

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	5 km OC sec OC	Fraserburgh Running Club Standards					
		886	Plat	Gold	Silver	Bronze	Copper
		00:14:46					
5	00:21:04	00:25:17	00:28:26	00:31:36	00:34:46	00:38:58	
6	00:20:07	00:24:08	00:27:09	00:30:11	00:33:12	00:37:13	
7	00:19:17	00:23:08	00:26:02	00:28:56	00:31:49	00:35:40	
8	00:18:34	00:22:17	00:25:04	00:27:51	00:30:38	00:34:21	
9	00:17:56	00:21:31	00:24:13	00:26:54	00:29:35	00:33:11	
10	00:17:23	00:20:52	00:23:28	00:26:05	00:28:41	00:32:10	
11	00:16:54	00:20:17	00:22:49	00:25:21	00:27:53	00:31:16	
12	00:16:29	00:19:47	00:22:15	00:24:43	00:27:12	00:30:30	
13	00:16:07	00:19:20	00:21:45	00:24:11	00:26:36	00:29:49	
14	00:15:47	00:18:56	00:21:18	00:23:40	00:26:03	00:29:12	
15	00:15:31	00:18:37	00:20:57	00:23:17	00:25:36	00:28:42	
16	00:15:15	00:18:18	00:20:35	00:22:52	00:25:10	00:28:13	
17	00:15:00	00:18:00	00:20:15	00:22:30	00:24:45	00:27:45	
18	00:14:50	00:17:48	00:20:02	00:22:15	00:24:28	00:27:27	
19	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
20	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
21	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
22	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
23	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
24	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
25	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
26	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
27	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
28	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
29	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
30	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
31	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19	
32	00:14:47	00:17:44	00:19:57	00:22:11	00:24:24	00:27:21	
33	00:14:48	00:17:46	00:19:59	00:22:12	00:24:25	00:27:23	
34	00:14:50	00:17:48	00:20:02	00:22:15	00:24:28	00:27:27	
35	00:14:52	00:17:50	00:20:04	00:22:18	00:24:32	00:27:30	
36	00:14:54	00:17:53	00:20:07	00:22:21	00:24:35	00:27:34	
37	00:14:58	00:17:58	00:20:12	00:22:27	00:24:42	00:27:41	
38	00:15:01	00:18:01	00:20:16	00:22:32	00:24:47	00:27:47	
39	00:15:05	00:18:06	00:20:22	00:22:37	00:24:53	00:27:54	
40	00:15:10	00:18:12	00:20:29	00:22:45	00:25:01	00:28:03	
41	00:15:15	00:18:18	00:20:35	00:22:52	00:25:10	00:28:13	
42	00:15:21	00:18:25	00:20:43	00:23:01	00:25:20	00:28:24	
43	00:15:28	00:18:34	00:20:53	00:23:12	00:25:31	00:28:37	
44	00:15:35	00:18:42	00:21:02	00:23:22	00:25:43	00:28:50	
45	00:15:43	00:18:52	00:21:13	00:23:34	00:25:56	00:29:05	
46	00:15:51	00:19:01	00:21:24	00:23:47	00:26:09	00:29:19	
47	00:16:00	00:19:12	00:21:36	00:24:00	00:26:24	00:29:36	
48	00:16:10	00:19:24	00:21:50	00:24:15	00:26:40	00:29:55	
49	00:16:21	00:19:37	00:22:04	00:24:32	00:26:59	00:30:15	
50	00:16:31	00:19:49	00:22:18	00:24:47	00:27:15	00:30:33	
51	00:16:42	00:20:02	00:22:33	00:25:03	00:27:33	00:30:54	
52	00:16:53	00:20:16	00:22:48	00:25:20	00:27:51	00:31:14	
53	00:17:05	00:20:30	00:23:04	00:25:37	00:28:11	00:31:36	
54	00:17:16	00:20:43	00:23:19	00:25:54	00:28:29	00:31:57	
55	00:17:28	00:20:58	00:23:35	00:26:12	00:28:49	00:32:19	

Standards in h:m:s

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	5 km	Fraserburgh Running Club Standards				
OC sec	886	Plat	Gold	Silver	Bronze	Copper
OC	00:14:46	Plat	Gold	Silver	Bronze	Copper
56	00:17:41	00:21:13	00:23:52	00:26:31	00:29:11	00:32:43
57	00:17:53	00:21:28	00:24:09	00:26:50	00:29:30	00:33:05
58	00:18:06	00:21:43	00:24:26	00:27:09	00:29:52	00:33:29
59	00:18:19	00:21:59	00:24:44	00:27:29	00:30:13	00:33:53
60	00:18:32	00:22:14	00:25:01	00:27:48	00:30:35	00:34:17
61	00:18:46	00:22:31	00:25:20	00:28:09	00:30:58	00:34:43
62	00:19:00	00:22:48	00:25:39	00:28:30	00:31:21	00:35:09
63	00:19:15	00:23:06	00:25:59	00:28:52	00:31:46	00:35:37
64	00:19:29	00:23:23	00:26:18	00:29:13	00:32:09	00:36:03
65	00:19:44	00:23:41	00:26:38	00:29:36	00:32:34	00:36:30
66	00:20:00	00:24:00	00:27:00	00:30:00	00:33:00	00:37:00
67	00:20:16	00:24:19	00:27:22	00:30:24	00:33:26	00:37:30
68	00:20:32	00:24:38	00:27:43	00:30:48	00:33:53	00:37:59
69	00:20:49	00:24:59	00:28:06	00:31:14	00:34:21	00:38:31
70	00:21:07	00:25:20	00:28:30	00:31:40	00:34:51	00:39:04
71	00:21:24	00:25:41	00:28:53	00:32:06	00:35:19	00:39:35
72	00:21:43	00:26:04	00:29:19	00:32:34	00:35:50	00:40:11
73	00:22:02	00:26:26	00:29:45	00:33:03	00:36:21	00:40:46
74	00:22:21	00:26:49	00:30:10	00:33:31	00:36:53	00:41:21
75	00:22:41	00:27:13	00:30:37	00:34:02	00:37:26	00:41:58
76	00:23:02	00:27:38	00:31:06	00:34:33	00:38:00	00:42:37
77	00:23:23	00:28:04	00:31:34	00:35:05	00:38:35	00:43:16
78	00:23:45	00:28:30	00:32:04	00:35:37	00:39:11	00:43:56
79	00:24:08	00:28:58	00:32:35	00:36:12	00:39:49	00:44:39
80	00:24:33	00:29:28	00:33:09	00:36:50	00:40:30	00:45:25
81	00:25:02	00:30:02	00:33:48	00:37:33	00:41:18	00:46:19
82	00:25:35	00:30:42	00:34:32	00:38:23	00:42:13	00:47:20
83	00:26:12	00:31:26	00:35:22	00:39:18	00:43:14	00:48:28
84	00:26:53	00:32:16	00:36:18	00:40:19	00:44:21	00:49:44
85	00:27:39	00:33:11	00:37:20	00:41:28	00:45:37	00:51:09
86	00:28:31	00:34:13	00:38:30	00:42:46	00:47:03	00:52:45
87	00:29:31	00:35:25	00:39:51	00:44:16	00:48:42	00:54:36
88	00:30:37	00:36:44	00:41:20	00:45:56	00:50:31	00:56:38
89	00:31:53	00:38:16	00:43:03	00:47:50	00:52:36	00:58:59
90	00:33:20	00:40:00	00:45:00	00:50:00	00:55:00	01:01:40
91	00:34:59	00:41:59	00:47:14	00:52:29	00:57:43	01:04:43
92	00:36:54	00:44:17	00:49:49	00:55:21	01:00:53	01:08:16
93	00:39:08	00:46:58	00:52:50	00:58:42	01:04:34	01:12:24
94	00:41:46	00:50:07	00:56:23	01:02:39	01:08:55	01:17:16
95	00:44:55	00:53:54	01:00:38	01:07:23	01:14:07	01:23:06
96	00:48:43	00:58:28	01:05:46	01:13:04	01:20:23	01:30:08
97	00:53:25	01:04:06	01:12:07	01:20:08	01:28:08	01:38:49
98	00:59:20	01:11:12	01:20:06	01:29:00	01:37:54	01:49:46
99	01:07:00	01:20:24	01:30:27	01:40:30	01:50:33	02:03:57
100	01:17:21	01:32:49	01:44:25	01:56:01	02:07:38	02:23:06

