

Pace	5k		NRR short (3.15 miles)		5 mile		NRR long (5.8 miles)		10k		10 mile		Half marathon		Marathon	
00:04:40	00:14:30	144	00:14:43	144	00:23:20	148	00:27:21	148	00:29:00	150	00:46:40	156	01:01:11	160	02:12:00	160
00:04:42	00:14:36	143	00:14:49	143	00:23:30	147	00:27:32	147	00:29:12	149	00:47:00	155	01:01:37	159	02:13:00	159
00:04:44	00:14:42	142	00:14:55	142	00:23:40	146	00:27:44	146	00:29:25	148	00:47:20	154	01:02:03	158	02:14:00	158
00:04:46	00:14:49	141	00:15:02	141	00:23:50	145	00:27:55	145	00:29:37	147	00:47:40	153	01:02:29	157	02:15:00	157
00:04:48	00:14:55	140	00:15:08	140	00:24:00	144	00:28:06	144	00:29:50	146	00:48:00	152	01:02:55	156	02:16:00	156
00:04:50	00:15:01	139	00:15:14	139	00:24:10	143	00:28:18	143	00:30:02	145	00:48:20	151	01:03:22	155	02:17:00	155
00:04:52	00:15:07	138	00:15:20	138	00:24:20	142	00:28:30	142	00:30:14	144	00:48:40	150	01:03:48	154	02:18:00	154
00:04:54	00:15:13	137	00:15:27	137	00:24:30	141	00:28:42	141	00:30:27	143	00:49:00	149	01:04:14	153	02:19:00	153
00:04:56	00:15:20	136	00:15:34	136	00:24:40	140	00:28:53	140	00:30:39	142	00:49:20	148	01:04:40	152	02:20:00	152
00:04:58	00:15:26	135	00:15:40	135	00:24:50	139	00:29:05	139	00:30:52	141	00:49:40	147	01:05:06	151	02:21:00	151
00:05:00	00:15:32	134	00:15:46	134	00:25:00	138	00:29:16	138	00:31:04	140	00:50:00	146	01:05:33	150	02:22:00	150
00:05:02	00:15:38	133	00:15:52	133	00:25:10	137	00:29:28	137	00:31:17	139	00:50:20	145	01:05:59	149	02:23:00	149
00:05:04	00:15:45	132	00:15:59	132	00:25:20	136	00:29:40	136	00:31:29	138	00:50:40	144	01:06:25	148	02:24:00	148
00:05:06	00:15:51	131	00:16:05	131	00:25:30	135	00:29:51	135	00:31:41	137	00:51:00	143	01:06:51	147	02:25:00	147
00:05:08	00:15:57	130	00:16:11	130	00:25:40	134	00:30:03	134	00:31:54	136	00:51:20	142	01:07:18	146	02:26:00	146
00:05:10	00:16:03	129	00:16:17	129	00:25:50	133	00:30:14	133	00:32:06	135	00:51:40	141	01:07:44	145	02:27:00	145
00:05:12	00:16:09	128	00:16:23	128	00:26:00	132	00:30:26	132	00:32:19	134	00:52:00	140	01:08:10	144	02:28:00	144
00:05:14	00:16:16	127	00:16:30	127	00:26:10	131	00:30:38	131	00:32:31	133	00:52:20	139	01:08:36	143	02:29:00	143
00:05:16	00:16:22	126	00:16:36	126	00:26:20	130	00:30:49	130	00:32:44	132	00:52:40	138	01:09:02	142	02:30:00	142
00:05:18	00:16:28	125	00:16:43	125	00:26:30	129	00:31:01	129	00:32:56	131	00:53:00	137	01:09:29	141	02:31:00	141
00:05:20	00:16:34	124	00:16:49	124	00:26:40	128	00:31:12	128	00:33:08	130	00:53:20	136	01:09:55	140	02:32:00	140
