

## WOMANS 10 MILE

AGE	WORLD RECORD	BRONZE INTER	BRONZE	SILVER	GOLD	DIAMOND
<b>15y328d</b>	0h 54m 3s	1h 48m 6s	1h 30m 5s	1h 17m 13s	1h 7m 34s	1h 0m 3s
<b>16y229d</b>	0h 56m 19s	1h 52m 38s	1h 33m 52s	1h 20m 27s	1h 10m 24s	1h 2m 34s
<b>17y077d</b>	0h 53m 46s	1h 47m 32s	1h 29m 37s	1h 16m 49s	1h 7m 13s	0h 59m 44s
<b>18y262d</b>	0h 51m 40s	1h 43m 20s	1h 26m 7s	1h 13m 49s	1h 4m 35s	0h 57m 24s
<b>19y191d</b>	0h 52m 55s	1h 45m 50s	1h 28m 12s	1h 15m 35s 714ms	1h 6m 9s	0h 58m 48s
<b>20y081d</b>	0h 51m 28s	1h 42m 56s	1h 25m 47s	1h 13m 31s 429ms	1h 4m 20s	0h 57m 11s
<b>21y257d</b>	0h 52m 44s	1h 45m 28s	1h 27m 53s	1h 15m 20s	1h 5m 55s	0h 58m 36s
<b>22y271d</b>	0h 51m 38s	1h 43m 16s	1h 26m 3s	1h 13m 45s 714ms	1h 4m 33s	0h 57m 22s
<b>23y043d</b>	0h 52m 33s	1h 45m 6s	1h 27m 35s	1h 15m 4s 286ms	1h 5m 41s	0h 58m 23s
<b>24y188d</b>	0h 51m 41s	1h 43m 22s	1h 26m 8s	1h 13m 50s	1h 4m 36s	0h 57m 26s
<b>25y025d</b>	0h 52m 3s	1h 44m 6s	1h 26m 45s	1h 14m 21s 429ms	1h 5m 4s	0h 57m 50s
<b>26y328d</b>	0h 52m 23s	1h 44m 46s	1h 27m 18s	1h 14m 50s	1h 5m 29s	0h 58m 12s
<b>27y078d</b>	0h 51m 16s	1h 42m 32s	1h 25m 27s	1h 13m 14s 286ms	1h 4m 5s	0h 56m 58s
<b>28y105d</b>	0h 52m 14s	1h 44m 28s	1h 27m 3s	1h 14m 37s 143ms	1h 5m 18s	0h 58m 2s
<b>29y029d</b>	0h 51m 52s	1h 43m 44s	1h 26m 27s	1h 14m 5s 714ms	1h 4m 50s	0h 57m 38s
<b>30y172d</b>	0h 52m 5s	1h 44m 10s	1h 26m 48s	1h 14m 24s 286ms	1h 5m 6s	0h 57m 52s
<b>31y144d</b>	0h 51m 49s	1h 43m 38s	1h 26m 22s	1h 14m 1s 429ms	1h 4m 46s	0h 57m 34s
<b>32y284d</b>	0h 51m 0s	1h 42m	1h 25m 0s	1h 12m 51s 429ms	1h 3m 45s	0h 56m 40s
<b>33y354d</b>	0h 51m 16s	1h 42m 32s	1h 25m 27s	1h 13m 14s 286ms	1h 4m 5s	0h 56m 58s
<b>34y314d</b>	0h 51m 11s	1h 42m 22s	1h 25m 18s	1h 13m 7s 143ms	1h 3m 59s	0h 56m 52s
<b>35y227d</b>	0h 52m 12s	1h 44m 24s	1h 27m 0s	1h 14m 34s 286ms	1h 5m 15s	0h 58m 0s
<b>36y265d</b>	0h 52m 52s	1h 45m 44s	1h 28m 7s	1h 15m 31s 429ms	1h 6m 5s	0h 58m 44s
<b>37y052d</b>	0h 53m 43s	1h 47m 26s	1h 29m 32s	1h 16m 44s 286ms	1h 7m 9s	0h 59m 41s
<b>38y358d</b>	0h 54m 29s	1h 48m 58s	1h 30m 48s	1h 17m 50s	1h 8m 6s	1h 0m 32s
<b>39y038d</b>	0h 53m 0s	1h 46m	1h 28m 20s	1h 15m 42s 857ms	1h 6m 15s	0h 58m 53s
<b>40y175d</b>	0h 54m 31s	1h 49m 2s	1h 30m 52s	1h 17m 52s 857ms	1h 8m 9s	1h 0m 34s
<b>41y195d</b>	0h 54m 32s	1h 49m 4s	1h 30m 53s	1h 17m 54s 286ms	1h 8m 10s	1h 0m 36s
<b>42y035d</b>	0h 52m 44s	1h 45m 28s	1h 27m 53s	1h 15m 20s	1h 5m 55s	0h 58m 36s
<b>43y055d</b>	0h 55m 33s	1h 51m 6s	1h 32m 35s	1h 19m 21s 429ms	1h 9m 26s	1h 1m 43s
<b>44y277d</b>	0h 55m 18s	1h 50m 36s	1h 32m 10s	1h 19m	1h 9m 8s	1h 1m 27s
<b>45y175d</b>	0h 55m 56s	1h 51m 52s	1h 33m 13s	1h 19m 54s 286ms	1h 9m 55s	1h 2m 9s
<b>46y136d</b>	0h 56m 33s	1h 53m 6s	1h 34m 15s	1h 20m 47s 143ms	1h 10m 41s	1h 2m 50s
<b>47y237d</b>	0h 56m 38s	1h 53m 16s	1h 34m 23s	1h 20m 54s 286ms	1h 10m 48s	1h 2m 56s
<b>48y344d</b>	0h 55m 33s	1h 51m 6s	1h 32m 35s	1h 19m 21s 429ms	1h 9m 26s	1h 1m 43s
<b>49y177d</b>	0h 56m 31s	1h 53m 2s	1h 34m 12s	1h 20m 44s 286ms	1h 10m 39s	1h 2m 48s
<b>50y176d</b>	0h 58m 13s	1h 56m 26s	1h 37m 2s	1h 23m 10s	1h 12m 46s	1h 4m 41s
<b>51y175d</b>	0h 59m 0s	1h 58m	1h 38m 20s	1h 24m 17s 143ms	1h 13m 45s	1h 5m 33s