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	5 Mile 1452 OC sec OC	Fraserburgh Running Club Standards				
		Plat	Gold	Silver	Bronze	Copper
		00:24:12				
<b>5</b>	00:34:31	00:41:25	00:46:36	00:51:47	00:56:57	01:03:51
<b>6</b>	00:33:19	00:39:59	00:44:59	00:49:59	00:54:58	01:01:38
<b>7</b>	00:31:56	00:38:19	00:43:07	00:47:54	00:52:41	00:59:05
<b>8</b>	00:30:44	00:36:53	00:41:29	00:46:06	00:50:43	00:56:51
<b>9</b>	00:29:41	00:35:37	00:40:04	00:44:32	00:48:59	00:54:55
<b>10</b>	00:28:46	00:34:31	00:38:50	00:43:09	00:47:28	00:53:13
<b>11</b>	00:27:58	00:33:34	00:37:45	00:41:57	00:46:09	00:51:44
<b>12</b>	00:27:16	00:32:43	00:36:49	00:40:54	00:44:59	00:50:27
<b>13</b>	00:26:38	00:31:58	00:35:57	00:39:57	00:43:57	00:49:16
<b>14</b>	00:26:06	00:31:19	00:35:14	00:39:09	00:43:04	00:48:17
<b>15</b>	00:25:38	00:30:46	00:34:36	00:38:27	00:42:18	00:47:25
<b>16</b>	00:25:13	00:30:16	00:34:03	00:37:49	00:41:36	00:46:39
<b>17</b>	00:24:48	00:29:46	00:33:29	00:37:12	00:40:55	00:45:53
<b>18</b>	00:24:28	00:29:22	00:33:02	00:36:42	00:40:22	00:45:16
<b>19</b>	00:24:16	00:29:07	00:32:46	00:36:24	00:40:02	00:44:54
<b>20</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>21</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>22</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>23</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>24</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>25</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>26</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>27</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>28</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>29</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>30</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>31</b>	00:24:12	00:29:02	00:32:40	00:36:18	00:39:56	00:44:46
<b>32</b>	00:24:13	00:29:04	00:32:42	00:36:20	00:39:57	00:44:48
<b>33</b>	00:24:15	00:29:06	00:32:44	00:36:22	00:40:01	00:44:52
<b>34</b>	00:24:18	00:29:10	00:32:48	00:36:27	00:40:06	00:44:57
<b>35</b>	00:24:22	00:29:14	00:32:54	00:36:33	00:40:12	00:45:05
<b>36</b>	00:24:27	00:29:20	00:33:00	00:36:40	00:40:21	00:45:14
<b>37</b>	00:24:32	00:29:26	00:33:07	00:36:48	00:40:29	00:45:23
<b>38</b>	00:24:38	00:29:34	00:33:15	00:36:57	00:40:39	00:45:34
<b>39</b>	00:24:46	00:29:43	00:33:26	00:37:09	00:40:52	00:45:49
<b>40</b>	00:24:54	00:29:53	00:33:37	00:37:21	00:41:05	00:46:04
<b>41</b>	00:25:03	00:30:04	00:33:49	00:37:35	00:41:20	00:46:21
<b>42</b>	00:25:13	00:30:16	00:34:03	00:37:49	00:41:36	00:46:39
<b>43</b>	00:25:25	00:30:30	00:34:19	00:38:07	00:41:56	00:47:01
<b>44</b>	00:25:37	00:30:44	00:34:35	00:38:25	00:42:16	00:47:23
<b>45</b>	00:25:51	00:31:01	00:34:54	00:38:46	00:42:39	00:47:49
<b>46</b>	00:26:05	00:31:18	00:35:13	00:39:07	00:43:02	00:48:15
<b>47</b>	00:26:21	00:31:37	00:35:34	00:39:32	00:43:29	00:48:45
<b>48</b>	00:26:39	00:31:59	00:35:59	00:39:59	00:43:58	00:49:18
<b>49</b>	00:26:57	00:32:20	00:36:23	00:40:26	00:44:28	00:49:51
<b>50</b>	00:27:16	00:32:43	00:36:49	00:40:54	00:44:59	00:50:27
<b>51</b>	00:27:35	00:33:06	00:37:14	00:41:22	00:45:31	00:51:02
<b>52</b>	00:27:54	00:33:29	00:37:40	00:41:51	00:46:02	00:51:37
<b>53</b>	00:28:14	00:33:53	00:38:07	00:42:21	00:46:35	00:52:14
<b>54</b>	00:28:35	00:34:18	00:38:35	00:42:52	00:47:10	00:52:53
<b>55</b>	00:28:56	00:34:43	00:39:04	00:43:24	00:47:44	00:53:32

Standards in h:m:s

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	5 Mile 1452 OC sec OC	Fraserburgh Running Club Standards				
		Plat	Gold	Silver	Bronze	Copper
56	00:29:17	00:35:08	00:39:32	00:43:55	00:48:19	00:54:10
57	00:29:39	00:35:35	00:40:02	00:44:29	00:48:55	00:54:51
58	00:30:02	00:36:02	00:40:33	00:45:03	00:49:33	00:55:34
59	00:30:25	00:36:30	00:41:04	00:45:38	00:50:11	00:56:16
60	00:30:49	00:36:59	00:41:36	00:46:13	00:50:51	00:57:01
61	00:31:14	00:37:29	00:42:10	00:46:51	00:51:32	00:57:47
62	00:31:39	00:37:59	00:42:44	00:47:29	00:52:13	00:58:33
63	00:32:04	00:38:29	00:43:17	00:48:06	00:52:55	00:59:19
64	00:32:31	00:39:01	00:43:54	00:48:47	00:53:39	01:00:09
65	00:32:58	00:39:34	00:44:30	00:49:27	00:54:24	01:00:59
66	00:33:26	00:40:07	00:45:08	00:50:09	00:55:10	01:01:51
67	00:33:55	00:40:42	00:45:47	00:50:52	00:55:58	01:02:45
68	00:34:25	00:41:18	00:46:28	00:51:37	00:56:47	01:03:40
69	00:34:56	00:41:55	00:47:10	00:52:24	00:57:38	01:04:38
70	00:35:27	00:42:32	00:47:51	00:53:11	00:58:30	01:05:35
71	00:35:59	00:43:11	00:48:35	00:53:59	00:59:22	01:06:34
72	00:36:33	00:43:52	00:49:21	00:54:50	01:00:18	01:07:37
73	00:37:07	00:44:32	00:50:06	00:55:41	01:01:15	01:08:40
74	00:37:43	00:45:16	00:50:55	00:56:35	01:02:14	01:09:47
75	00:38:20	00:46:00	00:51:45	00:57:30	01:03:15	01:10:55
76	00:38:57	00:46:44	00:52:35	00:58:26	01:04:16	01:12:03
77	00:39:37	00:47:32	00:53:29	00:59:26	01:05:22	01:13:17
78	00:40:17	00:48:20	00:54:23	01:00:26	01:06:28	01:14:31
79	00:41:01	00:49:13	00:55:22	01:01:31	01:07:41	01:15:53
80	00:41:50	00:50:12	00:56:29	01:02:45	01:09:01	01:17:24
81	00:42:45	00:51:18	00:57:43	01:04:07	01:10:32	01:19:05
82	00:43:47	00:52:32	00:59:06	01:05:40	01:12:15	01:21:00
83	00:44:57	00:53:56	01:00:41	01:07:26	01:14:10	01:23:09
84	00:46:16	00:55:31	01:02:28	01:09:24	01:16:20	01:25:36
85	00:47:44	00:57:17	01:04:26	01:11:36	01:18:46	01:28:18
86	00:49:25	00:59:18	01:06:43	01:14:07	01:21:32	01:31:25
87	00:51:19	01:01:35	01:09:17	01:16:59	01:24:40	01:34:56
88	00:53:28	01:04:10	01:12:11	01:20:12	01:28:13	01:38:55
89	00:55:56	01:07:07	01:15:31	01:23:54	01:32:17	01:43:29
90	00:58:47	01:10:32	01:19:21	01:28:10	01:37:00	01:48:45
91	01:02:04	01:14:29	01:23:47	01:33:06	01:42:25	01:54:49
92	01:05:55	01:19:06	01:28:59	01:38:52	01:48:46	02:01:57
93	01:10:30	01:24:36	01:35:11	01:45:45	01:56:19	02:10:26
94	01:15:56	01:31:07	01:42:31	01:53:54	02:05:17	02:20:29
95	01:22:36	01:39:07	01:51:31	02:03:54	02:16:17	02:32:49
96	01:30:48	01:48:58	02:02:35	02:16:12	02:29:49	02:47:59
97	01:41:15	02:01:30	02:16:41	02:31:52	02:47:04	03:07:19
98	01:54:55	02:17:54	02:35:08	02:52:23	03:09:37	03:32:36
99	02:13:33	02:40:16	03:00:18	03:20:19	03:40:21	04:07:04
100	02:40:22	03:12:26	03:36:30	04:00:33	04:24:36	04:56:41

