

## Lancing Eagles Running Club Mens' Standards

<b>Bronze Standard</b>	<b>5K</b>	<b>4 Miles</b>	<b>5 Miles</b>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>20 Miles</b>	<b>Marathon</b>
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 00 00	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 45s	59m 00	1hr 14m	2hr 02	2hr 43	4hrs 14m	5hr 42

<b>Silver Standard</b>	<b>5K</b>	<b>4 Miles</b>	<b>5 Miles</b>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>20 Miles</b>	<b>Marathon</b>
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	50m 00	1hr 00m 30	1hr 43m 30	2hr 17	3hrs 34m	4hr 49

<b>Gold Standard</b>	<b>5K</b>	<b>4 Miles</b>	<b>5 Miles</b>	<b>10K</b>	<b>10 Miles</b>	<b>Half Marathon</b>	<b>20 Miles</b>	<b>Marathon</b>
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