Marathon	4:04:00	4:40:00	5:28:30
F65			
5K	27:10	31:10	36:35
10K	55:45	1:04:00	1:15:00
10M	1:31:20	1:44:45	2:02:50
HM	2:01:00	2:18:45	2:42:45
Marathon	4:24:00	5:03:30	5:55:30
F70			
5K	29:30	33:50	39:40
10K	1:00:30	1:09:20	1:21:20
10M	1:39:05	1:53:40	2:13:15
HM	2:11:15	2:30:30	2:56:30
Marathon	4:48:00	5:31:00	6:28:00