

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

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