00:05:22	00:16:40	123	00:16:55	123	00:26:50	127	00:31:24	127	00:33:21	129	00:53:40	135	01:10:21	139	02:33:00	139
00:05:24	00:16:47	122	00:17:02	122	00:27:00	126	00:31:35	126	00:33:33	128	00:54:00	134	01:10:47	138	02:34:00	138
00:05:26	00:16:53	121	00:17:08	121	00:27:10	125	00:31:47	125	00:33:46	127	00:54:20	133	01:11:14	137	02:35:00	137
00:05:28	00:16:59	120	00:17:14	120	00:27:20	124	00:31:59	124	00:33:58	126	00:54:40	132	01:11:40	136	02:36:00	136
00:05:30	00:17:05	119	00:17:20	119	00:27:30	123	00:32:10	123	00:34:11	125	00:55:00	131	01:12:06	135	02:37:00	135
00:05:32	00:17:12	118	00:17:27	118	00:27:40	122	00:32:22	122	00:34:23	124	00:55:20	130	01:12:32	134	02:38:00	134
00:05:34	00:17:18	117	00:17:33	117	00:27:50	121	00:32:33	121	00:34:35	123	00:55:40	129	01:12:58	133	02:39:00	133
00:05:36	00:17:24	116	00:17:39	116	00:28:00	120	00:32:45	120	00:34:48	122	00:56:00	128	01:13:25	132	02:40:00	132
00:05:38	00:17:30	115	00:17:45	115	00:28:10	119	00:32:57	119	00:35:00	121	00:56:20	127	01:13:51	131	02:41:00	131
00:05:40	00:17:36	114	00:17:52	114	00:28:20	118	00:33:09	118	00:35:13	120	00:56:40	126	01:14:17	130	02:42:00	130
00:05:42	00:17:43	113	00:17:59	113	00:28:30	117	00:33:20	117	00:35:25	119	00:57:00	125	01:14:43	129	02:43:00	129
00:05:44	00:17:49	112	00:18:05	112	00:28:40	116	00:33:31	116	00:35:38	118	00:57:20	124	01:15:09	128	02:44:00	128
00:05:46	00:17:55	111	00:18:11	111	00:28:50	115	00:33:43	115	00:35:50	117	00:57:40	123	01:15:36	127	02:45:00	127
00:05:48	00:18:01	110	00:18:17	110	00:29:00	114	00:33:55	114	00:36:02	116	00:58:00	122	01:16:02	126	02:46:00	126
00:05:50	00:18:07	109	00:18:23	109	00:29:10	113	00:34:07	113	00:36:15	115	00:58:20	121	01:16:28	125	02:47:00	125
00:05:52	00:18:14	108	00:18:30	108	00:29:20	112	00:34:18	112	00:36:27	114	00:58:40	120	01:16:54	124	02:48:00	124

Pace	5k		NRR short (3.15 miles)		5 mile		NRR long (5.8 miles)		10k		10 mile		Half marathon		Marathon	
00:05:54	00:18:20	107	00:18:36	107	00:29:30	111	00:34:30	111	00:36:40	113	00:59:00	119	01:17:21	123	02:49:00	123
00:05:56	00:18:26	106	00:18:42	106	00:29:40	110	00:34:41	110	00:36:52	112	00:59:20	118	01:17:47	122	02:50:00	122
00:05:58	00:18:32	105	00:18:48	105	00:29:50	109	00:34:52	109	00:37:05	111	00:59:40	117	01:18:13	121	02:51:00	121
00:06:00	00:18:38	104	00:18:54	104	00:30:00	108	00:35:04	108	00:37:17	110	01:00:00	116	01:18:39	120	02:52:00	120
