

Stowmarket Striders Men's Club Standards

Men Under 40	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:25:03	00:21:59	00:19:39	00:17:48	00:16:18
5 miles	00:41:26	00:36:08	00:32:25	00:29:26	00:26:57
10 km	00:52:09	00:45:43	00:40:52	00:37:03	00:33:56
10 miles	01:25:54	01:15:43	01:07:41	01:01:12	00:55:50
Half Marathon	01:53:58	01:40:26	01:29:44	01:21:00	01:14:27
15 miles	02:11:30	01:56:00	01:43:30	01:33:30	01:25:45
20 miles	02:58:51	02:37:38	02:20:55	02:07:24	01:56:15
Marathon	04:03:54	03:34:58	03:12:10	02:53:44	02:38:32

Men 40-44	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:25:56	00:22:51	00:20:26	00:18:28	00:16:51
5 miles	00:42:26	00:37:24	00:33:26	00:30:14	00:27:36
10 km	00:53:35	00:47:14	00:42:13	00:38:10	00:34:50
10 miles	01:28:22	01:17:53	01:09:37	01:02:57	00:57:26
Half Marathon	01:56:48	01:43:03	01:32:08	01:23:24	01:15:59
15 miles	02:14:45	01:58:45	01:46:15	01:36:00	01:27:30
20 miles	03:02:42	02:41:01	02:23:56	02:10:08	01:58:45
Marathon	04:08:01	03:38:35	03:15:24	02:56:40	02:41:12

Men 45-49	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:26:53	00:23:42	00:21:11	00:19:09	00:17:29
5 miles	00:44:06	00:38:47	00:34:40	00:31:21	00:28:42
10 km	00:55:35	00:48:59	00:43:47	00:39:35	00:36:08
10 miles	01:31:38	01:20:46	01:12:12	01:05:16	00:59:14
Half Marathon	02:01:24	01:46:59	01:35:38	01:26:28	01:18:36
15 miles	02:20:00	02:03:30	01:50:15	01:39:45	01:30:45
20 miles	03:10:23	02:47:48	02:30:00	02:15:37	02:03:45
Marathon	04:17:07	03:46:37	03:22:35	03:03:09	02:47:08

Men 50-54	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:27:57	00:24:38	00:22:01	00:19:55	00:18:10
5 miles	00:45:54	00:40:19	00:36:02	00:32:37	00:29:52
10 km	00:57:47	00:50:54	00:45:30	00:41:08	00:37:35
10 miles	01:35:13	01:23:56	01:15:02	01:07:50	01:01:54
Half Marathon	02:05:59	01:51:08	01:39:21	01:29:44	01:21:53
15 miles	02:25:15	02:08:00	01:54:30	01:43:30	01:34:30
20 miles	03:17:07	02:53:44	02:35:18	02:20:25	02:08:08
Marathon	04:27:09	03:55:27	03:30:29	03:10:18	02:53:39

Men 55-59	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:29:06	00:25:39	00:22:56	00:20:44	00:18:55
5 miles	00:47:52	00:42:00	00:37:33	00:34:00	00:31:08
10 km	01:00:14	00:53:03	00:47:25	00:42:53	00:39:12
10 miles	01:39:14	01:27:27	01:18:11	01:10:41	01:04:30
Half Marathon	02:11:26	01:55:56	01:43:42	01:33:40	01:25:22
15 miles	02:31:30	02:13:45	01:59:30	01:48:00	01:38:30
20 miles	03:25:46	03:01:21	02:42:07	02:26:35	02:13:45
Marathon	04:38:20	04:05:09	03:39:18	03:18:16	03:00:55

Men 60-64	Tungsten	Bronze	Silver	Gold	Platinum
5 km	00:30:27	00:26:50	00:23:59	00:21:41	00:19:48
5 miles	00:50:00	00:43:56	00:39:16	00:35:31	00:32:32
10 km	01:02:59	00:55:31	00:49:37	00:44:52	00:40:56
10 miles	01:43:49	01:31:30	01:21:48	01:13:57	01:07:30
Half Marathon	02:17:20	02:00:56	01:48:18	01:37:49	01:29:18
15 miles	02:38:15	02:19:30	02:04:45	01:52:45	01:43:00
20 miles	03:34:25	03:08:59	02:48:56	02:32:44	02:19:23
Marathon	04:51:03	04:16:32	03:49:19	03:27:18	03:09:11

Men 65-69	Tungsten	Bronze	Silver	Gold	Platinum
5km	31.39	27.57	25.02	22.4	20.42
5 Miles	52.2	46.14	41.24	37.29	34.15
10km	1.05.52	58.11	52.06	47.11	43.06
10 Miles	1.48.45	1.36.03	1.26.01	1.17.53	1.11.09
Half Marathon	2.24.53	2.07.59	1.54.36	1.43.46	1.34.48
15 Miles	2.46.33	2.27.07	2.11.45	1.59.17	1.48.59
20 Miles	3.33.56	3.08.59	2.49.15	2.33.14	2.19.59
Marathon	5.03.58	4.28.30	4.00.27	3.37.42	3.18.53

Men 70+	Tungsten	Bronze	Silver	Gold	Platinum
5km	33.15	29.23	26.18	23.49	21.46
5 Miles	55	48.35	43.3	39.23	35.59
10km	1.07.53	59.58	53.42	48.37	44.25
10 Miles	1.54.16	1.40.56	1.30.23	1.21.50	1.14.46
Half Marathon	2.32.21	2.14.34	2.00.31	1.49.07	1.39.41
15 Miles	2.55.14	2.33.50	2.18.37	2.05.30	1.54.39
20 Miles	3.56.36	3.19.01	3.07.10	2.49.27	2.34.50
Marathon	5.20.32	4.43.09	4.13.34	3.49.34	3.29.44