

	Full (Distance in Miles)				Half (Distance in Miles)				10k (Distance in KM)				5k (Distance in KM)		
Time	Fastest Runner	Average Runner	Slowest Runner		Fastest Runner	Average Runner	Slowest Runner		Fastest Runner	Average Runner	Slowest Runner		Fastest Runner	Average Runner	Slowest Runner
9.45	WARM UP														
9.50															
9.55															
10.00	0	0	0												
10.05	0.91	0	0												
10.10	1.82	0.56	0												
10.15	2.73	1.12	0.38												
10.20	3.64	1.68	0.76												
10.25	4.55	2.24	1.14												
10.30	5.46	2.8	1.52		WARM UP										
10.35	6.37	3.36	1.9												
10.40	7.28	3.92	2.28												
10.45	8.19	4.48	2.66		0	0	0								
10.50	9.1	5.04	3.04		0.91	0	0								
10.55	10.01	5.6	3.42		1.82	0.56	0								
11.00	10.92	6.16	3.8		2.73	1.12	0.38		WARM UP						
11.05	11.83	6.72	4.18		3.64	1.68	0.76								
11.10	12.74	7.28	4.56		4.55	2.24	1.14								
11.15	13.65	7.84	4.94		5.46	2.8	1.52		0	0	0		WARM UP		
11.20	14.56	8.4	5.32		6.37	3.36	1.9		1.43	0.33	0				
11.25	15.47	8.96	5.7		7.28	3.92	2.28		2.86	1.16	0.5				
11.30	16.38	9.52	6.08		8.19	4.48	2.66		4.29	1.99	1		0	0	0
11.35	17.29	10.08	6.46		9.1	5.04	3.04		5.72	2.82	1.5		1.42	0.83	0.5
11.40	18.2	10.64	6.84		10.01	5.6	3.42		7.15	3.65	2		2.84	1.66	1
11.45	19.11	11.2	7.22		10.92	6.16	3.8		8.58	4.48	2.5		4.26	2.49	1.5
11.50	20.02	11.76	7.6		11.83	6.72	4.18		10.01	5.31	3		5.68	3.32	2
11.55	20.93	12.32	7.98		12.74	7.28	4.56			6.14	3.5			4.15	2.5
12.00	21.84	12.88	8.36		13.65	7.84	4.94			6.97	4			4.98	3
12.05	22.75	13.44	8.74			8.4	5.32			7.8	4.5				3.5
12.10	23.66	14.00	9.12			8.96	5.7			8.63	5				4
12.15	24.57	14.56	9.5			9.52	6.08			9.46	5.5				4.5
12.20	25.48	15.12	9.88			10.08	6.46			10.29	6				5
12.25	26.39	15.68	10.26			10.64	6.84				6.5				
12.30		16.24	10.64			11.2	7.22				7				
12.30		16.8	11.05			11.76	7.6				7.5				
12.35		17.36	11.4			12.32	7.98				8				
12.40		17.92	11.78			12.88	8.36				8.5				
12.45		18.48	12.16			13.44	8.74				9				
12.50		19.04	12.54				9.12				9.5				
12.55		19.6	12.92				9.5				10				
1.00		20.16	13.3				9.88								
1.05		20.72	13.68				10.26								
1.10		21.28	14.06				10.64								
1.15		21.84	14.44				11.05								
1.20		22.4	14.82				11.4								
1.25		22.96	15.2				11.78								
1.30		23.52	15.58				12.16								
1.35		24.08	15.96				12.54								
1.40		24.64	16.34				12.92								
1.45		25.2	16.72				13.3								
1.50		25.76	17.1												
1.55		26.32	17.48												
2.00			17.86												
2.05			18.24												
2.10			18.62												
2.15			19												
2.20			19.38												
2.25			19.76												
2.30			20.14												
2.35			20.52												
2.40			20.9												
2.45			21.28												
2.50			21.66												
2.55			22.04												
3.00			22.42												
3.05			22.8												
3.10			23.18												
3.15			23.56												
3.20			23.94												
3.25			24.32												
3.30	Jr RACE		24.7												
3.35			25.08												
3.40			25.46												
3.45			25.84												
3.50			26.22												
3.55			25.46												
4.00			25.84												
4.05			26.22												