00:06:02	00:18:45	103	00:19:01	103	00:30:10	107	00:35:16	107	00:37:29	109	01:00:20	115	01:19:05	119	02:53:00	119
00:06:04	00:18:51	102	00:19:08	102	00:30:20	106	00:35:28	106	00:37:42	108	01:00:40	114	01:19:32	118	02:54:00	118
00:06:06	00:18:57	101	00:19:14	101	00:30:30	105	00:35:39	105	00:37:54	107	01:01:00	113	01:19:58	117	02:55:00	117
00:06:08	00:19:03	100	00:19:20	100	00:30:40	104	00:35:51	104	00:38:07	106	01:01:20	112	01:20:24	116	02:56:00	116
00:06:10	00:19:10	99	00:19:27	99	00:30:50	103	00:36:02	103	00:38:19	105	01:01:40	111	01:20:50	115	02:57:00	115
00:06:12	00:19:16	98	00:19:33	98	00:31:00	102	00:36:14	102	00:38:32	104	01:02:00	110	01:21:17	114	02:58:00	114
00:06:14	00:19:22	97	00:19:39	97	00:31:10	101	00:36:26	101	00:38:44	103	01:02:20	109	01:21:43	113	02:59:00	113
00:06:16	00:19:28	96	00:19:45	96	00:31:20	100	00:36:37	100	00:38:56	102	01:02:40	108	01:22:09	112	03:00:00	112
00:06:18	00:19:34	95	00:19:51	95	00:31:30	99	00:36:49	99	00:39:09	101	01:03:00	107	01:22:35	111	03:01:00	111
00:06:20	00:19:41	94	00:19:58	94	00:31:40	98	00:37:00	98	00:39:21	100	01:03:20	106	01:23:01	110	03:02:00	110
00:06:22	00:19:47	93	00:20:04	93	00:31:50	97	00:37:12	97	00:39:34	99	01:03:40	105	01:23:28	109	03:03:00	109
00:06:24	00:19:53	92	00:20:10	92	00:32:00	96	00:37:24	96	00:39:46	98	01:04:00	104	01:23:54	108	03:04:00	108
00:06:26	00:19:59	91	00:20:17	91	00:32:10	95	00:37:35	95	00:39:59	97	01:04:20	103	01:24:20	107	03:05:00	107
00:06:28	00:20:05	90	00:20:23	90	00:32:20	94	00:37:47	94	00:40:11	96	01:04:40	102	01:24:46	106	03:06:00	106
00:06:30	00:20:12	89	00:20:30	89	00:32:30	93	00:37:58	93	00:40:23	95	01:05:00	101	01:25:13	105	03:07:00	105
00:06:32	00:20:18	88	00:20:36	88	00:32:40	92	00:38:10	92	00:40:36	94	01:05:20	100	01:25:39	104	03:08:00	104
00:06:34	00:20:24	87	00:20:42	87	00:32:50	91	00:38:21	91	00:40:48	93	01:05:40	99	01:26:05	103	03:09:00	103
00:06:36	00:20:30	86	00:20:48	86	00:33:00	90	00:38:33	90	00:41:01	92	01:06:00	98	01:26:31	102	03:10:00	102
00:06:38	00:20:37	85	00:20:55	85	00:33:10	89	00:38:45	89	00:41:13	91	01:06:20	97	01:26:57	101	03:11:00	101
00:06:40	00:20:43	84	00:21:01	84	00:33:20	88	00:38:56	88	00:41:26	90	01:06:40	96	01:27:24	100	03:12:00	100
00:06:42	00:20:49	83	00:21:07	83	00:33:30	87	00:39:08	87	00:41:38	89	01:07:00	95	01:27:50	99	03:13:00	99
00:06:44	00:20:55	82	00:21:13	82	00:33:40	86	00:39:19	86	00:41:50	88	01:07:20	94	01:28:16	98	03:14:00	98