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	10 km 1820 OC sec OC	Fraserburgh Running Club Standards				
		Plat	Gold	Silver	Bronze	Copper
5	00:43:16	00:51:55	00:58:25	01:04:54	01:11:23	01:20:03
6	00:41:46	00:50:07	00:56:23	01:02:39	01:08:55	01:17:16
7	00:40:02	00:48:02	00:54:03	01:00:03	01:06:03	01:14:04
8	00:38:31	00:46:13	00:52:00	00:57:46	01:03:33	01:11:15
9	00:37:13	00:44:40	00:50:15	00:55:50	01:01:24	01:08:51
10	00:36:03	00:43:16	00:48:40	00:54:05	00:59:29	01:06:42
11	00:35:03	00:42:04	00:47:19	00:52:35	00:57:50	01:04:51
12	00:34:10	00:41:00	00:46:08	00:51:15	00:56:23	01:03:13
13	00:33:24	00:40:05	00:45:05	00:50:06	00:55:07	01:01:47
14	00:32:43	00:39:16	00:44:10	00:49:04	00:53:59	01:00:32
15	00:32:08	00:38:34	00:43:23	00:48:12	00:53:01	00:59:27
16	00:31:36	00:37:55	00:42:40	00:47:24	00:52:08	00:58:28
17	00:31:05	00:37:18	00:41:58	00:46:38	00:51:17	00:57:30
18	00:30:40	00:36:48	00:41:24	00:46:00	00:50:36	00:56:44
19	00:30:25	00:36:30	00:41:04	00:45:38	00:50:11	00:56:16
20	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
21	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
22	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
23	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
24	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
25	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
26	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
27	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
28	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
29	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
30	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
31	00:30:20	00:36:24	00:40:57	00:45:30	00:50:03	00:56:07
32	00:30:22	00:36:26	00:41:00	00:45:33	00:50:06	00:56:11
33	00:30:25	00:36:30	00:41:04	00:45:38	00:50:11	00:56:16
34	00:30:28	00:36:34	00:41:08	00:45:42	00:50:16	00:56:22
35	00:30:33	00:36:40	00:41:15	00:45:50	00:50:24	00:56:31
36	00:30:39	00:36:47	00:41:23	00:45:59	00:50:34	00:56:42
37	00:30:46	00:36:55	00:41:32	00:46:09	00:50:46	00:56:55
38	00:30:54	00:37:05	00:41:43	00:46:21	00:50:59	00:57:10
39	00:31:03	00:37:16	00:41:55	00:46:35	00:51:14	00:57:27
40	00:31:14	00:37:29	00:42:10	00:46:51	00:51:32	00:57:47
41	00:31:26	00:37:43	00:42:26	00:47:09	00:51:52	00:58:09
42	00:31:39	00:37:59	00:42:44	00:47:29	00:52:13	00:58:33
43	00:31:53	00:38:16	00:43:03	00:47:50	00:52:36	00:58:59
44	00:32:09	00:38:35	00:43:24	00:48:14	00:53:03	00:59:29
45	00:32:27	00:38:56	00:43:48	00:48:41	00:53:33	01:00:02
46	00:32:46	00:39:19	00:44:14	00:49:09	00:54:04	01:00:37
47	00:33:06	00:39:43	00:44:41	00:49:39	00:54:37	01:01:14
48	00:33:29	00:40:11	00:45:12	00:50:14	00:55:15	01:01:57
49	00:33:52	00:40:38	00:45:43	00:50:48	00:55:53	01:02:39
50	00:34:16	00:41:07	00:46:16	00:51:24	00:56:32	01:03:24
51	00:34:41	00:41:37	00:46:49	00:52:02	00:57:14	01:04:10
52	00:35:06	00:42:07	00:47:23	00:52:39	00:57:55	01:04:56
53	00:35:32	00:42:38	00:47:58	00:53:18	00:58:38	01:05:44
54	00:35:59	00:43:11	00:48:35	00:53:59	00:59:22	01:06:34
55	00:36:26	00:43:43	00:49:11	00:54:39	01:00:07	01:07:24

Standards in h:m:s

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	10 km	Fraserburgh Running Club Standards				
		Plat	Gold	Silver	Bronze	Copper
OC sec	1820					
OC	00:30:20					
<b>56</b>	00:36:54	00:44:17	00:49:49	00:55:21	01:00:53	01:08:16
<b>57</b>	00:37:23	00:44:52	00:50:28	00:56:05	01:01:41	01:09:10
<b>58</b>	00:37:52	00:45:26	00:51:07	00:56:48	01:02:29	01:10:03
<b>59</b>	00:38:22	00:46:02	00:51:48	00:57:33	01:03:18	01:10:59
<b>60</b>	00:38:53	00:46:40	00:52:30	00:58:20	01:04:09	01:11:56
<b>61</b>	00:39:25	00:47:18	00:53:13	00:59:08	01:05:02	01:12:55
<b>62</b>	00:39:58	00:47:58	00:53:57	00:59:57	01:05:57	01:13:56
<b>63</b>	00:40:32	00:48:38	00:54:43	01:00:48	01:06:53	01:14:59
<b>64</b>	00:41:06	00:49:19	00:55:29	01:01:39	01:07:49	01:16:02
<b>65</b>	00:41:42	00:50:02	00:56:18	01:02:33	01:08:48	01:17:09
<b>66</b>	00:42:18	00:50:46	00:57:06	01:03:27	01:09:48	01:18:15
<b>67</b>	00:42:56	00:51:31	00:57:58	01:04:24	01:10:50	01:19:26
<b>68</b>	00:43:35	00:52:18	00:58:50	01:05:23	01:11:55	01:20:38
<b>69</b>	00:44:15	00:53:06	00:59:44	01:06:22	01:13:01	01:21:52
<b>70</b>	00:44:56	00:53:55	01:00:40	01:07:24	01:14:08	01:23:08
<b>71</b>	00:45:39	00:54:47	01:01:38	01:08:29	01:15:19	01:24:27
<b>72</b>	00:46:23	00:55:40	01:02:37	01:09:35	01:16:32	01:25:49
<b>73</b>	00:47:08	00:56:34	01:03:38	01:10:42	01:17:46	01:27:12
<b>74</b>	00:47:55	00:57:30	01:04:41	01:11:53	01:19:04	01:28:39
<b>75</b>	00:48:44	00:58:29	01:05:47	01:13:06	01:20:25	01:30:09
<b>76</b>	00:49:34	00:59:29	01:06:55	01:14:21	01:21:47	01:31:42
<b>77</b>	00:50:26	01:00:31	01:08:05	01:15:39	01:23:13	01:33:18
<b>78</b>	00:51:20	01:01:36	01:09:18	01:17:00	01:24:42	01:34:58
<b>79</b>	00:52:17	01:02:44	01:10:35	01:18:26	01:26:16	01:36:43
<b>80</b>	00:53:24	01:04:05	01:12:05	01:20:06	01:28:07	01:38:47
<b>81</b>	00:54:38	01:05:34	01:13:45	01:21:57	01:30:09	01:41:04
<b>82</b>	00:56:01	01:07:13	01:15:37	01:24:02	01:32:26	01:43:38
<b>83</b>	00:57:35	01:09:06	01:17:44	01:26:23	01:35:01	01:46:32
<b>84</b>	00:59:21	01:11:13	01:20:07	01:29:02	01:37:56	01:49:48
<b>85</b>	01:01:20	01:13:36	01:22:48	01:32:00	01:41:12	01:53:28
<b>86</b>	01:03:36	01:16:19	01:25:52	01:35:24	01:44:56	01:57:40
<b>87</b>	01:06:09	01:19:23	01:29:18	01:39:14	01:49:09	02:02:23
<b>88</b>	01:09:06	01:22:55	01:33:17	01:43:39	01:54:01	02:07:50
<b>89</b>	01:12:27	01:26:56	01:37:48	01:48:40	01:59:33	02:14:02
<b>90</b>	01:16:21	01:31:37	01:43:04	01:54:31	02:05:59	02:21:15
<b>91</b>	01:20:52	01:37:02	01:49:10	02:01:18	02:13:26	02:29:36
<b>92</b>	01:26:12	01:43:26	01:56:22	02:09:18	02:22:14	02:39:28
<b>93</b>	01:32:32	01:51:02	02:04:55	02:18:48	02:32:41	02:51:11
<b>94</b>	01:40:13	02:00:16	02:15:18	02:30:19	02:45:21	03:05:24
<b>95</b>	01:49:38	02:11:34	02:28:00	02:44:27	03:00:54	03:22:49
<b>96</b>	02:01:29	02:25:47	02:44:00	03:02:14	03:20:27	03:44:45
<b>97</b>	02:16:42	02:44:02	03:04:33	03:25:03	03:45:33	04:12:54
<b>98</b>	02:37:10	03:08:36	03:32:11	03:55:45	04:19:19	04:50:46
<b>99</b>	03:05:45	03:42:54	04:10:46	04:38:38	05:06:29	05:43:38
<b>100</b>	03:48:56	04:34:43	05:09:04	05:43:24	06:17:44	07:03:32

