

Lancing Eagles Running Club Mens' Standards

Bronze Standard	5K	4 Miles	5 Miles	10K	10 Miles	Half Marathon	20 Miles	Marathon
Under 40	23m. 45s	30m 45s	39m. 45	50m. 00	1hr.22m	1hr.48m	2hrs 48m	3hr. 45m
40-44	25m. 15s	32m 00s	41m. 45	52m. 30	1hr. 26	1hr. 54	2hrs 58m	3hr. 57
45-49	26m. 15s	34m 15s	43m. 15	54m. 30	1hr. 29	1hr. 59	3hrs 04m	4hr. 07
50-54	27m. 15s	35m 30s	45m. 00	56m. 45	1hr. 33	2hr. 04	3hrs 12m	4hr.18
55-59	28m. 30s	37m 00s	47m. 00	59m. 00	1hr. 37	2hr. 09	3hrs 21m	4hr. 30
60-64	29m. 45s	38m 45s	49m. 15	1hr.	1hr, 42	2hr. 16	3hrs 31m	4hr. 44
65-69	31m. 00s	40m 30s	51m. 30	1hr 4m 30	1hr. 47	2hr. 22	3hrs 42m	4hr. 59
70-74	33m. 00s	42m 00s	54m. 30	1hr 8m 30	1hr. 53	2hr. 31	3hrs 55m	5hr. 16
75-79	35m. 45s	46m 45	59m. 00	1hr. 14m	2hr. 02	2hr. 43	4hrs 14m	5hr.42

Silver Standard	5K	4 Miles	5 Miles	10K	10 Miles	Half Marathon	20 Miles	Marathon
Under 40	20 m. 15s	26m 00s	34m. 00	42m. 30	1hr 9m 30	1hr. 32m	2hrs 22m	3hr 12m
40-44	21m. 15	27m 00s	35m. 15	44m. 15	1hr 12m 45	1hr. 36m	2hrs 29m	3hr. 20
45-49	22m, 15	29m 00s	36m. 30	46m .00	1hr 15m 30	1hr. 40m	2hrs 35m	3hr. 29
50-54	23m. 00	30m 00s	38m. 15	48m. 00	1hr 19m 00	1hr. 45m	2hrs 43m	3hr. 38
55-59	24m. 00	31m 30s	39m. 45	50m. 00	1hr 22m 15	1hr. 49m	2hrs 50m	3hr. 49
60-64	25m. 00	32m 45s	41m. 30	52m. 15	1hr 26m 00	1hr. 54m	2hrs 58m	4hr 00
65-69	26m. 15	34m 30s	43m. 30	54m. 45	1hr 30m 15	2hr 00m	3hrs 07m	4hr . 13
70-74	27m. 45	36m 15s	46m. 00	58m. 00	1hr 35m 30	2hr, 7m	3hrs 18m	4hr. 28
75-79	30m. 15	39m 30s	50.m. 00	1hr 00m 30	1hr 43m 30	2hr. 17	3hrs 34m	4hr. 49

Gold Standard	5K	4 Miles	5 Miles	10K	10 Miles	Half Marathon	20 Miles	Marathon
Under 40	17m. 5s	22m 30s	29m. 0s	36m. 5s	1 hour	1hr. 0m.	2hrs 03m	2hr. 45m
40 -44	18m. 30	24m 00s	30m. 30	38m. 30	1 hr. 3m.	1hr. 23	2hrs 10m	2hr. 52m
45- 49	19m. 15	25m 00s	31m. 45	40m. 00	1 hr 05m	1hr. 26	2hrs 15m	3 hours
50- 54	20m. 00	26m 00s	33m. 00	41m. 30	1 hr 8m 30s	1hr. 30	2hrs 21m	3hr. 10m
55- 59	20m. 45	27m 15s	34m. 30	43m. 15	1hr. 11m	1hr. 35	2hrs 28m	3hr. 20m
60- 64	21m. 45	28m 30s	36m. 00	45m. 15	1hr. 14m	1hr. 40	2hrs 35m	3hr. 30m
65- 69	22m. 45	29m 45s	37m. 45	47m. 30	1hr. 18m	1hr. 45	2hrs 43m	3hr. 40m
70- 74	24m. 00	31m 30s	40m. 00	50m. 15	1hr.23m	1hr. 50	2hrs 52m	3hr. 55m
75- 79	26m. 15	34m 15s	43m. 15	54m. 30	1hr. 30m	2 hours	3hrs 07m	4hr. 10m