00:06:46	00:21:01	81	00:21:19	81	00:33:50	85	00:39:31	85	00:42:03	87	01:07:40	93	01:28:42	97	03:15:00	97
00:06:48	00:21:08	80	00:21:26	80	00:34:00	84	00:39:43	84	00:42:15	86	01:08:00	92	01:29:08	96	03:16:00	96
00:06:50	00:21:14	79	00:21:33	79	00:34:10	83	00:39:55	83	00:42:28	85	01:08:20	91	01:29:35	95	03:17:00	95
00:06:52	00:21:20	78	00:21:39	78	00:34:20	82	00:40:06	82	00:42:40	84	01:08:40	90	01:30:01	94	03:18:00	94
00:06:54	00:21:26	77	00:21:45	77	00:34:30	81	00:40:17	81	00:42:53	83	01:09:00	89	01:30:27	93	03:19:00	93
00:06:56	00:21:32	76	00:21:51	76	00:34:40	80	00:40:29	80	00:43:05	82	01:09:20	88	01:30:53	92	03:20:00	92
00:06:58	00:21:39	75	00:21:58	75	00:34:50	79	00:40:41	79	00:43:17	81	01:09:40	87	01:31:20	91	03:21:00	91
00:07:00	00:21:45	74	00:22:04	74	00:35:00	78	00:40:53	78	00:43:30	80	01:10:00	86	01:31:46	90	03:22:00	90
00:07:02	00:21:51	73	00:22:10	73	00:35:10	77	00:41:04	77	00:43:42	79	01:10:20	85	01:32:12	89	03:23:00	89
00:07:04	00:21:57	72	00:22:16	72	00:35:20	76	00:41:16	76	00:43:55	78	01:10:40	84	01:32:38	88	03:24:00	88
00:07:06	00:22:04	71	00:22:23	71	00:35:30	75	00:41:27	75	00:44:07	77	01:11:00	83	01:33:04	87	03:25:00	87
00:07:08	00:22:10	70	00:22:29	70	00:35:40	74	00:41:38	74	00:44:20	76	01:11:20	82	01:33:31	86	03:26:00	86

Pace	5k	NRR short (3.15 miles)	5 mile	NRR long (5.8 miles)	10k	10 mile	Half marathon	Marathon								
00:07:10	00:22:16	69	00:22:35	69	00:35:50	73	00:41:50	73	00:44:32	75	01:11:40	81	01:33:57	85	03:27:00	85
00:07:12	00:22:22	68	00:22:41	68	00:36:00	72	00:42:02	72	00:44:44	74	01:12:00	80	01:34:23	84	03:28:00	84
00:07:14	00:22:28	67	00:22:48	67	00:36:10	71	00:42:14	71	00:44:57	73	01:12:20	79	01:34:49	83	03:29:00	83
00:07:16	00:22:35	66	00:22:55	66	00:36:20	70	00:42:25	70	00:45:09	72	01:12:40	78	01:35:16	82	03:30:00	82
00:07:18	00:22:41	65	00:23:01	65	00:36:30	69	00:42:37	69	00:45:22	71	01:13:00	77	01:35:42	81	03:31:00	81
00:07:20	00:22:47	64	00:23:07	64	00:36:40	68	00:42:48	68	00:45:34	70	01:13:20	76	01:36:08	80	03:32:00	80
00:07:22	00:22:53	63	00:23:13	63	00:36:50	67	00:43:00	67	00:45:47	69	01:13:40	75	01:36:34	79	03:33:00	79
00:07:24	00:22:59	62	00:23:19	62	00:37:00	66	00:43:12	66	00:45:59	68	01:14:00	74	01:37:00	78	03:34:00	78
00:07:26	00:23:06	61	00:23:26	61	00:37:10	65	00:43:23	65	00:46:11	67	01:14:20	73	01:37:27	77	03:35:00	77
00:07:28	00:23:12	60	00:23:32	60	00:37:20	64	00:43:35	64	00:46:24	66	01:14:40	72	01:37:53	76	03:36:00	76
00:07:30	00:23:18	59	00:23:38	59	00:37:30	63	00:43:46	63	00:46:36	65	01:15:00	71	01:38:19	75	03:37:00	75
