

MENS 10 MILE

AGE	WORLD RECORD	BRONZE INTER	BRONZE	SILVER	GOLD	DIAMOND
15y347d	0h 50m 31s	1h 41m 2s	1h 24m 12s	1h 12m 10s	1h 3m 9s	0h 56m 8s
16y257d	0h 46m 7s	1h 32m 14s	1h 16m 52s	1h 5m 53s	0h 57m 39s	0h 51m 14s
17y354d	0h 45m 30s	1h 31m	1h 15m 50s	1h 5m 0s	0h 56m 53s	0h 50m 33s
18y353d	0h 44m 51s	1h 29m 42s	1h 14m 45s	1h 4m 4s	0h 56m 4s	0h 49m 50s
19y031d	0h 45m 10s	1h 30m 20s	1h 15m 17s	1h 4m 31s 429ms	0h 56m 28s	0h 50m 11s
20y350d	0h 45m 1s	1h 30m 2s	1h 15m 2s	1h 4m 18s 571ms	0h 56m 16s	0h 50m 1s
21y145d	0h 45m 19s	1h 30m 38s	1h 15m 32s	1h 4m 44s 286ms	0h 56m 39s	0h 50m 21s
22y058d	0h 45m 15s	1h 30m 30s	1h 15m 25s	1h 4m 38s 571ms	0h 56m 34s	0h 50m 17s
23y346d	0h 44m 52s	1h 29m 44s	1h 14m 47s	1h 4m 5s 714ms	0h 56m 5s	0h 49m 51s
24y345d	0h 44m 59s	1h 29m 58s	1h 14m 58s	1h 4m 15s 714ms	0h 56m 14s	0h 49m 59s
25y055d	0h 45m 20s	1h 30m 40s	1h 15m 33s	1h 4m 45s 714ms	0h 56m 40s	0h 50m 22s
26y219d	0h 45m 12s	1h 30m 24s	1h 15m 20s	1h 4m 34s 286ms	0h 56m 30s	0h 50m 13s
27y218d	0h 45m 22s	1h 30m 44s	1h 15m 37s	1h 4m 48s 571ms	0h 56m 43s	0h 50m 24s
28y012d	0h 45m 55s	1h 31m 50s	1h 16m 32s	1h 5m 35s 714ms	0h 57m 24s	0h 51m 1s
29y319d	0h 45m 37s	1h 31m 14s	1h 16m 2s	1h 5m 10s 0ms	0h 57m 1s	0h 50m 41s
30y187d	0h 45m 52s	1h 31m 44s	1h 16m 27s	1h 5m 31s 429ms	0h 57m 20s	0h 50m 58s
31y275d	0h 45m 55s	1h 31m 50s	1h 16m 32s	1h 5m 35s 714ms	0h 57m 24s	0h 51m 1s
32y139d	0h 44m 23s	1h 28m 46s	1h 13m 58s	1h 3m 24s 286ms	0h 55m 29s	0h 49m 19s
33y055d	0h 46m 29s	1h 32m 58s	1h 17m 28s	1h 6m 24s 286ms	0h 58m 6s	0h 51m 39s
34y117d	0h 46m 5s	1h 32m 10s	1h 16m 48s	1h 5m 50s 0ms	0h 57m 36s	0h 51m 12s
35y224d	0h 46m 10s	1h 32m 20s	1h 16m 57s	1h 5m 57s 143ms	0h 57m 43s	0h 51m 18s
36y128d	0h 46m 25s	1h 32m 50s	1h 17m 22s	1h 6m 18s 571ms	0h 58m 1s	0h 51m 34s
37y061d	0h 47m 4s	1h 34m 8s	1h 18m 27s	1h 7m 14s 286ms	0h 58m 50s	0h 52m 18s
38y166d	0h 47m 6s	1h 34m 12s	1h 18m 30s	1h 7m 17s 143ms	0h 58m 53s	0h 52m 20s
39y357d	0h 47m 30s	1h 35m	1h 19m 10s	1h 7m 51s 429ms	0h 59m 23s	0h 52m 47s
40y030d	0h 47m 0s	1h 33m 59s 800ms	1h 18m 20s	1h 7m 8s 429ms	0h 58m 45s	0h 52m 13s
41y200d	0h 47m 55s	1h 35m 50s	1h 19m 52s	1h 8m 27s 143ms	0h 59m 54s	0h 53m 14s
42y197d	0h 47m 57s	1h 35m 54s	1h 19m 55s	1h 8m 30s	0h 59m 56s	0h 53m 17s
43y007d	0h 47m 26s	1h 34m 52s	1h 19m 3s	1h 7m 45s 714ms	0h 59m 18s	0h 52m 42s
44y002d	0h 49m 23s	1h 38m 46s	1h 22m 18s	1h 10m 32s 857ms	1h 1m 44s	0h 54m 52s
45y162d	0h 49m 3s	1h 38m 6s	1h 21m 45s	1h 10m 4s 286ms	1h 1m 19s	0h 54m 30s
46y203d	0h 50m 5s	1h 40m 10s	1h 23m 28s	1h 11m 32s 857ms	1h 2m 36s	0h 55m 39s
47y174d	0h 51m 28s	1h 42m 56s	1h 25m 47s	1h 13m 31s 429ms	1h 4m 20s	0h 57m 11s
48y350d	0h 52m 55s	1h 45m 50s	1h 28m 12s	1h 15m 35s 714ms	1h 6m 9s	0h 58m 48s
49y255d	0h 51m 1s	1h 42m 2s	1h 25m 2s	1h 12m 52s 857ms	1h 3m 46s	0h 56m 41s
50y030d	0h 50m 43s	1h 41m 26s	1h 24m 32s	1h 12m 27s 143ms	1h 3m 24s	0h 56m 21s
51y002d	0h 52m 23s	1h 44m 46s	1h 27m 18s	1h 14m 50s	1h 5m 29s	0h 58m 12s

