

Points	Min/KM	Mile	5k	Parkrun	5mile	10k	10mile	HM	20 Mile	Marathon
100	02:55	04:41	14:33.00	14:33.00	23:25.00	29:06.00	46:50.00	61:27.00	93:40.00	02:02:47
99	03:00	04:50	15:00.00	15:00.00	24:10.00	30:00.00	48:20.00	63:17.00	96:40.00	02:06:43
98	03:03	04:54	15:13.00	15:13.00	24:30.00	30:26.00	49:00.00	64:15.00	98:00.00	02:08:28
97	03:05	04:57	15:25.00	15:25.00	24:45.00	30:50.00	49:30.00	65:15.00	99:00.00	02:09:47
96	03:10	05:05	15:50.00	15:50.00	25:25.00	31:40.00	50:50.00	66:40.00	01:41:40	02:13:15
95	03:13	05:10	16:02.00	16:02.00	25:50.00	32:04.00	51:40.00	67:42.00	01:43:20	02:15:30
94	03:14	05:13	16:07.00	16:07.00	26:05.00	32:14.00	52:10.00	68:03.00	01:44:20	02:16:45
93	03:15	05:14	16:15.00	16:15.00	26:10.00	32:30.00	52:20.00	68:34.00	01:44:40	02:17:10
92	03:20	05:22	16:40.00	16:40.00	26:50.00	33:20.00	53:40.00	70:20.00	01:47:20	02:20:42
91	03:22	05:25	16:51.00	16:51.00	27:05.00	33:44.00	54:10.00	71:07.00	01:48:20	02:22:00
90	03:25	05:29	17:05.00	17:05.00	27:25.00	34:10.00	54:50.00	71:55.00	01:49:40	02:23:45
89	03:27	05:33	17:14.00	17:14.00	27:45.00	34:28.00	55:30.00	72:45.00	01:51:00	02:25:30
88	03:30	05:38	17:30.00	17:30.00	28:10.00	35:00.00	56:20.00	73:50.00	01:52:40	02:27:40
87	03:33	05:43	17:45.00	17:45.00	28:35.00	35:30.00	57:10.00	74:55.00	01:54:20	02:29:55
86	03:35	05:47	17:55.00	17:55.00	28:55.00	35:50.00	57:50.00	75:50.00	01:55:40	02:31:35
85	03:36	05:48	18:00.00	18:00.00	29:00.00	36:00.00	58:00.00	76:00.00	01:56:00	02:32:05
84	03:37	05:49	18:05.00	18:05.00	29:05.00	36:10.00	58:10.00	76:15.00	01:56:20	02:32:30
83	03:38	05:51	18:10.00	18:10.00	29:15.00	36:20.00	58:30.00	76:50.00	01:57:00	02:33:20
82	03:39	05:52	18:15.00	18:15.00	29:20.00	36:30.00	58:40.00	77:00.00	01:57:20	02:33:50
81	03:40	05:53	18:20.00	18:20.00	29:25.00	36:40.00	58:50.00	77:10.00	01:57:40	02:34:15
80	03:42	05:58	18:31.00	18:31.00	29:50.00	37:02.00	59:40.00	78:10.00	01:59:20	02:36:25
79	03:45	06:02	18:45.00	18:45.00	30:10.00	37:30.00	60:20.00	79:10.00	02:00:40	02:38:10
78	03:46	06:04	18:52.00	18:52.00	30:20.00	37:44.00	60:40.00	79:40.00	02:01:20	02:39:05
77	03:48	06:07	19:00.00	19:00.00	30:35.00	38:00.00	61:10.00	80:00.00	02:02:20	02:40:20
76	03:50	06:10	19:10.00	19:10.00	30:50.00	38:20.00	61:40.00	80:45.00	02:03:20	02:41:40
75	03:55	06:19	19:35.00	19:35.00	31:35.00	39:10.00	63:10.00	82:45.00	02:06:20	02:45:35
74	03:57	06:21	19:44.00	19:44.00	31:45.00	39:28.00	63:30.00	83:17.00	02:07:00	02:46:30
73	03:58	06:23	19:50.00	19:50.00	31:55.00	39:40.00	63:50.00	83:50.00	02:07:40	02:47:20
72	03:59	06:25	19:55.00	19:55.00	32:05.00	39:50.00	64:10.00	84:00.00	02:08:20	02:48:15
71	04:00	06:26	20:00.00	20:00.00	32:10.00	40:00.00	64:20.00	84:24.00	02:08:40	02:48:40
70	04:02	06:29	20:08.00	20:08.00	32:25.00	40:16.00	64:50.00	85:00.00	02:09:40	02:50:00
69	04:04	06:33	20:18.00	20:18.00	32:45.00	40:36.00	65:30.00	85:45.00	02:11:00	02:51:45
68	04:05	06:34	20:25.00	20:25.00	32:50.00	40:50.00	65:40.00	86:10.00	02:11:20	02:52:10
