Female Under 35	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:17:24	00:28:49	00:36:16	01:00:05	01:20:02	02:51:45
Platinum	00:18:33	00:30:45	00:38:41	01:04:06	01:25:22	03:03:12
Gold	00:19:53	00:32:56	00:41:27	01:08:40	01:31:28	03:16:17
Silver	00:21:25	00:35:28	00:44:38	01:13:57	01:38:31	03:31:23
Bronze	00:23:12	00:38:26	00:48:22	01:20:07	01:46:43	03:49:00
Copper	00:25:18	00:41:55	00:52:45	01:27:24	01:56:25	04:09:49
Tin	00:27:50	00:46:07	00:58:02	01:36:09	02:08:04	04:34:48
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 35-39	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:17:43	00:29:20	00:36:55	01:01:10	01:21:28	02:54:50
Platinum	00:18:53	00:31:18	00:39:23	01:05:15	01:26:54	03:06:29
Gold	00:20:14	00:33:32	00:42:12	01:09:54	01:33:07	03:19:48
Silver	00:21:48	00:36:06	00:45:27	01:15:17	01:40:17	03:35:11
Bronze	00:23:37	00:39:07	00:49:14	01:21:33	01:48:38	03:53:06
Copper	00:25:45	00:42:40	00:53:42	01:28:58	01:58:30	04:14:18
Tin	00:28:20	00:46:56	00:59:04	01:37:52	02:10:22	04:39:44
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 40-44	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:18:23	00:30:27	00:38:19	01:03:29	01:24:34	03:01:28
Platinum	00:19:36	00:32:29	00:40:53	01:07:43	01:30:12	03:13:33
Gold	00:21:00	00:34:48	00:43:48	01:12:33	01:36:39	03:27:23
Silver	00:22:37	00:37:29	00:47:10	01:18:08	01:44:05	03:43:20
Bronze	00:24:30	00:40:36	00:51:06	01:24:39	01:52:45	04:01:57
Copper	00:26:44	00:44:17	00:55:44	01:32:21	02:03:00	04:23:56
Tin	00:29:25	00:48:43	01:01:19	01:41:35	02:15:18	04:50:20
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 45-49	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:19:08	00:31:41	00:39:53	01:06:04	01:28:01	03:08:51
Platinum	00:20:24	00:33:48	00:42:32	01:10:29	01:33:53	03:21:27
Gold	00:21:52	00:36:13	00:45:35	01:15:31	01:40:35	03:35:50
Silver	00:23:33	00:39:00	00:49:05	01:21:19	01:48:19	03:52:26
Bronze	00:25:30	00:42:15	00:53:11	01:28:06	01:57:21	04:11:48
Copper	00:27:49	00:46:06	00:58:01	01:36:06	02:08:01	04:34:42
Tin	00:30:36	00:50:42	01:03:49	01:45:43	02:20:49	05:02:10
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 50-54	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:19:58	00:33:04	00:41:37	01:08:57	01:31:50	03:17:04
Platinum	00:21:18	00:35:16	00:44:24	01:13:33	01:37:58	03:30:13
Gold	00:22:49	00:37:48	00:47:34	01:18:48	01:44:58	03:45:14
Silver	00:24:34	00:40:42	00:51:13	01:24:52	01:53:02	04:02:33
Bronze	00:26:37	00:44:06	00:55:30	01:31:56	02:02:27	04:22:46
Copper	00:29:02	00:48:06	01:00:32	01:40:17	02:13:35	04:46:39
Tin	00:31:56	00:52:55	01:06:35	01:50:19	02:26:57	05:15:19
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 55-59	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:20:53	00:34:36	00:43:33	01:12:09	01:36:07	03:26:14
Platinum	00:22:17	00:36:55	00:46:27	01:16:58	01:42:31	03:39:59
Gold	00:23:52	00:39:33	00:49:47	01:22:28	01:49:50	03:55:42
Silver	00:25:43	00:42:36	00:53:36	01:28:48	01:58:17	04:13:50
