

HOOK NORTON HARRIERS

STANDARDS - MEN

	SK	5 MLS	10K	10 MLS	1/2 MAR	15 MLS	20 MLS	MARA
17-39 D	15.82	26.20	33.00	54.00	72.00	83.00	114.00	155.00
G	17.27	28.45	36.00	60.00	80.00	94.00	133.00	180.00
S	18.22	30.30	38.00	63.00	83.00	98.00	141.00	190.00
B	19.65	33.00	41.00	68.00	90.00	105.00	160.00	210.00
40-44 D	16.30	27.10	34.00	56.00	75.00	86.30	118.30	160.00
G	17.88	30.00	37.30	62.00	84.00	99.00	138.00	185.00
S	19.18	32.00	40.00	66.00	88.00	104.00	148.00	200.00
B	20.77	35.00	43.30	72.00	96.00	114.00	168.00	225.00
45-49 D	16.85	28.00	35.15	58.00	78.00	90.00	122.30	165.00
G	18.83	31.30	39.30	65.00	88.00	103.00	143.00	192.00
S	20.13	33.30	42.00	69.00	93.00	111.00	156.00	210.00
B	22.20	37.15	46.30	76.00	102.00	123.00	173.00	240.00
50-54 D	17.33	28.50	36.15	59.40	80.00	92.30	126.00	170.00
G	19.80	33.15	41.30	63.00	92.00	108.00	148.00	200.00
S	21.10	35.15	44.00	72.00	98.00	118.00	165.00	220.00
B	23.15	39.30	48.30	80.00	103.00	133.00	189.00	255.00
55-59 D	18.37	30.30	38.30	63.30	85.00	98.00	134.00	180.00
G	20.80	34.45	43.30	71.00	96.00	113.00	155.00	210.00
S	22.53	37.30	47.00	76.00	103.00	126.00	175.00	230.00
B	25.42	42.30	53.00	85.00	115.00	145.00	202.00	273.00
60-64 D	19.73	33.00	41.15	67.30	90.00	103.45	142.30	195.00
G	22.05	36.45	46.00	75.00	101.00	118.00	162.00	220.00
S	23.97	40.00	50.00	80.00	108.00	135.00	186.00	245.00
B	27.00	45.15	56.30	90.00	122.00	159.00	220.00	295.00
65-69 D	21.23	35.30	44.30	73.00	97.00	112.00	154.00	210.00
G	23.50	39.15	49.00	80.00	110.00	125.00	172.00	235.00
S	25.42	42.30	53.00	86.00	119.00	147.00	200.00	263.00
B	28.77	48.00	60.00	96.00	133.00	178.00	240.00	317.00
70+ D	22.77	38.10	47.50	78.00	104.30	120.00	165.00	225.00
G	24.93	41.30	52.00	86.00	120.00	135.00	184.00	255.00
S	27.00	45.15	56.30	94.00	130.00	163.00	214.00	285.00
B	30.35	50.30	63.30	105.00	145.00	203.00	264.00	342.00

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STANDARDS - MEN

	SK	5 MLS	10K	10 MLS	1/2 MAR	15 MLS	20 MLS	MARA
17-39 D	15:49	26:12	33:00	54:00	01:12:00	01:23:00	01:54:00	02:35:00
G	17:16	28:27	36:00	01:00:00	01:20:00	01:34:00	02:13:00	03:00:00
S	18:13	30:18	38:00	01:03:00	01:23:00	01:38:00	02:21:00	03:10:00
B	19:39	33:00	41:00	01:08:00	01:30:00	01:45:00	02:40:00	03:30:00
40-44 D	16:18	27:06	34:00	56:00	01:15:00	01:26:18	01:58:18	02:40:00
G	17:53	30:00	37:18	01:02:00	01:24:00	01:39:00	02:18:00	03:05:00
S	19:11	32:00	40:00	01:06:00	01:28:00	01:44:00	02:28:00	03:20:00
B	20:46	35:00	43:18	01:12:00	01:36:00	01:54:00	02:48:00	03:45:00
45-49 D	16:51	28:00	35:09	58:00	01:18:00	01:30:00	02:02:18	02:45:00
G	18:50	31:18	39:18	01:05:00	01:28:00	01:43:00	02:23:00	03:12:00
S	20:08	33:18	42:00	01:09:00	01:33:00	01:51:00	02:36:00	03:30:00
B	22:12	37:09	46:18	01:16:00	01:42:00	02:03:00	02:53:00	04:00:00
50-54 D	17:20	28:30	36:09	59:24	01:20:00	01:32:18	02:06:00	02:50:00
G	19:48	33:09	41:18	01:03:00	01:32:00	01:48:00	02:28:00	03:20:00
S	21:06	35:09	44:00	01:12:00	01:38:00	01:58:00	02:45:00	03:40:00
B	23:09	39:18	48:18	01:20:00	01:43:00	02:13:00	03:09:00	04:15:00
55-59 D	18:22	30:18	38:18	01:03:18	01:25:00	01:38:00	02:14:00	03:00:00
G	20:48	34:27	43:18	01:11:00	01:36:00	01:53:00	02:35:00	03:30:00
S	22:32	37:18	47:00	01:16:00	01:43:00	02:06:00	02:55:00	03:50:00
B	25:25	42:18	53:00	01:25:00	01:55:00	02:25:00	03:22:00	04:33:00
60-64 D	19:44	33:00	41:09	01:07:18	01:30:00	01:43:27	02:22:18	03:15:00
G	22:03	36:27	46:00	01:15:00	01:41:00	01:58:00	02:42:00	03:40:00
S	23:58	40:00	50:00	01:20:00	01:48:00	02:15:00	03:06:00	04:05:00
B	27:00	45:09	56:18	01:30:00	02:02:00	02:39:00	03:40:00	04:55:00
65-69 D	21:14	35:18	44:18	01:13:00	01:37:00	01:52:00	02:34:00	03:30:00
G	23:30	39:09	49:00	01:20:00	01:50:00	02:05:00	02:52:00	03:55:00
S	25:25	42:18	53:00	01:26:00	01:59:00	02:27:00	03:20:00	04:23:00
B	28:46	48:00	01:00:00	01:36:00	02:13:00	02:58:00	04:00:00	05:17:00
70+ D	22:46	38:06	47:30	01:18:00	01:44:18	02:00:00	02:45:00	03:45:00
G	24:56	41:18	52:00	01:26:00	02:00:00	02:15:00	03:04:00	04:15:00
S	27:00	45:09	56:18	01:34:00	02:10:00	02:43:00	03:34:00	04:45:00
B	30:21	50:18	01:03:18	01:45:00	02:25:00	03:23:00	04:24:00	05:42:00

