

**ST EDMUND PACERS CLUB STANDARDS
MEN**

SENIOR MEN	DIAMOND	GOLD	SILVER	BRONZE
5 Km	00:15:50	00:17:15	00:18:15	00:19:40
5 Miles	00:26:20	00:28:45	00:30:30	00:33:00
10 Km	00:33:00	00:36:00	00:38:00	00:41:00
10 Miles	00:54:00	01:00:00	01:03:00	01:08:00
1/2 Marathon	01:12:00	01:20:00	01:23:00	01:30:00
15 Miles	01:23:00	01:34:00	01:38:00	01:45:00
20 Miles	01:54:00	02:13:00	02:21:00	02:40:00
Marathon	02:35:00	03:00:00	03:10:00	03:30:00

V40	DIAMOND	GOLD	SILVER	BRONZE
5 Km	00:16:20	00:18:00	00:19:10	00:20:55
5 Miles	00:27:10	00:30:00	00:32:00	00:35:00
10 Km	00:34:00	00:37:30	00:40:00	00:43:30
10 Miles	00:56:00	01:02:00	01:06:00	01:12:00
1/2 Marathon	01:15:00	01:24:00	01:28:00	01:36:00
15 Miles	01:26:30	01:38:00	01:44:00	01:54:00
20 Miles	01:58:30	02:18:00	02:28:00	02:48:00
Marathon	02:40:00	03:05:00	03:20:00	03:45:00

V45	DIAMOND	GOLD	SILVER	BRONZE
5 Km	00:16:55	00:18:55	00:20:10	00:22:20
5 Miles	00:28:00	00:31:30	00:33:30	00:37:15
10 Km	00:35:15	00:39:30	00:42:00	00:46:30
10 Miles	00:58:00	01:05:00	01:09:00	01:16:00
1/2 Marathon	01:18:00	01:28:00	01:33:00	01:42:00
15 Miles	01:30:00	01:43:00	01:51:00	02:03:00
20 Miles	02:02:30	02:23:00	02:36:00	02:58:00
Marathon	02:45:00	03:12:00	03:30:00	04:00:00

V50	DIAMOND	GOLD	SILVER	BRONZE
5 Km	00:17:25	00:19:55	00:21:05	00:23:45
5 Miles	00:28:50	00:33:15	00:35:15	00:39:30
10 Km	00:36:15	00:41:30	00:44:00	00:49:30
10 Miles	00:59:40	01:08:00	01:12:00	01:20:00
1/2 Marathon	01:20:00	01:32:00	01:38:00	01:48:00
15 Miles	01:32:30	01:48:00	01:58:00	02:13:00
20 Miles	02:06:00	02:28:00	02:45:00	03:09:00
Marathon	02:50:00	03:20:00	03:40:00	04:15:00

V55	DIAMOND	GOLD	SILVER	BRONZE
5 Km	00:18:30	00:20:55	00:22:35	00:25:25
5 Miles	00:30:30	00:34:45	00:37:30	00:42:30

10 Km	00:38:30	00:43:30	00:47:00	00:53:00
10 Miles	01:03:30	01:11:00	01:16:00	01:25:00
1/2 Marathon	01:25:00	01:36:00	01:43:00	01:55:00
15 Miles	01:38:00	01:53:00	02:06:00	02:25:00
20 Miles	02:14:00	02:35:00	02:55:00	03:22:00
Marathon	03:00:00	03:30:00	03:50:00	04:33:00

V60	DIAMOND	GOLD	SILVER	BRONZE
5 Km	00:19:50	00:22:20	00:24:10	00:27:10
5 Miles	00:32:40	00:37:10	00:40:10	00:45:27
10 Km	00:41:10	00:46:35	00:50:17	00:56:42
10 Miles	01:10:45	01:18:45	01:24:05	01:33:45
1/2 Marathon	01:33:45	01:45:30	01:53:00	02:05:50
15 Miles	01:47:40	02:03:40	02:20:25	02:40:45
20 Miles	02:28:55	02:51:25	03:12:25	03:44:30
Marathon	03:21:00	03:53:05	04:14:30	05:13:20

V65	DIAMOND	GOLD	SILVER	BRONZE
5 Km	00:21:10	00:23:45	00:25:45	00:28:55
5 Miles	00:34:50	00:39:35	00:42:50	00:48:24
10 Km	00:42:50	00:49:40	00:53:34	01:00:24
10 Miles	01:18:00	01:25:30	01:32:10	01:42:30
1/2 Marathon	01:42:30	01:55:00	02:03:00	02:16:40
15 Miles	01:57:20	02:14:20	02:34:50	02:56:30
20 Miles	02:43:50	03:07:50	03:29:50	04:07:00
Marathon	03:42:00	04:16:10	04:39:00	05:43:40

V70	DIAMOND	GOLD	SILVER	BRONZE
5 Km	00:22:30	00:25:10	00:27:20	00:30:40
5 Miles	00:37:00	00:42:00	00:45:30	00:51:21
10 Km	00:44:30	00:52:45	00:56:51	01:04:06
10 Miles	01:25:15	01:32:15	01:40:15	01:51:15
1/2 Marathon	01:51:15	02:04:30	02:13:00	02:27:30
15 Miles	02:07:00	02:25:00	03:39:15	03:12:15
20 Miles	02:58:45	03:23:15	03:47:05	04:29:30
Marathon	04:03:00	04:29:15	05:03:30	06:14:00

V75	DIAMOND	GOLD	SILVER	BRONZE
5 Km				
5 Miles				
10 Km				
10 Miles				
1/2 Marathon				
15 Miles				
20 Miles				
Marathon				