	1 Mile				3 km				5 km				10 km				10 mile				Half Ma				Maratho	n		
Age	Bronze		Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum	Bronze	Silver	Gold	Platinum
16	00:07:0		00:05:25	00:05:01 00:04:57	00:13:54 00:13:42	00:11:55	00:10:43	00:09:56	00:23:11	00:19:52	00:17:53 00:17:41	00:16:34 00:16:22	00:47:43	00:40:54	00:36:49	00:34:05	01:18:36	01:07:23	01:00:38 00:59:54	00:56:09	01:45:21	01:30:18	01:21:16	01:15:15	03:42:57	03:11:06	02:51:59 02:49:53	02:39:15
17	00:06:5		00:05:21 00:05:17	00:04:57	00:13:42	00:11:45	00:10:34 00:10:27	00:09:47	00:22:55	00:19:39	00:17:41	00:16:22	00:47:10	00:40:26 00:40:06	00:36:23	00:33:41	01:17:39 01:17:04	01:06:33 01:06:03	00:59:54	00:55:28 00:55:02	01:44:05 01:43:15	01:29:12 01:28:30	01:20:17 01:19:39	01:14:20 01:13:45	03:40:14	03:08:46	02:49:53	02:37:18 02:36:06
19	00:06:4		00:05:13	00:04:50	00:13:22	00:11:28	00:10:27	00:09:33	00:22:43	00:19:30	00:17:33	00:16:13	00:46:47	00:40:08	00:36:03	00:33:23	01:17:04	01:06:00	00:59:27	00:55:00	01:43:13	01:28:27	01:19:36	01:13:43	03:38:23	03:07:11	02:48:35	02:36:00
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