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	10 Mile	Fraserburgh Running Club Standards				
OC sec	2961					
OC	00:49:21	Plat	Gold	Silver	Bronze	Copper
5	01:10:24	01:24:29	01:35:02	01:45:36	01:56:10	02:10:14
6	01:11:16	01:25:31	01:36:13	01:46:54	01:57:35	02:11:51
7	01:07:36	01:21:07	01:31:16	01:41:24	01:51:32	02:05:04
8	01:04:28	01:17:22	01:27:02	01:36:42	01:46:22	01:59:16
9	01:01:46	01:14:07	01:23:23	01:32:39	01:41:55	01:54:16
10	00:59:27	01:11:20	01:20:15	01:29:11	01:38:06	01:49:59
11	00:57:27	01:08:56	01:17:33	01:26:11	01:34:48	01:46:17
12	00:55:43	01:06:52	01:15:13	01:23:35	01:31:56	01:43:05
13	00:54:13	01:05:04	01:13:12	01:21:20	01:29:27	01:40:18
14	00:52:56	01:03:31	01:11:28	01:19:24	01:27:20	01:37:56
15	00:51:49	01:02:11	01:09:57	01:17:44	01:25:30	01:35:52
16	00:50:48	01:00:58	01:08:35	01:16:12	01:23:49	01:33:59
17	00:49:49	00:59:47	01:07:15	01:14:44	01:22:12	01:32:10
18	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
19	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
20	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
21	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
22	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
23	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
24	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
25	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
26	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
27	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
28	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
29	00:49:21	00:59:13	01:06:37	01:14:02	01:21:26	01:31:18
30	00:49:22	00:59:14	01:06:39	01:14:03	01:21:27	01:31:20
31	00:49:24	00:59:17	01:06:41	01:14:06	01:21:31	01:31:23
32	00:49:28	00:59:22	01:06:47	01:14:12	01:21:37	01:31:31
33	00:49:34	00:59:29	01:06:55	01:14:21	01:21:47	01:31:42
34	00:49:42	00:59:38	01:07:06	01:14:33	01:22:00	01:31:57
35	00:49:51	00:59:49	01:07:18	01:14:47	01:22:15	01:32:13
36	00:50:02	01:00:02	01:07:33	01:15:03	01:22:33	01:32:34
37	00:50:14	01:00:17	01:07:49	01:15:21	01:22:53	01:32:56
38	00:50:29	01:00:35	01:08:09	01:15:44	01:23:18	01:33:24
39	00:50:45	01:00:54	01:08:31	01:16:08	01:23:44	01:33:53
40	00:51:03	01:01:16	01:08:55	01:16:35	01:24:14	01:34:27
41	00:51:24	01:01:41	01:09:23	01:17:06	01:24:49	01:35:05
42	00:51:46	01:02:07	01:09:53	01:17:39	01:25:25	01:35:46
43	00:52:11	01:02:37	01:10:27	01:18:17	01:26:06	01:36:32
44	00:52:37	01:03:08	01:11:02	01:18:56	01:26:49	01:37:20
45	00:53:06	01:03:43	01:11:41	01:19:39	01:27:37	01:38:14
46	00:53:38	01:04:22	01:12:24	01:20:27	01:28:30	01:39:13
47	00:54:12	01:05:02	01:13:10	01:21:18	01:29:26	01:40:16
48	00:54:49	01:05:47	01:14:00	01:22:14	01:30:27	01:41:25
49	00:55:28	01:06:34	01:14:53	01:23:12	01:31:31	01:42:37
50	00:56:07	01:07:20	01:15:45	01:24:10	01:32:36	01:43:49
51	00:56:48	01:08:10	01:16:41	01:25:12	01:33:43	01:45:05
52	00:57:30	01:09:00	01:17:38	01:26:15	01:34:52	01:46:23
53	00:58:13	01:09:52	01:18:36	01:27:20	01:36:03	01:47:42
54	00:58:56	01:10:43	01:19:34	01:28:24	01:37:14	01:49:02
55	00:59:41	01:11:37	01:20:34	01:29:32	01:38:29	01:50:25

Standards in h:m:s



## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	10 Mile 2961 00:49:21	Fraserburgh Running Club Standards				
		Plat	Gold	Silver	Bronze	Copper
56	01:00:27	01:12:32	01:21:36	01:30:40	01:39:45	01:51:50
57	01:01:15	01:13:30	01:22:41	01:31:52	01:41:04	01:53:19
58	01:02:03	01:14:28	01:23:46	01:33:05	01:42:23	01:54:48
59	01:02:53	01:15:28	01:24:54	01:34:19	01:43:45	01:56:20
60	01:03:44	01:16:29	01:26:02	01:35:36	01:45:10	01:57:54
61	01:04:37	01:17:32	01:27:14	01:36:55	01:46:37	01:59:32
62	01:05:31	01:18:37	01:28:27	01:38:16	01:48:06	02:01:12
63	01:06:26	01:19:43	01:29:41	01:39:39	01:49:37	02:02:54
64	01:07:23	01:20:52	01:30:58	01:41:04	01:51:11	02:04:40
65	01:08:22	01:22:02	01:32:18	01:42:33	01:52:48	02:06:29
66	01:09:23	01:23:16	01:33:40	01:44:04	01:54:29	02:08:22
67	01:10:25	01:24:30	01:35:04	01:45:37	01:56:11	02:10:16
68	01:11:29	01:25:47	01:36:30	01:47:13	01:57:57	02:12:15
69	01:12:36	01:27:07	01:38:01	01:48:54	01:59:47	02:14:19
70	01:13:44	01:28:29	01:39:32	01:50:36	02:01:40	02:16:24
71	01:14:55	01:29:54	01:41:08	01:52:22	02:03:37	02:18:36
72	01:16:07	01:31:20	01:42:45	01:54:10	02:05:36	02:20:49
73	01:17:23	01:32:52	01:44:28	01:56:05	02:07:41	02:23:10
74	01:18:40	01:34:24	01:46:12	01:58:00	02:09:48	02:25:32
75	01:20:01	01:36:01	01:48:01	02:00:02	02:12:02	02:28:02
76	01:21:24	01:37:41	01:49:53	02:02:06	02:14:19	02:30:35
77	01:22:53	01:39:28	01:51:54	02:04:20	02:16:45	02:33:20
78	01:24:33	01:41:28	01:54:09	02:06:50	02:19:30	02:36:25
79	01:26:23	01:43:40	01:56:37	02:09:34	02:22:32	02:39:49
80	01:28:27	01:46:08	01:59:24	02:12:40	02:25:57	02:43:38
81	01:30:45	01:48:54	02:02:31	02:16:07	02:29:44	02:47:53
82	01:33:19	01:51:59	02:05:59	02:19:59	02:33:58	02:52:38
83	01:36:12	01:55:26	02:09:52	02:24:18	02:38:44	02:57:58
84	01:39:25	01:59:18	02:14:13	02:29:07	02:44:02	03:03:55
85	01:43:02	02:03:38	02:19:06	02:34:33	02:50:00	03:10:37
86	01:47:07	02:08:32	02:24:36	02:40:41	02:56:45	03:18:10
87	01:51:45	02:14:06	02:30:52	02:47:37	03:04:23	03:26:44
88	01:57:02	02:20:26	02:38:00	02:55:33	03:13:06	03:36:31
89	02:03:04	02:27:41	02:46:08	03:04:36	03:23:04	03:47:40
90	02:10:04	02:36:05	02:55:35	03:15:06	03:34:37	04:00:37
91	02:18:14	02:45:53	03:06:37	03:27:21	03:48:05	04:15:44
92	02:27:51	02:57:25	03:19:36	03:41:46	04:03:57	04:33:31
93	02:39:21	03:11:13	03:35:07	03:59:02	04:22:56	04:54:48
94	02:53:13	03:27:52	03:53:51	04:19:50	04:45:48	05:20:27
95	03:10:24	03:48:29	04:17:02	04:45:36	05:14:10	05:52:14
96	03:32:10	04:14:36	04:46:26	05:18:15	05:50:04	06:32:31
97	04:00:23	04:48:28	05:24:31	06:00:34	06:36:38	07:24:43
98	04:38:39	05:34:23	06:16:11	06:57:59	07:39:46	08:35:30
99	05:33:13	06:39:52	07:29:51	08:19:50	09:09:48	10:16:27
100	06:57:10	08:20:36	09:23:10	10:25:45	11:28:19	12:51:46



## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	H. Mar	Fraserburgh Running Club Standards				
OC sec	3912					
OC	01:05:12	Plat	Gold	Silver	Bronze	Copper
5	01:33:01	01:51:37	02:05:34	02:19:31	02:33:29	02:52:05
6	01:42:10	02:02:36	02:17:55	02:33:15	02:48:34	03:09:00
7	01:35:59	01:55:11	02:09:35	02:23:58	02:38:22	02:57:34
8	01:30:50	01:49:00	02:02:37	02:16:15	02:29:53	02:48:02
9	01:26:30	01:43:48	01:56:47	02:09:45	02:22:43	02:40:02
10	01:22:51	01:39:25	01:51:51	02:04:17	02:16:42	02:33:16
11	01:19:44	01:35:41	01:47:38	01:59:36	02:11:34	02:27:30
12	01:17:05	01:32:30	01:44:04	01:55:38	02:07:11	02:22:36
13	01:14:50	01:29:48	01:41:01	01:52:15	02:03:28	02:18:27
14	01:12:55	01:27:30	01:38:26	01:49:23	02:00:19	02:14:54
15	01:11:18	01:25:34	01:36:15	01:46:57	01:57:39	02:11:54
16	01:09:51	01:23:49	01:34:18	01:44:46	01:55:15	02:09:13
17	01:08:27	01:22:08	01:32:24	01:42:40	01:52:57	02:06:38
18	01:07:15	01:20:42	01:30:47	01:40:52	01:50:58	02:04:25
19	01:06:20	01:19:36	01:29:33	01:39:30	01:49:27	02:02:43
20	01:05:42	01:18:50	01:28:42	01:38:33	01:48:24	02:01:33
21	01:05:19	01:18:23	01:28:11	01:37:58	01:47:46	02:00:50
22	01:05:12	01:18:14	01:28:01	01:37:48	01:47:35	02:00:37
23	01:05:12	01:18:14	01:28:01	01:37:48	01:47:35	02:00:37
24	01:05:12	01:18:14	01:28:01	01:37:48	01:47:35	02:00:37
25	01:05:12	01:18:14	01:28:01	01:37:48	01:47:35	02:00:37
26	01:05:12	01:18:14	01:28:01	01:37:48	01:47:35	02:00:37
27	01:05:12	01:18:14	01:28:01	01:37:48	01:47:35	02:00:37
28	01:05:12	01:18:14	01:28:01	01:37:48	01:47:35	02:00:37
29	01:05:12	01:18:14	01:28:01	01:37:48	01:47:35	02:00:37
30	01:05:13	01:18:16	01:28:03	01:37:49	01:47:36	02:00:39
31	01:05:16	01:18:19	01:28:07	01:37:54	01:47:41	02:00:45
32	01:05:22	01:18:26	01:28:15	01:38:03	01:47:51	02:00:56
33	01:05:29	01:18:35	01:28:24	01:38:14	01:48:03	02:01:09
34	01:05:39	01:18:47	01:28:38	01:38:28	01:48:19	02:01:27
35	01:05:51	01:19:01	01:28:54	01:38:47	01:48:39	02:01:49
36	01:06:06	01:19:19	01:29:14	01:39:09	01:49:04	02:02:17
37	01:06:22	01:19:38	01:29:36	01:39:33	01:49:30	02:02:47
38	01:06:42	01:20:02	01:30:03	01:40:03	01:50:03	02:03:24
39	01:07:03	01:20:28	01:30:31	01:40:34	01:50:38	02:04:03
40	01:07:27	01:20:56	01:31:03	01:41:11	01:51:18	02:04:47
41	01:07:54	01:21:29	01:31:40	01:41:51	01:52:02	02:05:37
42	01:08:24	01:22:05	01:32:20	01:42:36	01:52:52	02:06:32
43	01:08:56	01:22:43	01:33:04	01:43:24	01:53:44	02:07:32
44	01:09:31	01:23:25	01:33:51	01:44:16	01:54:42	02:08:36
45	01:10:10	01:24:12	01:34:44	01:45:15	01:55:46	02:09:49
46	01:10:52	01:25:02	01:35:40	01:46:18	01:56:56	02:11:06
47	01:11:37	01:25:56	01:36:41	01:47:26	01:58:10	02:12:29
48	01:12:25	01:26:54	01:37:46	01:48:37	01:59:29	02:13:58
49	01:13:16	01:27:55	01:38:55	01:49:54	02:00:53	02:15:33
50	01:14:09	01:28:59	01:40:06	01:51:13	02:02:21	02:17:11
51	01:15:03	01:30:04	01:41:19	01:52:35	02:03:50	02:18:51
52	01:15:58	01:31:10	01:42:33	01:53:57	02:05:21	02:20:32
53	01:16:54	01:32:17	01:43:49	01:55:21	02:06:53	02:22:16
54	01:17:52	01:33:26	01:45:07	01:56:48	02:08:29	02:24:03
55	01:18:51	01:34:37	01:46:27	01:58:16	02:10:06	02:25:52

Standards in h:m:s

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	H. Mar	Fraserburgh Running Club Standards				
OC sec	3912					
OC	01:05:12	Plat	Gold	Silver	Bronze	Copper
56	01:19:52	01:35:50	01:47:49	01:59:48	02:11:47	02:27:45
57	01:20:55	01:37:06	01:49:14	02:01:22	02:13:31	02:29:42
58	01:21:59	01:38:23	01:50:41	02:02:58	02:15:16	02:31:40
59	01:23:05	01:39:42	01:52:10	02:04:37	02:17:05	02:33:42
60	01:24:12	01:41:02	01:53:40	02:06:18	02:18:56	02:35:46
61	01:25:22	01:42:26	01:55:15	02:08:03	02:20:51	02:37:56
62	01:26:33	01:43:52	01:56:51	02:09:49	02:22:48	02:40:07
63	01:27:47	01:45:20	01:58:30	02:11:40	02:24:51	02:42:24
64	01:29:02	01:46:50	02:00:12	02:13:33	02:26:54	02:44:43
65	01:30:20	01:48:24	02:01:57	02:15:30	02:29:03	02:47:07
66	01:31:40	01:50:00	02:03:45	02:17:30	02:31:15	02:49:35
67	01:33:02	01:51:38	02:05:36	02:19:33	02:33:30	02:52:07
68	01:34:27	01:53:20	02:07:30	02:21:41	02:35:51	02:54:44
69	01:35:55	01:55:06	02:09:29	02:23:52	02:38:16	02:57:27
70	01:37:25	01:56:54	02:11:31	02:26:08	02:40:44	03:00:13
71	01:38:58	01:58:46	02:13:36	02:28:27	02:43:18	03:03:05
72	01:40:34	02:00:41	02:15:46	02:30:51	02:45:56	03:06:03
73	01:42:14	02:02:41	02:18:01	02:33:21	02:48:41	03:09:08
74	01:43:56	02:04:43	02:20:19	02:35:54	02:51:29	03:12:17
75	01:45:42	02:06:50	02:22:42	02:38:33	02:54:24	03:15:33
76	01:47:37	02:09:08	02:25:17	02:41:26	02:57:34	03:19:05
77	01:49:44	02:11:41	02:28:08	02:44:36	03:01:04	03:23:00
78	01:52:04	02:14:29	02:31:17	02:48:06	03:04:55	03:27:19
79	01:54:39	02:17:35	02:34:47	02:51:58	03:09:10	03:32:06
80	01:57:31	02:21:01	02:38:39	02:56:16	03:13:54	03:37:24
81	02:00:43	02:24:52	02:42:58	03:01:05	03:19:11	03:43:20
82	02:04:17	02:29:08	02:47:47	03:06:26	03:25:04	03:49:55
83	02:08:15	02:33:54	02:53:08	03:12:23	03:31:37	03:57:16
84	02:12:39	02:39:11	02:59:05	03:18:59	03:38:52	04:05:24
85	02:17:37	02:45:08	03:05:47	03:26:25	03:47:04	04:14:35
86	02:23:12	02:51:50	03:13:19	03:34:48	03:56:17	04:24:55
87	02:29:32	02:59:26	03:21:52	03:44:18	04:06:44	04:36:38
88	02:36:44	03:08:05	03:31:35	03:55:06	04:18:37	04:49:57
89	02:44:56	03:17:55	03:42:40	04:07:24	04:32:08	05:05:08
90	02:54:25	03:29:18	03:55:28	04:21:37	04:47:47	05:22:40
91	03:05:29	03:42:35	04:10:24	04:38:14	05:06:03	05:43:09
92	03:18:32	03:58:14	04:28:01	04:57:48	05:27:35	06:07:17
93	03:34:03	04:16:52	04:48:58	05:21:04	05:53:11	06:36:00
94	03:52:46	04:39:19	05:14:14	05:49:09	06:24:04	07:10:37
95	04:15:53	05:07:04	05:45:27	06:23:49	07:02:12	07:53:23
96	04:45:05	05:42:06	06:24:52	07:07:38	07:50:23	08:47:24
97	05:23:06	06:27:43	07:16:11	08:04:39	08:53:07	09:57:44
98	06:14:17	07:29:08	08:25:17	09:21:25	10:17:34	11:32:25
99	07:26:53	08:56:16	10:03:18	11:10:19	12:17:21	13:46:44
100	09:18:13	11:09:52	12:33:36	13:57:20	15:21:03	17:12:42