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<b>52y121d</b>	0h 59m 17s	1h 58m 34s	1h 38m 48s	1h 24m 41s 429ms	1h 14m 6s	1h 5m 52s
<b>53y148d</b>	1h 1m 22s	2h 2m 44s	1h 42m 17s	1h 27m 40s	1h 16m 43s	1h 8m 11s
<b>54y068d</b>	1h 3m 44s	2h 7m 28s	1h 46m 13s	1h 31m 2s 857ms	1h 19m 40s	1h 10m 49s
<b>55y026d</b>	1h 2m 39s	2h 5m 18s	1h 44m 25s	1h 29m 30s	1h 18m 19s	1h 9m 37s
<b>56y066d</b>	1h 3m 54s	2h 7m 48s	1h 46m 30s	1h 31m 17s 143ms	1h 19m 53s	1h 11m 0s
<b>57y065d</b>	1h 4m 56s	2h 9m 52s	1h 48m 13s	1h 32m 45s 714ms	1h 21m 10s	1h 12m 9s
<b>58y248d</b>	1h 4m 13s	2h 8m 26s	1h 47m 2s	1h 31m 44s 286ms	1h 20m 16s	1h 11m 21s
<b>59y321d</b>	1h 4m 1s	2h 8m 2s	1h 46m 42s	1h 31m 27s 143ms	1h 20m 1s	1h 11m 8s
<b>60y306d</b>	1h 8m 17s	2h 16m 34s	1h 53m 48s	1h 37m 32s 857ms	1h 25m 21s	1h 15m 52s
<b>61y164d</b>	1h 4m 51s	2h 9m 42s	1h 48m 5s	1h 32m 38s 571ms	1h 21m 4s	1h 12m 3s
<b>62y170d</b>	1h 4m 53s	2h 9m 46s	1h 48m 8s	1h 32m 41s 429ms	1h 21m 6s	1h 12m 6s
<b>63y182d</b>	1h 7m 31s	2h 15m 1s 400ms	1h 52m 31s	1h 36m 26s 714ms	1h 24m 23s	1h 15m 1s
<b>64y167d</b>	1h 8m 39s	2h 17m 18s 600ms	1h 54m 26s	1h 38m 4s 714ms	1h 25m 49s	1h 16m 17s
<b>65y162d</b>	1h 12m 29s	2h 24m 58s	2h 0m 48s	1h 43m 32s 857ms	1h 30m 36s	1h 20m 32s
<b>66y223d</b>	1h 11m 24s	2h 22m 47s	1h 58m 59s	1h 41m 59s 286ms	1h 29m 14s	1h 19m 19s
<b>67y249d</b>	1h 13m 31s	2h 27m 2s	2h 2m 32s	1h 45m 1s 429ms	1h 31m 54s	1h 21m 41s
<b>68y177d</b>	1h 11m 59s	2h 23m 58s	1h 59m 58s	1h 42m 50s	1h 29m 59s	1h 19m 59s
<b>69y134d</b>	1h 14m 28s	2h 28m 56s	2h 4m 7s	1h 46m 22s 857ms	1h 33m 5s	1h 22m 44s
<b>70y150d</b>	1h 14m 43s	2h 29m 26s	2h 4m 32s	1h 46m 44s 286ms	1h 33m 24s	1h 23m 1s
<b>71y147d</b>	1h 17m 57s	2h 35m 54s	2h 9m 55s	1h 51m 21s 429ms	1h 37m 26s	1h 26m 37s
<b>72y251d</b>	1h 19m 28s	2h 38m 56s	2h 12m 27s	1h 53m 31s 429ms	1h 39m 20s	1h 28m 18s
<b>73y257d</b>	1h 20m 57s	2h 41m 54s	2h 14m 55s	1h 55m 38s 571ms	1h 41m 11s	1h 29m 57s
<b>74y362d</b>	1h 21m 30s	2h 43m	2h 15m 50s	1h 56m 25s 714ms	1h 41m 53s	1h 30m 33s
<b>75y149d</b>	1h 22m 5s	2h 44m 10s	2h 16m 48s	1h 57m 15s 714ms	1h 42m 36s	1h 31m 12s
<b>76y026d</b>	1h 36m 53s	3h 13m 46s	2h 41m 28s	2h 18m 24s 286ms	2h 1m 6s	1h 47m 39s
<b>77y145d</b>	1h 36m 18s	3h 12m 36s	2h 40m 30s	2h 17m 34s 286ms	2h 0m 23s	1h 47m 0s
<b>78y143d</b>	1h 39m 32s	3h 19m 4s	2h 45m 53s	2h 22m 11s 429ms	2h 4m 25s	1h 50m 36s
<b>79y350d</b>	1h 55m 25s	3h 50m 49s 400ms	3h 12m 21s	2h 44m 52s 429ms	2h 24m 16s	2h 8m 14s
<b>80y122d</b>	1h 57m 0s	3h 54m	3h 15m 0s	2h 47m 8s 571ms	2h 26m 15s	2h 10m 0s