00:07:32	00:23:24	58	00:23:44	58	00:37:40	62	00:43:58	62	00:46:49	64	01:15:20	70	01:38:45	74	03:38:00	74
00:07:34	00:23:31	57	00:23:51	57	00:37:50	61	00:44:10	61	00:47:01	63	01:15:40	69	01:39:11	73	03:39:00	73
00:07:36	00:23:37	56	00:23:58	56	00:38:00	60	00:44:21	60	00:47:14	62	01:16:00	68	01:39:38	72	03:40:00	72
00:07:38	00:23:43	55	00:24:04	55	00:38:10	59	00:44:33	59	00:47:26	61	01:16:20	67	01:40:04	71	03:41:00	71
00:07:40	00:23:49	54	00:24:10	54	00:38:20	58	00:44:44	58	00:47:38	60	01:16:40	66	01:40:30	70	03:42:00	70
00:07:42	00:23:55	53	00:24:16	53	00:38:30	57	00:44:56	57	00:47:51	59	01:17:00	65	01:40:56	69	03:43:00	69
00:07:44	00:24:02	52	00:24:23	52	00:38:40	56	00:45:07	56	00:48:03	58	01:17:20	64	01:41:23	68	03:44:00	68
00:07:46	00:24:08	51	00:24:29	51	00:38:50	55	00:45:19	55	00:48:16	57	01:17:40	63	01:41:49	67	03:45:00	67
00:07:48	00:24:14	50	00:24:35	50	00:39:00	54	00:45:31	54	00:48:28	56	01:18:00	62	01:42:15	66	03:46:00	66
00:07:50	00:24:20	49	00:24:41	49	00:39:10	53	00:45:42	53	00:48:41	55	01:18:20	61	01:42:41	65	03:47:00	65
00:07:52	00:24:26	48	00:24:47	48	00:39:20	52	00:45:54	52	00:48:53	54	01:18:40	60	01:43:07	64	03:48:00	64
00:07:54	00:24:33	47	00:24:54	47	00:39:30	51	00:46:05	51	00:49:05	53	01:19:00	59	01:43:34	63	03:49:00	63
00:07:56	00:24:39	46	00:25:00	46	00:39:40	50	00:46:17	50	00:49:18	52	01:19:20	58	01:44:00	62	03:50:00	62
00:07:58	00:24:45	45	00:25:06	45	00:39:50	49	00:46:29	49	00:49:30	51	01:19:40	57	01:44:26	61	03:51:00	61
00:08:00	00:24:51	44	00:25:13	44	00:40:00	48	00:46:41	48	00:49:43	50	01:20:00	56	01:44:52	60	03:52:00	60
00:08:02	00:24:58	43	00:25:20	43	00:40:10	47	00:46:52	47	00:49:55	49	01:20:20	55	01:45:19	59	03:53:00	59
00:08:04	00:25:04	42	00:25:26	42	00:40:20	46	00:47:03	46	00:50:08	48	01:20:40	54	01:45:45	58	03:54:00	58
00:08:06	00:25:10	41	00:25:32	41	00:40:30	45	00:47:15	45	00:50:20	47	01:21:00	53	01:46:11	57	03:55:00	57
00:08:08	00:25:16	40	00:25:38	40	00:40:40	44	00:47:27	44	00:50:32	46	01:21:20	52	01:46:37	56	03:56:00	56
00:08:10	00:25:22	39	00:25:44	39	00:40:50	43	00:47:39	43	00:50:45	45	01:21:40	51	01:47:03	55	03:57:00	55
00:08:12	00:25:29	38	00:25:51	38	00:41:00	42	00:47:50	42	00:50:57	44	01:22:00	50	01:47:30	54	03:58:00	54
00:08:14	00:25:35	37	00:25:57	37	00:41:10	41	00:48:02	41	00:51:10	43	01:22:20	49	01:47:56	53	03:59:00	53
00:08:16	00:25:41	36	00:26:03	36	00:41:20	40	00:48:13	40	00:51:22	42	01:22:40	48	01:48:22	52	04:00:00	52
