

5k	Men	M(40-44)	M(45-49) Lady	M(50-54) L(35-39)	M(55-59) L(40-44)	M(60-64) L(45-49)	M(65-69) L(50-54)	M(70-74) L(55-59)
10	00:16:00	00:16:30	00:17:00	00:18:00	00:19:00	00:20:00	00:21:30	00:23:00
9	00:16:30	00:17:00	00:18:00	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00
8	00:17:00	00:18:00	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30
7	00:18:00	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00
6	00:19:00	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30
5	00:20:00	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00
4	00:21:30	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30
3	00:23:00	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30	00:40:00
2	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30	00:40:00	00:42:30

M(75-79)	M(80-84)	M(85-89)
L(60-64)	L(65-69)	L(70-74)
00:25:00	00:27:30	00:30:00
00:27:30	00:30:00	00:32:30
00:30:00	00:32:30	00:35:00
00:32:30	00:35:00	00:37:30
00:35:00	00:37:30	00:40:00
00:37:30	00:40:00	00:42:30
00:40:00	00:42:30	00:45:00
00:42:30	00:45:00	0:47:30
00:45:00	0:47:30	00:50:00