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	Marathon	Fraserburgh Running Club Standards				
OC sec	8125					
OC	02:15:25	Plat	Gold	Silver	Bronze	Copper
5	03:13:11	03:51:49	04:20:48	04:49:46	05:18:45	05:57:23
6	03:06:27	03:43:44	04:11:42	04:39:41	05:07:39	05:44:56
7	02:58:42	03:34:26	04:01:15	04:28:03	04:54:51	05:30:36
8	02:51:59	03:26:23	03:52:11	04:17:58	04:43:46	05:18:10
9	02:46:07	03:19:20	03:44:15	04:09:10	04:34:06	05:07:19
10	02:40:58	03:13:10	03:37:18	04:01:27	04:25:36	04:57:47
11	02:36:29	03:07:47	03:31:15	03:54:44	04:18:12	04:49:30
12	02:32:32	03:03:02	03:25:55	03:48:48	04:11:41	04:42:11
13	02:29:04	02:58:53	03:21:14	03:43:36	04:05:58	04:35:46
14	02:26:04	02:55:17	03:17:11	03:39:06	04:01:01	04:30:13
15	02:23:27	02:52:08	03:13:39	03:35:11	03:56:42	04:25:23
16	02:21:04	02:49:17	03:10:26	03:31:36	03:52:46	04:20:58
17	02:18:45	02:46:30	03:07:19	03:28:08	03:48:56	04:16:41
18	02:16:53	02:44:16	03:04:48	03:25:20	03:45:51	04:13:14
19	02:15:47	02:42:56	03:03:18	03:23:40	03:44:03	04:11:12
20	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
21	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
22	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
23	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
24	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
25	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
26	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
27	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
28	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
29	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
30	02:15:25	02:42:30	03:02:49	03:23:07	03:43:26	04:10:31
31	02:15:27	02:42:32	03:02:51	03:23:11	03:43:30	04:10:35
32	02:15:34	02:42:41	03:03:01	03:23:21	03:43:41	04:10:48
33	02:15:46	02:42:55	03:03:17	03:23:39	03:44:01	04:11:10
34	02:16:03	02:43:16	03:03:40	03:24:05	03:44:29	04:11:42
35	02:16:26	02:43:43	03:04:11	03:24:39	03:45:07	04:12:24
36	02:16:53	02:44:16	03:04:48	03:25:20	03:45:51	04:13:14
37	02:17:25	02:44:54	03:05:31	03:26:08	03:46:44	04:14:13
38	02:18:04	02:45:41	03:06:23	03:27:06	03:47:49	04:15:25
39	02:18:47	02:46:32	03:07:21	03:28:11	03:49:00	04:16:45
40	02:19:37	02:47:32	03:08:29	03:29:26	03:50:22	04:18:17
41	02:20:33	02:48:40	03:09:45	03:30:50	03:51:54	04:20:01
42	02:21:35	02:49:54	03:11:08	03:32:23	03:53:37	04:21:56
43	02:22:43	02:51:16	03:12:40	03:34:04	03:55:29	04:24:02
44	02:23:58	02:52:46	03:14:21	03:35:57	03:57:33	04:26:20
45	02:25:20	02:54:24	03:16:12	03:38:00	03:59:48	04:28:52
46	02:26:49	02:56:11	03:18:12	03:40:14	04:02:15	04:31:37
47	02:28:27	02:58:08	03:20:24	03:42:41	04:04:57	04:34:38
48	02:30:12	03:00:14	03:22:46	03:45:18	04:07:50	04:37:52
49	02:32:03	03:02:28	03:25:16	03:48:05	04:10:53	04:41:18
50	02:33:57	03:04:44	03:27:50	03:50:56	04:14:01	04:44:48
51	02:35:54	03:07:05	03:30:28	03:53:51	04:17:14	04:48:25
52	02:37:54	03:09:29	03:33:10	03:56:51	04:20:32	04:52:07
53	02:39:57	03:11:56	03:35:56	03:59:56	04:23:55	04:55:54
54	02:42:04	03:14:29	03:38:47	04:03:06	04:27:25	04:59:49
55	02:44:13	03:17:04	03:41:42	04:06:19	04:30:57	05:03:48

Standards in h:m:s

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	Marathon	Fraserburgh Running Club Standards				
OC sec	8125					
OC	02:15:25	Plat	Gold	Silver	Bronze	Copper
56	02:46:26	03:19:43	03:44:41	04:09:39	04:34:37	05:07:54
57	02:48:43	03:22:28	03:47:46	04:13:05	04:38:23	05:12:08
58	02:51:04	03:25:17	03:50:56	04:16:36	04:42:16	05:16:28
59	02:53:29	03:28:11	03:54:12	04:20:14	04:46:15	05:20:57
60	02:55:57	03:31:08	03:57:32	04:23:56	04:50:19	05:25:30
61	02:58:31	03:34:13	04:01:00	04:27:46	04:54:33	05:30:15
62	03:01:08	03:37:22	04:04:32	04:31:42	04:58:52	05:35:06
63	03:03:50	03:40:36	04:08:11	04:35:45	05:03:20	05:40:06
64	03:06:38	03:43:58	04:11:57	04:39:57	05:07:57	05:45:16
65	03:09:30	03:47:24	04:15:50	04:44:15	05:12:41	05:50:35
66	03:12:28	03:50:58	04:19:50	04:48:42	05:17:34	05:56:04
67	03:15:31	03:54:37	04:23:57	04:53:17	05:22:36	06:01:42
68	03:18:40	03:58:24	04:28:12	04:58:00	05:27:48	06:07:32
69	03:21:56	04:02:19	04:32:37	05:02:54	05:33:11	06:13:35
70	03:25:18	04:06:22	04:37:09	05:07:57	05:38:45	06:19:48
71	03:28:47	04:10:32	04:41:51	05:13:10	05:44:30	06:26:15
72	03:32:23	04:14:52	04:46:43	05:18:35	05:50:26	06:32:55
73	03:36:07	04:19:20	04:51:45	05:24:10	05:56:36	06:39:49
74	03:39:59	04:23:59	04:56:59	05:29:58	06:02:58	06:46:58
75	03:44:08	04:28:58	05:02:35	05:36:12	06:09:49	06:54:39
76	03:48:45	04:34:30	05:08:49	05:43:08	06:17:26	07:03:11
77	03:53:53	04:40:40	05:15:45	05:50:50	06:25:54	07:12:41
78	03:59:35	04:47:30	05:23:26	05:59:23	06:35:19	07:23:14
79	04:05:57	04:55:08	05:32:02	06:08:56	06:45:49	07:35:00
80	04:13:01	05:03:37	05:41:34	06:19:31	06:57:29	07:48:05
81	04:20:55	05:13:06	05:52:14	06:31:23	07:10:31	08:02:42
82	04:29:45	05:23:42	06:04:10	06:44:37	07:25:05	08:19:02
83	04:39:40	05:35:36	06:17:33	06:59:30	07:41:27	08:37:23
84	04:50:51	05:49:01	06:32:39	07:16:16	07:59:54	08:58:04
85	05:03:29	06:04:11	06:49:42	07:35:13	08:20:45	09:21:27
86	05:17:53	06:21:28	07:09:09	07:56:49	08:44:30	09:48:05
87	05:34:22	06:41:14	07:31:24	08:21:33	09:11:42	10:18:35
88	05:53:23	07:04:04	07:57:04	08:50:04	09:43:05	10:53:46
89	06:15:32	07:30:38	08:26:58	09:23:18	10:19:38	11:34:44
90	06:41:35	08:01:54	09:02:08	10:02:22	11:02:37	12:22:56
91	07:12:38	08:39:10	09:44:03	10:48:57	11:53:51	13:20:22
92	07:50:12	09:24:14	10:34:46	11:45:18	12:55:50	14:29:52
93	08:36:28	10:19:46	11:37:14	12:54:42	14:12:10	15:55:28
94	09:34:46	11:29:43	12:55:56	14:22:09	15:48:22	17:43:19
95	10:50:25	13:00:30	14:38:04	16:15:37	17:53:11	20:03:16
96	12:32:19	15:02:47	16:55:38	18:48:29	20:41:19	23:11:47
97	14:56:48	17:56:10	20:10:41	22:25:12	00:39:43	03:39:05
98	18:37:18	22:20:46	01:08:21	03:55:57	06:43:33	10:27:00
99	00:54:40	05:53:36	09:37:48	13:22:00	17:06:12	22:05:08
100	14:07:27	21:44:56	03:28:03	09:11:11	14:54:18	22:31:47