00:08:18	00:25:47	35	00:26:09	35	00:41:30	39	00:48:24	39	00:51:35	41	01:23:00	47	01:48:48	51	04:01:00	51
00:08:20	00:25:53	34	00:26:15	34	00:41:40	38	00:48:36	38	00:51:47	40	01:23:20	46	01:49:15	50	04:02:00	50
00:08:22	00:26:00	33	00:26:22	33	00:41:50	37	00:48:48	37	00:51:59	39	01:23:40	45	01:49:41	49	04:03:00	49
00:08:24	00:26:06	32	00:26:29	32	00:42:00	36	00:49:00	36	00:52:12	38	01:24:00	44	01:50:07	48	04:04:00	48

Pace	5k	NRR short (3.15 miles)	5 mile	NRR long (5.8 miles)	10k	10 mile	Half marathon	Marathon								
00:08:26	00:26:12	31	00:26:35	31	00:42:10	35	00:49:11	35	00:52:24	37	01:24:20	43	01:50:33	47	04:05:00	47
00:08:28	00:26:18	30	00:26:41	30	00:42:20	34	00:49:23	34	00:52:37	36	01:24:40	42	01:50:59	46	04:06:00	46
00:08:30	00:26:25	29	00:26:48	29	00:42:30	33	00:49:34	33	00:52:49	35	01:25:00	41	01:51:26	45	04:07:00	45
00:08:32	00:26:31	28	00:26:54	28	00:42:40	32	00:49:46	32	00:53:02	34	01:25:20	40	01:51:52	44	04:08:00	44
00:08:34	00:26:37	27	00:27:00	27	00:42:50	31	00:49:58	31	00:53:14	33	01:25:40	39	01:52:18	43	04:09:00	43
00:08:36	00:26:43	26	00:27:06	26	00:43:00	30	00:50:09	30	00:53:26	32	01:26:00	38	01:52:44	42	04:10:00	42
00:08:38	00:26:49	25	00:27:12	25	00:43:10	29	00:50:21	29	00:53:39	31	01:26:20	37	01:53:10	41	04:11:00	41
00:08:40	00:26:56	24	00:27:19	24	00:43:20	28	00:50:32	28	00:53:51	30	01:26:40	36	01:53:37	40	04:12:00	40
00:08:42	00:27:02	23	00:27:25	23	00:43:30	27	00:50:44	27	00:54:04	29	01:27:00	35	01:54:03	39	04:13:00	39
00:08:44	00:27:08	22	00:27:31	22	00:43:40	26	00:50:56	26	00:54:16	28	01:27:20	34	01:54:29	38	04:14:00	38
00:08:46	00:27:14	21	00:27:38	21	00:43:50	25	00:51:07	25	00:54:29	27	01:27:40	33	01:54:55	37	04:15:00	37
00:08:48	00:27:20	20	00:27:44	20	00:44:00	24	00:51:19	24	00:54:41	26	01:28:00	32	01:55:22	36	04:16:00	36
00:08:50	00:27:27	19	00:27:51	19	00:44:10	23	00:51:30	23	00:54:53	25	01:28:20	31	01:55:48	35	04:17:00	35
00:08:52	00:27:33	18	00:27:57	18	00:44:20	22	00:51:42	22	00:55:06	24	01:28:40	30	01:56:14	34	04:18:00	34
00:08:54	00:27:39	17	00:28:03	17	00:44:30	21	00:51:53	21	00:55:18	23	01:29:00	29	01:56:40	33	04:19:00	33
00:08:56	00:27:45	16	00:28:09	16	00:44:40	20	00:52:05	20	00:55:31	22	01:29:20	28	01:57:06	32	04:20:00	32
00:08:58	00:27:52	15	00:28:16	15	00:44:50	19	00:52:17	19	00:55:43	21	01:29:40	27	01:57:33	31	04:21:00	31
00:09:00	00:27:58	14	00:28:22	14	00:45:00	18	00:52:28	18	00:55:55	20	01:30:00	26	01:57:59	30	04:22:00	30