67	04:08	06:39	20:41.00	20:41.00	33:15.00	41:22.00	66:30.00	87:20.00	02:13:00	02:54:20
66	04:10	06:42	20:50.00	20:50.00	33:30.00	41:40.00	67:00.00	87:55.00	02:14:00	02:55:40
65	04:12	06:46	20:58.00	20:58.00	33:50.00	41:56.00	67:40.00	88:30.00	02:15:20	02:57:25
64	04:15	06:50	21:15.00	21:15.00	34:10.00	42:30.00	68:20.00	89:20.00	02:16:40	02:59:10
63	04:20	06:58	21:40.00	21:40.00	34:50.00	43:10.00	69:40.00	91:20.00	02:19:20	03:02:40
62	04:23	07:03	21:53.00	21:53.00	35:15.00	43:46.00	01:10:30	92:25.00	02:21:00	03:04:50
61	04:25	07:06	22:05.00	22:05.00	35:30.00	44:10.00	01:11:00	93:05.00	02:22:00	03:06:10
60	04:30	07:15	22:30.00	22:30.00	36:15.00	45:00.00	01:12:30	95:00.00	02:25:00	03:10:00
59	04:33	07:19	22:43.00	22:43.00	36:35.00	45:26.00	01:13:10	95:55.00	02:26:20	03:11:50
58	04:35	07:23	22:55.00	22:55.00	36:55.00	45:50.00	01:13:50	96:40.00	02:27:40	03:13:35
57	04:38	07:27	23:05.00	23:05.00	37:15.00	46:10.00	01:14:30	97:40.00	02:29:00	03:15:20
56	04:40	07:31	23:20.00	23:20.00	37:35.00	46:40.00	01:15:10	98:30.00	02:30:20	03:17:00
55	04:45	07:39	23:45.00	23:45.00	38:15.00	47:30.00	01:16:30	1:40:00	02:33:00	03:20:35
54	04:48	07:43	24:00.00	24:00.00	38:35.00	47:55.00	01:17:10	1:41:15	02:34:20	03:22:20
53	04:50	07:47	24:10.00	24:10.00	38:55.00	48:20.00	01:17:50	1:42:05	02:35:40	03:24:00
52	04:53	07:52	24:23.00	24:23.00	39:20.00	48:46.00	01:18:40	1:42:55	02:37:20	03:26:15
51	04:55	07:55	24:35.00	24:35.00	39:35.00	49:10.00	01:19:10	1:43:45	02:38:20	03:27:35
50	05:00	08:03	25:00.00	25:00.00	40:15.00	50:00.00	01:20:30	1:45:30	02:41:00	03:31:00
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24	06:45	10:52	33:45.00	33:45.00	54:20.00	67:30.00	01:48:40	2:22:20	03:37:20	04:44:55
23	06:50	11:00	34:10.00	34:10.00	55:00.00	68:20.00	01:50:00	2:23:30	03:40:00	04:48:25
22	06:55	11:08	34:35.00	34:35.00	55:40.00	69:10.00	01:51:20	2:25:40	03:42:40	04:51:55
21	07:00	11:16	35:00.00	35:00.00	56:00.00	70:00.00	01:52:39	2:27:40	03:45:00	04:55:22
20	07:10	11:32	35:50.00	35:50.00	57:20.00	71:40.00	01:55:20	2:31:10	03:50:00	05:02:25
19	07:20	11:48	36:40.00	36:40.00	58:40.00	73:20.00	01:58:00	2:34:40	03:56:30	05:09:25
18	07:30	12:04	37:30.00	37:30.00	60:00.00	75:00.00	02:00:40	2:37:40	04:01:00	05:16:30
17	07:40	12:20	38:20.00	38:20.00	61:20.00	76:40.00	02:03:20	2:41:45	04:06:40	05:23:30
16	07:50	12:36	39:10.00	39:10.00	62:40.00	78:20.00	02:06:05	2:45:15	04:13:20	05:30:30
15	08:00	12:52	40:00.00	40:00.00	64:00.00	80:00.00	02:08:45	2:48:45	04:16:40	05:37:30
14	08:10	13:09	40:50.00	40:50.00	65:20.00	81:40.00	02:11:25	2:52:15	04:23:20	05:44:35
13	08:20	13:25	41:40.00	41:40.00	66:40.00	83:10.00	02:14:05	2:55:50	04:28:20	05:51:40
12	08:30	13:41	42:30.00	42:30.00	68:00.00	85:00.00	02:16:50	2:59:20	04:33:20	05:58:40
11	08:40	13:57	43:20.00	43:20.00	69:20.00	86:40.00	02:19:30	3:02:50	04:38:20	06:05:40
10	08:50	14:13	44:10.00	44:10.00	70:40.00	88:20.00	02:22:10	3:06:20	04:44:20	06:12:40
9	09:00	14:29	45:00.00	45:00						