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52y357d	0h 53m 3s	1h 46m 6s	1h 28m 25s	1h 15m 47s 143ms	1h 6m 19s	0h 58m 57s
53y341d	0h 51m 45s	1h 43m 30s	1h 26m 15s	1h 13m 55s 714ms	1h 4m 41s	0h 57m 30s
54y340d	0h 54m 6s	1h 48m 12s	1h 30m 10s	1h 17m 17s 143ms	1h 7m 38s	1h 0m 7s
55y234d	0h 53m 21s	1h 46m 42s	1h 28m 55s	1h 16m 12s 857ms	1h 6m 41s	0h 59m 17s
56y279d	0h 54m 40s	1h 49m 20s	1h 31m 7s	1h 18m 5s 714ms	1h 8m 20s	1h 0m 44s
57y278d	0h 54m 53s	1h 49m 46s	1h 31m 28s	1h 18m 24s 286ms	1h 8m 36s	1h 0m 59s
58y319d	0h 58m 48s	1h 57m 36s	1h 38m 0s	1h 24m	1h 13m 30s	1h 5m 20s
59y355d	0h 55m 47s	1h 51m 34s	1h 32m 58s	1h 19m 41s 429ms	1h 9m 44s	1h 1m 59s
60y234d	0h 55m 2s	1h 50m 4s	1h 31m 43s	1h 18m 37s 143ms	1h 8m 48s	1h 1m 9s
61y051d	0h 55m 27s	1h 50m 54s	1h 32m 25s	1h 19m 12s 857ms	1h 9m 19s	1h 1m 37s
62y036d	0h 55m 54s	1h 51m 48s	1h 33m 10s	1h 19m 51s 429ms	1h 9m 53s	1h 2m 7s
63y028d	0h 56m 14s	1h 52m 28s	1h 33m 43s	1h 20m 20s	1h 10m 18s	1h 2m 29s
64y295d	1h 0m 9s	2h 0m 18s	1h 40m 15s	1h 25m 55s 714ms	1h 15m 11s	1h 6m 50s
65y315d	1h 2m 45s	2h 5m 30s 200ms	1h 44m 35s	1h 29m 38s 714ms	1h 18m 26s	1h 9m 43s
66y149d	1h 2m 0s	2h 4m	1h 43m 20s	1h 28m 34s 286ms	1h 17m 30s	1h 8m 53s
67y169d	1h 1m 26s	2h 2m 52s	1h 42m 23s	1h 27m 45s 714ms	1h 16m 48s	1h 8m 16s
68y085d	1h 0m 11s	2h 0m 22s	1h 40m 18s	1h 25m 58s 571ms	1h 15m 14s	1h 6m 52s
69y071d	1h 2m 7s	2h 4m 14s	1h 43m 32s	1h 28m 44s 286ms	1h 17m 39s	1h 9m 1s
70y038d	1h 2m 19s	2h 4m 38s	1h 43m 52s	1h 29m 1s 429ms	1h 17m 54s	1h 9m 14s
71y230d	1h 5m 27s	2h 10m 54s	1h 49m 5s	1h 33m 30s	1h 21m 49s	1h 12m 43s
72y170d	1h 2m 25s	2h 4m 50s	1h 44m 2s	1h 29m 10s	1h 18m 1s	1h 9m 21s
73y182d	1h 9m 0s	2h 18m	1h 55m 0s	1h 38m 34s 286ms	1h 26m 15s	1h 16m 40s
74y036d	1h 11m 53s	2h 23m 46s	1h 59m 48s	1h 42m 41s 429ms	1h 29m 51s	1h 19m 52s
75y071d	1h 6m 27s	2h 12m 54s	1h 50m 45s	1h 34m 55s 714ms	1h 23m 4s	1h 13m 50s
76y069d	1h 9m 40s	2h 19m 20s	1h 56m 7s	1h 39m 31s 429ms	1h 27m 5s	1h 17m 24s
77y068d	1h 9m 56s	2h 19m 52s	1h 56m 33s	1h 39m 54s 286ms	1h 27m 25s	1h 17m 42s
78y058d	1h 11m 39s	2h 23m 18s	1h 59m 25s	1h 42m 21s 429ms	1h 29m 34s	1h 19m 37s
79y073d	1h 12m 36s	2h 25m 12s	2h 1m 0s	1h 43m 42s 857ms	1h 30m 45s	1h 20m 40s
80y071d	1h 14m 57s	2h 29m 54s	2h 4m 55s	1h 47m 4s 286ms	1h 33m 41s	1h 23m 17s