Bronze	00:27:51	00:46:09	00:58:04	01:36:12	02:08:09	04:34:59
Copper	00:30:23	00:50:20	01:03:21	01:44:57	02:19:48	04:59:59
Tin	00:33:25	00:55:22	01:09:41	01:55:27	02:33:47	05:29:59
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 60-64	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:21:56	00:36:20	00:45:44	01:15:45	01:40:54	03:36:31
Platinum	00:23:24	00:38:45	00:48:46	01:20:48	01:47:38	03:50:58
Gold	00:25:04	00:41:31	00:52:16	01:26:35	01:55:19	04:07:27
Silver	00:27:00	00:44:43	00:56:17	01:33:14	02:04:11	04:26:29
Bronze	00:29:15	00:48:27	01:00:58	01:41:00	02:14:32	04:48:42
Copper	00:31:54	00:52:51	01:06:31	01:50:11	02:26:46	05:14:57
Tin	00:35:05	00:58:08	01:13:10	02:01:12	02:41:27	05:46:26
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 65-69	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:23:06	00:38:17	00:48:10	01:19:49	01:46:18	03:48:07
Platinum	00:24:39	00:40:50	00:51:23	01:25:08	01:53:24	04:03:19
Gold	00:26:24	00:43:45	00:55:03	01:31:13	02:01:30	04:20:42
Silver	00:28:26	00:47:07	00:59:18	01:38:14	02:10:50	04:40:46
Bronze	00:30:48	00:51:02	01:04:14	01:46:25	02:21:45	05:04:09
Copper	00:33:37	00:55:41	01:10:04	01:56:05	02:34:38	05:31:48
Tin	00:36:58	01:01:15	01:17:05	02:07:42	02:50:05	06:04:59
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 70-74	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:24:26	00:40:29	00:50:57	01:24:24	01:52:26	04:01:15
Platinum	00:26:04	00:43:11	00:54:21	01:30:02	01:59:55	04:17:20
Gold	00:27:56	00:46:16	00:58:14	01:36:28	02:08:29	04:35:43
Silver	00:30:05	00:49:50	01:02:42	01:43:53	02:18:22	04:56:56
Bronze	00:32:35	00:53:59	01:07:56	01:52:32	02:29:54	05:21:40
Copper	00:35:33	00:58:53	01:14:06	02:02:46	02:43:32	05:50:55
Tin	00:39:06	01:04:46	01:21:31	02:15:03	02:59:53	06:26:00
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 75-79	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:26:01	00:43:06	00:54:15	01:29:53	01:59:43	04:16:53
Platinum	00:27:45	00:45:59	00:57:52	01:35:52	02:07:42	04:34:01
Gold	00:29:44	00:49:16	01:02:00	01:42:43	02:16:49	04:53:35
Silver	00:32:02	00:53:03	01:06:46	01:50:37	02:27:20	05:16:10
Bronze	00:34:42	00:57:29	01:12:20	01:59:50	02:39:37	05:42:31
Copper	00:37:51	01:02:42	01:18:55	02:10:44	02:54:08	06:13:39
Tin	00:41:38	01:08:58	01:26:48	02:23:48	03:11:33	06:51:01
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Female 80-84	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:28:07	00:46:35	00:58:37	01:37:06	02:09:21	04:37:33
Platinum	00:29:59	00:49:41	01:02:31	01:43:35	02:17:58	04:56:04
Gold	00:32:08	00:53:14	01:06:59	01:50:59	02:27:49	05:17:13
Silver	00:34:36	00:57:19	01:12:09	01:59:31	02:39:12	05:41:37
Bronze	00:37:29	01:02:06	01:18:09	02:09:29	02:52:28	06:10:05
Copper	00:40:54	01:07:45	01:25:16	02:21:15	03:08:08	06:43:43
Tin	00:44:59	01:14:31	01:33:47	02:35:22	03:26:57	07:24:06
