

WOMANS 10K

AGE	WORLD RECORD	BRONZE INTER	BRONZE	SILVER	GOLD	DIAMOND
15y352d	0h 33m 19s	1h 6m 38s	0h 55m 32s	0h 47m 36s	0h 41m 39s	0h 37m 1s
16y319d	0h 32m 42s	1h 5m 24s	0h 54m 30s	0h 46m 43s	0h 40m 53s	0h 36m 20s
17y351d	0h 31m 32s	1h 3m 4s	0h 52m 33s	0h 45m 3s	0h 39m 25s	0h 35m 2s
18y323d	0h 31m 29s	1h 2m 58s	0h 52m 28s	0h 44m 59s	0h 39m 21s	0h 34m 59s
19y309d	0h 31m 7s	1h 2m 14s	0h 51m 52s	44m 27s 143ms	0h 38m 54s	0h 34m 34s
20y305d	0h 30m 41s	1h 1m 22s	0h 51m 8s	43m 50s	0h 38m 21s	0h 34m 6s
21y343d	0h 30m 55s	1h 1m 50s	0h 51m 32s	44m 10s	0h 38m 39s	0h 34m 21s
22y173d	0h 30m 6s	1h 0m 12s	0h 50m 10s	43m	0h 37m 38s	0h 33m 27s
23y275d	0h 29m 43s	0h 59m 26s	0h 49m 32s	42m 27s 143ms	0h 37m 9s	0h 33m 1s
24y291d	0h 30m 38s	1h 1m 16s	0h 51m 3s	43m 45s 714ms	0h 38m 18s	0h 34m 2s
25y323d	0h 30m 24s	1h 0m 48s	0h 50m 40s	43m 25s 714ms	0h 38m 0s	0h 33m 47s
26y321d	0h 30m 25s	1h 0m 50s	0h 50m 42s	43m 27s 143ms	0h 38m 1s	0h 33m 48s
27y174d	0h 30m 47s	1h 1m 34s	0h 51m 18s	43m 58s 571ms	0h 38m 29s	0h 34m 12s
28y092d	0h 30m 30s	1h 1m	0h 50m 50s	43m 34s 286ms	0h 38m 8s	0h 33m 53s
29y068d	0h 30m 21s	1h 0m 42s	0h 50m 35s	43m 21s 429ms	0h 37m 56s	0h 33m 43s
30y074d	0h 30m 45s	1h 1m 30s	0h 51m 15s	43m 55s 714ms	0h 38m 26s	0h 34m 10s
31y301d	0h 30m 49s	1h 1m 38s	0h 51m 22s	44m 1s 429ms	0h 38m 31s	0h 34m 14s
32y011d	0h 30m 55s	1h 1m 50s	0h 51m 32s	44m 10s	0h 38m 39s	0h 34m 21s
33y019d	0h 30m 59s	1h 1m 58s	0h 51m 38s	44m 15s 714ms	0h 38m 44s	0h 34m 26s
34y354d	0h 30m 52s	1h 1m 44s	0h 51m 27s	44m 5s 714ms	0h 38m 35s	0h 34m 18s
35y004d	0h 31m 13s	1h 2m 26s	0h 52m 2s	44m 35s 714ms	0h 39m 1s	0h 34m 41s
36y021d	0h 30m 57s	1h 1m 54s	0h 51m 35s	44m 12s 857ms	0h 38m 41s	0h 34m 23s
37y133d	0h 31m 45s	1h 3m 30s	0h 52m 55s	45m 21s 429ms	0h 39m 41s	0h 35m 17s
38y153d	0h 31m 37s	1h 3m 14s	0h 52m 42s	45m 10s	0h 39m 31s	0h 35m 8s
39y228d	0h 31m 44s	1h 3m 28s	0h 52m 53s	45m 20s	0h 39m 40s	0h 35m 16s
40y268d	0h 32m 23s	1h 4m 46s	0h 53m 58s	46m 15s 714ms	0h 40m 29s	0h 35m 59s
41y169d	0h 32m 23s	1h 4m 46s	0h 53m 58s	46m 15s 714ms	0h 40m 29s	0h 35m 59s
42y036d	0h 32m 28s	1h 4m 56s	0h 54m 7s	46m 22s 857ms	0h 40m 35s	0h 36m 4s
43y234d	0h 33m 2s	1h 6m 4s	0h 55m 3s	47m 11s 429ms	0h 41m 18s	0h 36m 42s
44y334d	0h 33m 8s	1h 6m 16s	0h 55m 13s	47m 20s	0h 41m 25s	0h 36m 49s
45y021d	0h 33m 46s	1h 7m 32s	0h 56m 17s	48m 14s 286ms	0h 42m 13s	0h 37m 31s
46y011d	0h 34m 25s	1h 8m 50s	0h 57m 22s	49m 10s	0h 43m 1s	0h 38m 14s
47y019d	0h 33m 28s	1h 6m 56s	0h 55m 47s	47m 48s 571ms	0h 41m 50s	0h 37m 11s
48y115d	0h 34m 1s	1h 8m 2s	0h 56m 42s	48m 35s 714ms	0h 42m 31s	0h 37m 48s
49y142d	0h 33m 39s	1h 7m 18s	0h 56m 5s	48m 4s 286ms	0h 42m 4s	0h 37m 23s
50y141d	0h 34m 14s	1h 8m 28s	0h 57m 3s	48m 54s 286ms	0h 42m 48s	0h 38m 2s
51y021d	0h 34m 44s	1h 9m 28s	0h 57m 53s	49m 37s 143ms	0h 43m 25s	0h 38m 36s

