

**North Norfolk Beach Runners - Club Standards  
MENS STANDARDS TIMES**

19 & under						20 to 34					
	Diamond	Gold	Silver	Bronze	Copper		Diamond	Gold	Silver	Bronze	Copper
5K	0:16:36	0:18:24	0:20:38	0:23:28	0:27:14	5K	0:15:44	0:17:25	0:19:34	0:22:15	0:25:49
5M	0:27:28	0:30:27	0:34:08	0:38:49	0:45:01	5M	0:26:02	0:28:51	0:32:08	0:36:47	0:42:41
10K	0:34:35	0:38:19	0:42:56	0:48:51	0:56:41	10K	0:32:45	0:36:17	0:40:42	0:46:18	0:53:41
10M	0:57:08	01:03:18	01:10:58	01:20:46	01:33:41	10M	0:54:09	01:01:59	01:07:15	01:16:31	01:28:46
1/2 Mara	01:16:13	01:24:27	01:34:42	01:47:45	02:05:00	1/2 Mara	01:12:13	01:20:01	01:29:43	01:42:06	01:58:26
15M	01:28:03	01:37:35	01:49:24	02:04:30	02:24:25	15M	01:23:26	01:32:27	01:43:40	01:57:58	02:16:50
20M	01:59:52	02:12:50	02:28:56	02:49:28	03:16:35	20M	01:53:35	02:05:51	02:21:07	02:40:34	03:06:16
Marathon	02:40:47	02:58:10	03:19:45	03:47:18	04:23:41	Marathon	02:32:20	02:48:48	03:09:16	03:35:22	04:09:50
35 to 39						40 to 44					
	Diamond	Gold	Silver	Bronze	Copper		Diamond	Gold	Silver	Bronze	Copper
5K	0:16:17	0:18:03	0:20:14	0:23:01	0:26:42	5K	0:16:54	0:18:43	0:21:00	0:23:53	0:27:43
5M	0:26:56	0:29:50	0:33:27	0:38:04	0:44:10	5M	0:27:57	0:30:58	0:34:43	0:39:30	0:45:50
10K	0:33:53	0:37:33	0:42:06	0:47:55	0:55:35	10K	0:35:10	0:38:58	0:43:42	0:49:43	0:57:41
10M	0:56:01	01:02:05	01:09:36	01:19:12	01:31:52	10M	0:58:08	01:04:25	01:12:14	01:22:12	01:35:21
1/2 Mara	01:14:45	01:22:49	01:32:52	01:45:40	02:02:35	1/2 Mara	01:17:34	01:25:57	01:36:22	01:49:40	02:07:13
15M	01:26:21	01:35:41	01:47:17	02:02:05	02:21:37	15M	01:29:37	01:39:18	01:51:21	02:06:42	02:26:58
20M	01:57:33	02:10:16	02:26:03	02:46:12	03:12:47	20M	02:02:00	02:15:11	02:31:34	02:52:29	03:20:04
Marathon	02:37:40	02:54:43	03:15:53	03:42:54	04:18:34	Marathon	02:43:38	03:01:19	03:23:18	03:51:20	04:28:21
45 to 49						50 to 54					
	Diamond	Gold	Silver	Bronze	Copper		Diamond	Gold	Silver	Bronze	Copper
5K	0:17:34	0:19:28	0:21:49	0:24:50	0:28:48	5K	0:18:17	0:20:15	0:22:43	0:25:51	0:29:59
5M	0:29:03	0:32:11	0:36:05	0:41:04	0:47:38	5M	0:30:14	0:33:30	0:37:34	0:42:44	0:49:35
10K	0:36:33	0:40:30	0:45:25	0:51:41	0:57:00	10K	0:38:03	0:42:10	0:47:16	0:53:47	1:02:24
10M	1:00:25	01:06:57	01:15:04	01:25:25	01:39:06	10M	1:02:54	01:09:42	01:18:08	01:28:55	01:43:09
1/2 Mara	01:20:37	01:29:20	01:40:10	01:53:58	02:12:13	1/2 Mara	01:23:55	01:32:59	01:44:15	01:58:38	01:17:37
15M	01:33:08	01:43:13	01:55:43	02:11:41	02:32:45	15M	01:36:57	01:47:26	02:00:27	02:17:04	02:39:00
20M	02:06:47	02:20:30	02:37:32	02:59:15	03:27:56	20M	02:11:58	02:26:15	02:43:58	03:06:35	03:36:26
Marathon	02:50:03	03:08:27	03:31:17	04:00:26	04:38:54	Marathon	02:57:01	03:16:09	03:39:56	04:10:16	04:50:18
55 to 59						60 to 64					
	Diamond	Gold	Silver	Bronze	Copper		Diamond	Gold	Silver	Bronze	Copper
5K	0:19:04	0:21:07	0:23:41	0:26:57	0:31:01	5K	0:19:55	0:22:04	0:24:44	0:28:09	0:32:39
5M	0:31:31	0:34:56	0:39:10	0:44:34	0:51:42	5M	0:32:55	0:36:29	0:40:54	0:46:33	0:54:00
10K	0:39:40	0:43:58	0:49:17	0:56:05	1:05:04	10K	0:41:26	0:45:55	0:51:29	0:58:35	1:07:57
10M	1:05:35	01:12:40	01:21:28	01:32:43	01:47:33	10M	1:08:30	01:15:54	01:25:06	01:36:50	01:52:20
1/2 Mara	01:27:29	01:36:57	01:48:42	02:03:42	02:23:29	1/2 Mara	01:31:23	01:41:16	01:53:33	02:09:12	02:29:53
15M	01:41:05	01:52:01	02:05:35	02:22:55	02:45:47	15M	01:45:35	01:57:00	02:11:11	02:29:17	02:53:10
20M	02:17:36	02:32:29	02:50:58	03:14:33	03:45:40	20M	02:23:44	02:39:16	02:58:35	03:23:12	03:55:43
Marathon	03:04:34	03:24:31	03:49:18	04:20:56	05:02:41	Marathon	03:12:47	03:33:37	03:59:31	04:32:33	05:16:10
65 to 69						70 +					
	Diamond	Gold	Silver	Bronze	Copper		Diamond	Gold	Silver	Bronze	Copper
5K	0:20:50	0:23:05	0:25:53	0:29:28	0:34:10	5K	0:22:03	0:24:26	0:27:24	0:31:11	0:36:10
5M	0:34:28	0:38:11	0:42:49	0:48:43	0:56:31	5M	0:36:28	0:40:25	0:45:19	0:51:33	0:59:48
10K	0:43:22	0:48:03	0:53:53	1:01:19	1:11:08	10K	0:45:54	0:50:52	0:57:02	1:04:53	1:15:16
10M	1:11:41	01:19:26	01:29:04	01:41:21	01:57:34	10M	1:15:52	01:24:04	01:34:16	01:47:16	02:04:26
1/2 Mara	01:35:39	01:45:59	01:58:50	02:15:14	02:36:52	1/2 Mara	01:41:14	01:52:10	02:05:46	02:23:07	02:46:01
15M	01:50:31	02:02:27	02:17:18	02:36:14	03:01:14	15M	01:56:57	02:09:36	02:25:18	02:45:21	03:11:48
20M	02:30:26	02:46:42	03:06:54	03:32:41	04:06:43	20M	02:39:12	02:56:25	03:17:48	03:45:05	04:21:06
Marathon	03:21:46	03:43:35	04:10:41	04:45:16	05:30:54	Marathon	03:33:32	03:56:37	04:25:18	05:01:54	05:50:12