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male Under 35	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:15:42	00:26:00	00:32:44	00:54:13	01:12:13	02:34:59
Platinum	00:16:45	00:27:44	00:34:55	00:57:50	01:17:02	02:45:19
Gold	00:17:56	00:29:43	00:37:24	01:01:58	01:22:32	02:57:07
Silver	00:19:19	00:32:00	00:40:17	01:06:44	01:28:53	03:10:45
Bronze	00:20:56	00:34:41	00:43:38	01:12:18	01:36:18	03:26:38
Copper	00:22:50	00:37:50	00:47:36	01:18:52	01:45:03	03:45:25
Tin	00:25:07	00:41:37	00:52:22	01:26:45	01:55:33	04:07:58
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 35-39	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:15:59	00:26:28	00:33:19	00:55:12	01:13:31	02:37:46
Platinum	00:17:03	00:28:14	00:35:32	00:58:52	01:18:25	02:48:17
Gold	00:18:16	00:30:15	00:38:05	01:03:05	01:24:01	03:00:18
Silver	00:19:40	00:32:35	00:41:00	01:07:56	01:30:29	03:14:10
Bronze	00:21:18	00:35:18	00:44:25	01:13:36	01:38:01	03:30:21
Copper	00:23:15	00:38:30	00:48:28	01:20:17	01:46:56	03:49:28
Tin	00:25:34	00:42:21	00:53:18	01:28:19	01:57:38	04:12:25
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 40-44	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:16:35	00:27:29	00:34:35	00:57:17	01:16:18	02:43:44
Platinum	00:17:41	00:29:19	00:36:53	01:01:06	01:21:24	02:54:39
Gold	00:18:57	00:31:24	00:39:31	01:05:28	01:27:12	03:07:08
Silver	00:20:25	00:33:49	00:42:34	01:10:30	01:33:55	03:21:32
Bronze	00:22:07	00:36:38	00:46:06	01:16:23	01:41:44	03:38:19
Copper	00:24:07	00:39:58	00:50:18	01:23:20	01:50:59	03:58:10
Tin	00:26:32	00:43:58	00:55:20	01:31:40	02:02:05	04:21:59
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 45-49	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:17:16	00:28:36	00:35:59	00:59:37	01:19:25	02:50:25
Platinum	00:18:25	00:30:30	00:38:23	01:03:36	01:24:43	03:01:46
Gold	00:19:44	00:32:41	00:41:08	01:08:08	01:30:46	03:14:45
Silver	00:21:15	00:35:12	00:44:18	01:13:23	01:37:44	03:29:44
Bronze	00:23:01	00:38:08	00:47:59	01:19:30	01:45:53	03:47:13
Copper	00:25:06	00:41:36	00:52:21	01:26:43	01:55:31	04:07:52
Tin	00:27:37	00:45:45	00:57:35	01:35:24	02:07:04	04:32:40
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 50-54	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:18:01	00:29:50	00:37:33	01:02:13	01:22:52	02:57:50
Platinum	00:19:13	00:31:50	00:40:04	01:06:22	01:28:24	03:09:41
Gold	00:20:35	00:34:06	00:42:55	01:11:06	01:34:43	03:23:14
Silver	00:22:10	00:36:44	00:46:13	01:16:34	01:42:00	03:38:52
Bronze	00:24:01	00:39:47	00:50:04	01:22:57	01:50:30	03:57:06
Copper	00:26:12	00:43:24	00:54:38	01:30:30	02:00:32	04:18:40
Tin	00:28:49	00:47:45	01:00:05	01:39:33	02:12:36	04:44:32
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 55-59	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:18:51	00:31:14	00:39:18	01:05:07	01:26:44	03:06:06
Platinum	00:20:06	00:33:19	00:41:55	01:09:27	01:32:30	03:18:30
Gold	00:21:33	00:35:41	00:44:55	01:14:25	01:39:07	03:32:41
Silver	00:23:12	00:38:26	00:48:22	01:20:08	01:46:44	03:49:03