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52y062d	0h 35m 43s	1h 11m 26s	0h 59m 32s	51m 1s 429ms	0h 44m 39s	0h 39m 41s
53y352d	0h 35m 41s	1h 11m 22s	0h 59m 28s	50m 58s 571ms	0h 44m 36s	0h 39m 39s
54y291d	0h 36m 3s	1h 12m 6s	1h 0m 5s	51m 30s	0h 45m 4s	0h 40m 3s
55y160d	0h 36m 16s	1h 12m 32s	1h 0m 27s	51m 48s 571ms	0h 45m 20s	0h 40m 18s
56y051d	0h 36m 18s	1h 12m 36s	1h 0m 30s	51m 51s 429ms	0h 45m 23s	0h 40m 20s
57y102d	0h 37m 22s	1h 14m 44s	1h 2m 17s	53m 22s 857ms	0h 46m 43s	0h 41m 31s
58y224d	0h 38m 9s	1h 16m 18s	1h 3m 35s	54m 30s	0h 47m 41s	0h 42m 23s
59y016d	0h 38m 37s	1h 17m 14s	1h 4m 22s	55m 10s	0h 48m 16s	0h 42m 54s
60y015d	0h 39m 10s	1h 18m 20s	1h 5m 17s	55m 57s 143ms	0h 48m 58s	0h 43m 31s
61y338d	0h 39m 49s	1h 19m 38s	1h 6m 22s	56m 52s 857ms	0h 49m 46s	0h 44m 14s
62y163d	0h 38m 56s	1h 17m 52s	1h 4m 53s	55m 37s 143ms	0h 48m 40s	0h 43m 16s
63y047d	0h 40m 59s	1h 21m 58s	1h 8m 18s	58m 32s 857ms	0h 51m 14s	0h 45m 32s
64y014d	0h 38m 57s	1h 17m 54s	1h 4m 55s	55m 38s 571ms	0h 48m 41s	0h 43m 17s
65y027d	0h 41m 58s	1h 23m 56s	1h 9m 57s	59m 57s 143ms	0h 52m 28s	0h 46m 38s
66y001d	0h 42m 31s	1h 25m 2s	1h 10m 52s	1h 0m 44s 286ms	0h 53m 9s	0h 47m 14s
67y014d	0h 42m 21s	1h 24m 42s	1h 10m 35s	1h 0m 30s 0ms	0h 52m 56s	0h 47m 3s
68y020d	0h 40m 30s	1h 21m	1h 7m 30s	57m 51s 429ms	0h 50m 38s	0h 45m 0s
69y059d	0h 43m 5s	1h 26m 10s	1h 11m 48s	1h 1m 32s 857ms	0h 53m 51s	0h 47m 52s
70y039d	0h 45m 11s	1h 30m 22s	1h 15m 18s	1h 4m 32s 857ms	0h 56m 29s	0h 50m 12s
71y029d	0h 44m 9s	1h 28m 18s	1h 13m 35s	1h 3m 4s 286ms	0h 55m 11s	0h 49m 3s
72y213d	0h 47m 7s	1h 34m 14s	1h 18m 32s	1h 7m 18s 571ms	0h 58m 54s	0h 52m 21s
73y187d	0h 48m 7s	1h 36m 14s	1h 20m 12s	1h 8m 44s 286ms	1h 0m 9s	0h 53m 28s
74y046d	0h 49m 8s	1h 38m 16s	1h 21m 53s	1h 10m 11s 429ms	1h 1m 25s	0h 54m 36s
75y184d	0h 49m 31s	1h 39m 2s	1h 22m 32s	1h 10m 44s 286ms	1h 1m 54s	0h 55m 1s
76y058d	0h 50m 2s	1h 40m 4s	1h 23m 23s	1h 11m 28s 571ms	1h 2m 33s	0h 55m 36s
77y017d	0h 51m 23s	1h 42m 46s	1h 25m 38s	1h 13m 24s 286ms	1h 4m 14s	0h 57m 6s
78y342d	0h 53m 49s	1h 47m 38s	1h 29m 42s	1h 16m 52s 857ms	1h 7m 16s	0h 59m 48s
79y032d	0h 54m 54s	1h 49m 48s	1h 31m 30s	1h 18m 25s 714ms	1h 8m 38s	1h 1m 0s
80y339d	0h 55m 4s	1h 50m 8s	1h 31m 47s	1h 18m 40s	1h 8m 50s	1h 1m 11s