00:09:02	00:28:04	13	00:28:28	13	00:45:10	17	00:52:40	17	00:56:08	19	01:30:20	25	01:58:25	29	04:23:00	29
00:09:04	00:28:10	12	00:28:34	12	00:45:20	16	00:52:51	16	00:56:20	18	01:30:40	24	01:58:51	28	04:24:00	28
00:09:06	00:28:16	11	00:28:40	11	00:45:30	15	00:53:03	15	00:56:33	17	01:31:00	23	01:59:18	27	04:25:00	27
00:09:08	00:28:23	10	00:28:47	10	00:45:40	14	00:53:15	14	00:56:45	16	01:31:20	22	01:59:44	26	04:26:00	26
00:09:10	00:28:29	9	00:28:54	9	00:45:50	13	00:53:26	13	00:56:58	15	01:31:40	21	02:00:10	25	04:27:00	25
00:09:12	00:28:35	8	00:29:00	8	00:46:00	12	00:53:38	12	00:57:10	14	01:32:00	20	02:00:36	24	04:28:00	24
00:09:14	00:28:41	7	00:29:06	7	00:46:10	11	00:53:49	11	00:57:22	13	01:32:20	19	02:01:02	23	04:29:00	23
00:09:16	00:28:47	6	00:29:12	6	00:46:20	10	00:54:01	10	00:57:35	12	01:32:40	18	02:01:29	22	04:30:00	22
00:09:18	00:28:54	5	00:29:19	5	00:46:30	9	00:54:13	9	00:57:47	11	01:33:00	17	02:01:55	21	04:31:00	21
00:09:20	00:29:00	4	00:29:25	4	00:46:40	8	00:54:25	8	00:58:00	10	01:33:20	16	02:02:21	20	04:32:00	20
00:09:22	00:29:06	3	00:29:31	3	00:46:50	7	00:54:36	7	00:58:12	9	01:33:40	15	02:02:47	19	04:33:00	19
00:09:24	00:29:12	2	00:29:37	2	00:47:00	6	00:54:47	6	00:58:25	8	01:34:00	14	02:03:13	18	04:34:00	18
00:09:26	00:29:19	1	00:29:44	1	00:47:10	5	00:54:59	5	00:58:37	7	01:34:20	13	02:03:40	17	04:35:00	17
00:09:28	00:29:25	1	00:29:50	1	00:47:20	4	00:55:11	4	00:58:49	6	01:34:40	12	02:04:06	16	04:36:00	16
00:09:30					00:47:30	3	00:55:22	3	00:59:02	5	01:35:00	11	02:04:32	15	04:37:00	15
00:09:32					00:47:40	2	00:55:34	2	00:59:14	4	01:35:20	10	02:04:58	14	04:38:00	14
00:09:34					00:47:50	1	00:55:46	1	00:59:27	3	01:35:40	9	02:05:25	13	04:39:00	13
00:09:36					00:48:00	1	00:55:57	1	00:59:39	2	01:36:00	8	02:05:51	12	04:40:00	12
00:09:38									00:59:52	1	01:36:20	7	02:06:17	11	04:41:00	11
00:09:40									01:00:04	1	01:36:40	6	02:06:43	10	04:42:00	10

Pace	5k	NRR short (3.15 miles)	5 mile	NRR long (5.8 miles)	10k	10 mile	Half marathon	Marathon
00:09:42						01:37:00 5	02:07:09 9	04:43:00 9
00:09:44						01:37:20 4	02:07:36 8	04:44:00 8
00:09:46						01:37:40 3	02:08:02 7	04:45:00 7
00:09:48						01:38:00 2	02:08:28 6	04:46:00 6
00:09:50						01:38:20 1	02:08:54 5	04:47:00 5
00:09:52						01:38:40 1	02:09:21 4	04:48:00 4
00:09:54							02:09:47 3	04:49:00 3
00:09:56							02:10:13 2	04:50:00 2
00:09:58							02:10:39 1	04:51:00 1
00:10:00							02:11:05 1	