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	50 km 9820 02:43:40	Fraserburgh Running Club Standards				
		Plat	Gold	Silver	Bronze	Copper
5	03:53:29	04:40:11	05:15:12	05:50:14	06:25:15	07:11:57
6	03:45:21	04:30:25	05:04:13	05:38:02	06:11:50	06:56:54
7	03:35:59	04:19:11	04:51:35	05:23:59	05:56:22	06:39:34
8	03:27:51	04:09:25	04:40:36	05:11:46	05:42:57	06:24:31
9	03:20:46	04:00:55	04:31:02	05:01:09	05:31:16	06:11:25
10	03:14:32	03:53:26	04:22:37	04:51:48	05:20:59	05:59:53
11	03:09:07	03:46:56	04:15:18	04:43:41	05:12:03	05:49:52
12	03:04:21	03:41:13	04:08:52	04:36:32	05:04:11	05:41:03
13	03:00:10	03:36:12	04:03:14	04:30:15	04:57:16	05:33:19
14	02:56:32	03:31:50	03:58:19	04:24:48	04:51:17	05:26:35
15	02:53:23	03:28:04	03:54:04	04:20:04	04:46:05	05:20:46
16	02:50:29	03:24:35	03:50:09	04:15:44	04:41:18	05:15:24
17	02:47:41	03:21:13	03:46:22	04:11:31	04:36:41	05:10:13
18	02:45:26	03:18:31	03:43:20	04:08:09	04:32:58	05:06:03
19	02:44:07	03:16:56	03:41:33	04:06:11	04:30:48	05:03:37
20	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
21	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
22	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
23	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
24	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
25	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
26	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
27	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
28	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
29	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
30	02:43:40	03:16:24	03:40:57	04:05:30	04:30:03	05:02:47
31	02:43:42	03:16:26	03:41:00	04:05:33	04:30:06	05:02:51
32	02:43:51	03:16:37	03:41:12	04:05:46	04:30:21	05:03:07
33	02:44:06	03:16:55	03:41:32	04:06:09	04:30:46	05:03:35
34	02:44:26	03:17:19	03:41:59	04:06:39	04:31:19	05:04:12
35	02:44:53	03:17:52	03:42:36	04:07:20	04:32:03	05:05:02
36	02:45:26	03:18:31	03:43:20	04:08:09	04:32:58	05:06:03
37	02:46:05	03:19:18	03:44:13	04:09:08	04:34:02	05:07:15
38	02:46:52	03:20:14	03:45:16	04:10:18	04:35:20	05:08:42
39	02:47:45	03:21:18	03:46:28	04:11:38	04:36:47	05:10:20
40	02:48:45	03:22:30	03:47:49	04:13:08	04:38:26	05:12:11
41	02:49:52	03:23:50	03:49:19	04:14:48	04:40:17	05:14:15
42	02:51:07	03:25:20	03:51:00	04:16:40	04:42:21	05:16:34
43	02:52:29	03:26:59	03:52:51	04:18:43	04:44:36	05:19:06
44	02:54:00	03:28:48	03:54:54	04:21:00	04:47:06	05:21:54
45	02:55:39	03:30:47	03:57:08	04:23:29	04:49:49	05:24:57
46	02:57:27	03:32:56	03:59:33	04:26:10	04:52:48	05:28:17
47	02:59:25	03:35:18	04:02:13	04:29:07	04:56:02	05:31:55
48	03:01:32	03:37:50	04:05:04	04:32:18	04:59:32	05:35:50
49	03:03:46	03:40:31	04:08:05	04:35:39	05:03:13	05:39:58
50	03:06:04	03:43:17	04:11:11	04:39:06	05:07:01	05:44:13
51	03:08:26	03:46:07	04:14:23	04:42:39	05:10:55	05:48:36
52	03:10:51	03:49:01	04:17:39	04:46:17	05:14:54	05:53:04
53	03:13:19	03:51:59	04:20:59	04:49:59	05:18:58	05:57:38
54	03:15:52	03:55:02	04:24:25	04:53:48	05:23:11	06:02:21
55	03:18:29	03:58:11	04:27:57	04:57:43	05:27:30	06:07:12

Standards in h:m:s

## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	50 km	Fraserburgh Running Club Standards				
OC sec	9820					
OC	02:43:40	Plat	Gold	Silver	Bronze	Copper
56	03:21:10	04:01:24	04:31:35	05:01:45	05:31:56	06:12:09
57	03:23:55	04:04:42	04:35:17	05:05:53	05:36:28	06:17:15
58	03:26:45	04:08:06	04:39:07	05:10:07	05:41:08	06:22:29
59	03:29:40	04:11:36	04:43:03	05:14:30	05:45:57	06:27:53
60	03:32:40	04:15:12	04:47:06	05:19:00	05:50:54	06:33:26
61	03:35:45	04:18:54	04:51:16	05:23:38	05:55:59	06:39:08
62	03:38:55	04:22:42	04:55:32	05:28:23	06:01:13	06:45:00
63	03:42:12	04:26:38	04:59:58	05:33:18	06:06:38	06:51:04
64	03:45:34	04:30:41	05:04:31	05:38:21	06:12:11	06:57:18
65	03:49:02	04:34:50	05:09:12	05:43:33	06:17:54	07:03:43
66	03:52:37	04:39:08	05:14:02	05:48:56	06:23:49	07:10:20
67	03:56:18	04:43:34	05:19:00	05:54:27	06:29:54	07:17:09
68	04:00:07	04:48:08	05:24:09	06:00:10	06:36:12	07:24:13
69	04:04:04	04:52:53	05:29:29	06:06:06	06:42:43	07:31:31
70	04:08:08	04:57:46	05:34:59	06:12:12	06:49:25	07:39:03
71	04:12:20	05:02:48	05:40:39	06:18:30	06:56:21	07:46:49
72	04:16:42	05:08:02	05:46:33	06:25:03	07:03:33	07:54:54
73	04:21:12	05:13:26	05:52:37	06:31:48	07:10:59	08:03:13
74	04:25:52	05:19:02	05:58:55	06:38:48	07:18:41	08:11:51
75	04:30:53	05:25:04	06:05:42	06:46:19	07:26:57	08:21:08
76	04:36:28	05:31:46	06:13:14	06:54:42	07:36:10	08:31:28
77	04:42:40	05:39:12	06:21:36	07:04:00	07:46:24	08:42:56
78	04:49:34	05:47:29	06:30:55	07:14:21	07:57:47	08:55:42
79	04:57:15	05:56:42	06:41:17	07:25:52	08:10:28	09:09:55
80	05:05:48	06:06:58	06:52:50	07:38:42	08:24:34	09:25:44
81	05:15:21	06:18:25	07:05:43	07:53:01	08:40:20	09:43:24
82	05:26:02	06:31:14	07:20:09	08:09:03	08:57:57	10:03:10
83	05:38:01	06:45:37	07:36:19	08:27:01	09:17:44	10:25:20
84	05:51:31	07:01:49	07:54:33	08:47:16	09:40:00	10:50:18
85	06:06:48	07:20:10	08:15:11	09:10:12	10:05:13	11:18:35
86	06:24:12	07:41:02	08:38:40	09:36:18	10:33:56	11:50:46
87	06:44:07	08:04:56	09:05:33	10:06:10	11:06:48	12:27:37
88	07:07:06	08:32:31	09:36:35	10:40:39	11:44:43	13:10:08
89	07:33:52	09:04:38	10:12:43	11:20:48	12:28:53	13:59:39
90	08:05:22	09:42:26	10:55:15	12:08:03	13:20:51	14:57:56
91	08:42:54	10:27:29	11:45:55	13:04:21	14:22:47	16:07:22
92	09:28:17	11:21:56	12:47:11	14:12:25	15:37:40	17:31:19
93	10:24:12	12:29:02	14:02:40	15:36:18	17:09:56	19:14:46
94	11:34:41	13:53:37	15:37:49	17:22:02	19:06:14	21:25:10
95	13:06:06	15:43:19	17:41:14	19:39:09	21:37:04	00:14:17
96	15:09:16	18:11:07	20:27:31	22:43:54	01:00:17	04:02:09
97	18:03:53	21:40:40	00:23:15	03:05:50	05:48:24	09:25:11
98	22:30:23	03:00:28	06:23:01	09:45:35	13:08:08	17:38:13
99	06:06:29	12:07:47	16:38:45	21:09:44	01:40:42	07:42:00
100	22:04:38	07:17:34	14:12:15	21:06:57	04:01:39	13:14:34



## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	100 km	Fraserburgh Running Club Standards				
OC sec	23591					
OC	06:33:11	Plat	Gold	Silver	Bronze	Copper
5	09:20:53	11:13:04	12:37:12	14:01:19	15:25:27	17:17:38
6	09:01:21	10:49:37	12:10:49	13:32:01	14:53:14	16:41:30
7	08:38:51	10:22:37	11:40:27	12:58:16	14:16:06	15:59:52
8	08:19:21	09:59:13	11:14:07	12:29:01	13:43:56	15:23:48
9	08:02:19	09:38:47	10:51:08	12:03:28	13:15:49	14:52:17
10	07:47:21	09:20:49	10:30:55	11:41:01	12:51:08	14:24:36
11	07:34:20	09:05:12	10:13:21	11:21:30	12:29:39	14:00:31
12	07:22:52	08:51:26	09:57:52	11:04:18	12:10:44	13:39:18
13	07:12:50	08:39:24	09:44:20	10:49:15	11:54:10	13:20:44
14	07:04:06	08:28:55	09:32:32	10:36:09	11:39:46	13:04:35
15	06:56:30	08:19:48	09:22:17	10:24:45	11:27:13	12:50:32
16	06:49:34	08:11:29	09:12:55	10:14:21	11:15:47	12:37:42
17	06:42:51	08:03:25	09:03:51	10:04:16	11:04:42	12:25:16
18	06:37:26	07:56:55	08:56:32	09:56:09	10:55:46	12:15:15
19	06:34:15	07:53:06	08:52:14	09:51:22	10:50:31	12:09:22
20	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
21	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
22	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
23	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
24	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
25	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
26	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
27	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
28	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
29	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
30	06:33:11	07:51:49	08:50:48	09:49:46	10:48:45	12:07:23
31	06:33:16	07:51:55	08:50:55	09:49:54	10:48:53	12:07:33
32	06:33:37	07:52:20	08:51:23	09:50:25	10:49:28	12:08:11
33	06:34:12	07:53:02	08:52:10	09:51:18	10:50:26	12:09:16
34	06:35:02	07:54:02	08:53:18	09:52:33	10:51:48	12:10:49
35	06:36:07	07:55:20	08:54:45	09:54:10	10:53:36	12:12:49
36	06:37:26	07:56:55	08:56:32	09:56:09	10:55:46	12:15:15
37	06:39:01	07:58:49	08:58:40	09:58:31	10:58:23	12:18:11
38	06:40:53	08:01:04	09:01:12	10:01:19	11:01:27	12:21:38
39	06:42:59	08:03:35	09:04:02	10:04:28	11:04:55	12:25:31
40	06:45:23	08:06:28	09:07:16	10:08:05	11:08:53	12:29:58
41	06:48:05	08:09:42	09:10:55	10:12:07	11:13:20	12:34:57
42	06:51:04	08:13:17	09:14:56	10:16:36	11:18:16	12:40:28
43	06:54:21	08:17:13	09:19:22	10:21:31	11:23:41	12:46:33
44	06:58:01	08:21:37	09:24:19	10:27:01	11:29:44	12:53:20
45	07:01:58	08:26:22	09:29:39	10:32:57	11:36:15	13:00:38
46	07:06:18	08:31:34	09:35:30	10:39:27	11:43:24	13:08:39
47	07:11:02	08:37:14	09:41:54	10:46:33	11:51:12	13:17:25
48	07:16:06	08:43:19	09:48:44	10:54:09	11:59:34	13:26:47
49	07:21:29	08:49:47	09:56:00	11:02:14	12:08:27	13:36:45
50	07:27:00	08:56:24	10:03:27	11:10:30	12:17:33	13:46:57
51	07:32:40	09:03:12	10:11:06	11:19:00	12:26:54	13:57:26
52	07:38:28	09:10:10	10:18:56	11:27:42	12:36:28	14:08:10
53	07:44:26	09:17:19	10:26:59	11:36:39	12:46:19	14:19:12
54	07:50:32	09:24:38	10:35:13	11:45:48	12:56:23	14:30:29
55	07:56:49	09:32:11	10:43:42	11:55:14	13:06:45	14:42:07

Standards in h:m:s



## Female Road Age Standards in H:MM:SS WMA and USATF, 2015

Age	100 km	Fraserburgh Running Club Standards				
OC sec	23591					
OC	06:33:11	Plat	Gold	Silver	Bronze	Copper
56	08:03:16	09:39:55	10:52:25	12:04:54	13:17:23	14:54:03
57	08:09:53	09:47:52	11:01:21	12:14:49	13:28:18	15:06:17
58	08:16:42	09:56:02	11:10:33	12:25:03	13:39:33	15:18:54
59	08:23:42	10:04:26	11:20:00	12:35:33	13:51:06	15:31:51
60	08:30:54	10:13:05	11:29:43	12:46:21	14:02:59	15:45:10
61	08:38:18	10:21:58	11:39:42	12:57:27	14:15:12	15:58:51
62	08:45:56	10:31:07	11:50:01	13:08:54	14:27:47	16:12:59
63	08:53:47	10:40:32	12:00:36	13:20:40	14:40:45	16:27:30
64	09:01:52	10:50:14	12:11:31	13:32:48	14:54:05	16:42:27
65	09:10:13	11:00:16	12:22:48	13:45:20	15:07:51	16:57:54
66	09:18:49	11:10:35	12:34:24	13:58:14	15:22:03	17:13:49
67	09:27:42	11:21:14	12:46:24	14:11:33	15:36:42	17:30:15
68	09:36:51	11:32:13	12:58:45	14:25:16	15:51:48	17:47:10
69	09:46:19	11:43:35	13:11:32	14:39:28	16:07:25	18:04:41
70	09:56:06	11:55:19	13:24:44	14:54:09	16:23:34	18:22:47
71	10:06:12	12:07:26	13:38:22	15:09:18	16:40:14	18:41:28
72	10:16:40	12:20:00	13:52:30	15:25:00	16:57:30	19:00:50
73	10:27:29	12:32:59	14:07:06	15:41:13	17:15:21	19:20:51
74	10:38:42	12:46:26	14:22:15	15:58:03	17:33:51	19:41:36
75	10:50:45	13:00:54	14:38:31	16:16:07	17:53:44	20:03:53
76	11:04:10	13:17:00	14:56:38	16:36:15	18:15:52	20:28:42
77	11:19:04	13:34:53	15:16:44	16:58:36	18:40:28	20:56:16
78	11:35:39	13:54:47	15:39:08	17:23:28	19:07:49	21:26:57
79	11:54:06	14:16:55	16:04:02	17:51:09	19:38:16	22:01:05
80	12:14:39	14:41:35	16:31:47	18:21:59	20:12:10	22:39:06
81	12:37:35	15:09:06	17:02:44	18:56:23	20:50:01	23:21:32
82	13:03:14	15:39:53	17:37:22	19:34:51	21:32:20	00:08:59
83	13:32:02	16:14:26	18:16:15	20:18:03	22:19:51	01:02:16
84	14:04:28	16:53:22	19:00:02	21:06:42	23:13:22	02:02:16
85	14:41:11	17:37:25	19:49:36	22:01:47	00:13:57	03:10:11
86	15:22:58	18:27:34	20:46:00	23:04:27	01:22:54	04:27:29
87	16:10:49	19:24:59	21:50:36	00:16:14	02:41:51	05:56:01
88	17:06:03	20:31:16	23:05:10	01:39:05	04:12:59	07:38:12
89	18:10:22	21:48:26	00:32:00	03:15:33	05:59:06	09:37:11
90	19:26:01	23:19:13	02:14:07	05:09:02	08:03:56	11:57:08
91	20:56:11	01:07:25	04:15:51	07:24:17	10:32:42	14:43:56
92						
93						
94						
95						
96						
97						
98						
99						
100						