Bronze	00:25:08	00:41:38	00:52:24	01:26:49	01:55:38	04:08:08
Copper	00:27:25	00:45:25	00:57:10	01:34:42	02:06:09	04:30:41
Tin	00:30:10	00:49:58	01:02:53	01:44:10	02:18:46	04:57:46
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 60-64	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:19:47	00:32:47	00:41:16	01:08:21	01:31:03	03:15:23
Platinum	00:21:07	00:34:58	00:44:01	01:12:55	01:37:07	03:28:24
Gold	00:22:37	00:37:28	00:47:09	01:18:07	01:44:03	03:43:18
Silver	00:24:21	00:40:21	00:50:47	01:24:08	01:52:04	04:00:28
Bronze	00:26:23	00:43:43	00:55:01	01:31:09	02:01:24	04:20:30
Copper	00:28:47	00:47:41	01:00:01	01:39:26	02:12:26	04:44:11
Tin	00:31:40	00:52:27	01:06:01	01:49:22	02:25:41	05:12:37
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 65-69	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:20:51	00:34:32	00:43:28	01:12:01	01:35:56	03:25:51
Platinum	00:22:14	00:36:51	00:46:22	01:16:49	01:42:19	03:39:34
Gold	00:23:50	00:39:29	00:49:41	01:22:18	01:49:38	03:55:15
Silver	00:25:40	00:42:31	00:53:30	01:28:38	01:58:04	04:13:21
Bronze	00:27:48	00:46:03	00:57:58	01:36:01	02:07:54	04:34:27
Copper	00:30:20	00:50:15	01:03:14	01:44:45	02:19:32	04:59:24
Tin	00:33:22	00:55:16	01:09:33	01:55:14	02:33:29	05:29:21
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 70-74	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:22:03	00:36:32	00:45:58	01:16:10	01:41:27	03:37:42
Platinum	00:23:31	00:38:58	00:49:02	01:21:15	01:48:13	03:52:13
Gold	00:25:12	00:41:45	00:52:33	01:27:03	01:55:57	04:08:48
Silver	00:27:08	00:44:58	00:56:35	01:33:44	02:04:52	04:27:56
Bronze	00:29:24	00:48:42	01:01:18	01:41:33	02:15:16	04:50:16
Copper	00:32:04	00:53:08	01:06:52	01:50:47	02:27:34	05:16:39
Tin	00:35:17	00:58:27	01:13:34	02:01:52	02:42:19	05:48:19
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 75-79	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:23:29	00:38:54	00:48:57	01:21:06	01:48:01	03:51:48
Platinum	00:25:03	00:41:29	00:52:13	01:26:30	01:55:14	04:07:16
Gold	00:26:50	00:44:27	00:55:57	01:32:41	02:03:27	04:24:55
Silver	00:28:54	00:47:52	01:00:15	01:39:49	02:12:57	04:45:18
Bronze	00:31:18	00:51:52	01:05:16	01:48:08	02:24:02	05:09:04
Copper	00:34:09	00:56:35	01:11:12	01:57:58	02:37:08	05:37:10
Tin	00:37:34	01:02:14	01:18:20	02:09:46	02:52:50	06:10:53
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete

Male 80-84	5k	5 mile	10k	10 mile	Half marathon	Marathon
Diamond	00:25:22	00:42:02	00:52:54	01:27:38	01:56:43	04:10:27
Platinum	00:27:04	00:44:50	00:56:25	01:33:28	02:04:30	04:27:09
Gold	00:29:00	00:48:02	01:00:27	01:40:09	02:13:23	04:46:14
Silver	00:31:13	00:51:44	01:05:06	01:47:51	02:23:39	05:08:15
Bronze	00:33:50	00:56:02	01:10:31	01:56:50	02:35:37	05:33:56
Copper	00:36:54	01:01:08	01:16:56	02:07:27	02:49:46	06:04:18
Tin	00:40:35	01:07:15	01:24:38	02:20:12	03:06:45	06:40:44
Serpentine	Complete	Complete	Complete	Complete	Complete	Complete