



<b>Half Marathon</b>	<b>10K</b>
Sub 1h25 (1:24:59)	Sub 39:30
1h25 – 1h30 (1:25:00–1:29:59)	39:30 – 42:00
1h30 – 1h35 (1:30:00–1:34:59)	42:00 – 44:45
1h35 – 1h40 (1:35:00–1:39:59)	44:45 – 47:30
1h40 – 1h45 (1:40:00–1:44:59)	47:30 – 50:30
1h45 – Sub 1h50 (1:45:00–1:49:59)	50:30 – 53:00