HOOK NORTON HARRIERS

STANDARDS - LADIES

	SK	5 MLS	10K	10 MLS	1/2 MAR	15 MLS	20 MLS	MARA
17-34 D	18.83	31.30	39.30	65.00	87.00	101.00	137.00	184.00
G	21.58	36.00	45.00	74.00	99.00	115.00	156.00	210.00
S	23.02	38.30	48.00	79.00	106.00	123.00	167.00	225.00
B	25.55	42.45	53.30	88.00	118.00	137.00	186.00	250.00
35-39 D	19.80	33.00	41.30	68.00	91.00	106.00	143.30	193.00
G	22.53	37.30	47.00	77.30	104.00	120.00	163.00	220.00
S	23.97	40.00	50.00	83.00	111.00	129.00	175.00	236.00
B	26.85	44.30	56.00	92.00	124.00	144.00	195.00	262.00
40-44 D	20.77	34.45	43.30	72.00	96.00	111.30	151.00	203.00
G	23.97	40.00	50.00	81.00	115.00	132.00	180.00	232.00
S	25.42	42.30	53.00	87.00	122.00	142.00	185.00	249.00
B	28.28	47.00	59.00	97.00	130.00	159.00	206.00	276.00
45-49 D	22.20	37.00	46.30	76.30	102.00	119.00	161.00	216.00
G	25.42	42.30	53.00	87.00	116.00	135.00	183.00	247.00
S	27.00	45.00	56.30	93.00	124.00	144.00	196.00	264.00
B	30.35	50.00	63.30	103.00	138.00	161.00	218.00	294.00
50-54 D	23.72	39.45	49.45	82.00	110.00	127.00	173.00	232.00
G	27.00	45.00	56.30	93.00	124.00	145.00	196.00	265.00
S	28.77	48.30	60.00	99.00	133.00	155.00	210.00	283.00
B	32.13	54.00	67.00	110.00	148.00	172.00	234.00	315.00
55-59 D	25.55	42.45	53.30	88.00	118.00	137.00	186.00	250.00
G	29.25	49.00	61.00	100.00	134.00	156.00	212.00	285.00
S	31.17	52.00	65.00	107.00	144.00	167.00	226.00	305.00
B	34.53	58.00	72.00	119.00	160.00	186.00	252.00	339.00
60-64 D	27.55	46.00	57.45	95.00	127.00	148.00	200.00	269.00
G	31.17	52.00	65.00	108.00	145.00	168.00	228.00	307.00
S	33.57	56.00	70.00	115.00	155.00	180.00	244.00	329.00
B	37.40	62.00	78.00	128.00	172.00	200.00	272.00	365.00
65+ D	29.47	49.15	61.45	102.00	136.00	158.00	215.00	288.00
G	33.57	56.00	70.00	115.00	155.00	180.00	244.00	329.00
S	35.97	60.00	75.00	123.00	166.00	192.00	261.00	352.00
B	40.28	67.00	84.00	138.00	184.00	214.00	291.00	391.00

HOOK NORTON HARRIERS

STANDARDS - LADIES

	SK	5 MLS	10K	10 MLS	1/2 MAR	15 MLS	20 MLS	MARA
17-34 D	18:50	31:18	39:18	01:05:00	01:27:00	01:41:00	02:17:00	03:04:00
G	21:35	36:00	45:00	01:14:00	01:39:00	01:55:00	02:36:00	03:30:00
S	23:01	38:18	48:00	01:19:00	01:46:00	02:03:00	02:47:00	03:45:00
B	25:33	42:27	53:18	01:28:00	01:58:00	02:17:00	03:06:00	04:10:00
35-39 D	19:48	33:00	41:18	01:08:00	01:31:00	01:46:00	02:23:18	03:13:00
G	22:32	37:18	47:00	01:17:18	01:44:00	02:00:00	02:43:00	03:40:00
S	23:58	40:00	50:00	01:23:00	01:5			