

MENS 30K

AGE	WORLD RECORD	BRONZE INTER	BRONZE	SILVER	GOLD	DIAMOND
15y260d	1h 46m 13s	3h 32m 26s	2h 57m 2s	2h 31m 44s	2h 12m 46s	1h 58m 1s
No record		0	0	0	0	0
17y095d	1h 43m 27s	3h 26m 54s	2h 52m 25s	2h 27m 47s	2h 9m 19s	1h 54m 57s
18y296d	1h 32m 12s	3h 4m 24s	2h 33m 40s	2h 11m 43s	1h 55m 15s	1h 42m 27s
19y361d	1h 31m 0s	3h 2m	2h 31m 40s	2h 10m 0s	1h 53m 45s	1h 41m 7s
20y095d	1h 28m 52s	2h 57m 44s	2h 28m 7s	2h 6m 57s 143ms	1h 51m 5s	1h 38m 44s
21y173d	1h 29m 51s	2h 59m 42s	2h 29m 45s	2h 8m 21s 429ms	1h 52m 19s	1h 39m 50s
22y360d	1h 28m 36s	2h 57m 12s	2h 27m 40s	2h 6m 34s 286ms	1h 50m 45s	1h 38m 27s
23y247d	1h 29m 34s	2h 59m 8s	2h 29m 17s	2h 7m 57s 143ms	1h 51m 58s	1h 39m 31s
24y302d	1h 29m 28s	2h 58m 56s	2h 29m 7s	2h 7m 48s 571ms	1h 51m 50s	1h 39m 24s
25y288d	1h 27m 34s	2h 55m 8s	2h 25m 57s	2h 5m 5s 714ms	1h 49m 28s	1h 37m 18s
26y162d	1h 30m 4s	3h 0m 8s	2h 30m 7s	2h 8m 40s 0ms	1h 52m 35s	1h 40m 4s
27y320d	1h 27m 29s	2h 54m 58s	2h 25m 48s	2h 4m 58s 571ms	1h 49m 21s	1h 37m 12s
28y079d	1h 30m 7s	3h 0m 14s	2h 30m 12s	2h 8m 44s 286ms	1h 52m 39s	1h 40m 8s
29y244d	1h 29m 21s	2h 58m 42s	2h 28m 55s	2h 7m 38s 571ms	1h 51m 41s	1h 39m 17s
30y049d	1h 27m 26s	2h 54m 52s	2h 25m 43s	2h 4m 54s 286ms	1h 49m 18s	1h 37m 9s
31y349d	1h 28m 56s	2h 57m 52s	2h 28m 13s	2h 7m 2s 857ms	1h 51m 10s	1h 38m 49s
32y187d	1h 30m 49s	3h 1m 38s	2h 31m 22s	2h 9m 44s 286ms	1h 53m 31s	1h 40m 54s
33y301d	1h 28m 0s	2h 56m	2h 26m 40s	2h 5m 42s 857ms	1h 50m 0s	1h 37m 47s
34y194d	1h 27m 26s	2h 54m 52s	2h 25m 43s	2h 4m 54s 286ms	1h 49m 18s	1h 37m 9s
35y209d	1h 30m 33s	3h 1m 5s	2h 30m 54s	2h 9m 20s 714ms	1h 53m 11s	1h 40m 36s
36y157d	1h 29m 31s	2h 59m 2s	2h 29m 12s	2h 7m 52s 857ms	1h 51m 54s	1h 39m 28s
37y065d	1h 31m 44s	3h 3m 28s	2h 32m 53s	2h 11m 2s 857ms	1h 54m 40s	1h 41m 56s
38y233d	1h 34m 0s	3h 8m	2h 36m 40s	2h 14m 17s 143ms	1h 57m 30s	1h 44m 27s
39y296d	1h 32m 38s	3h 5m 16s	2h 34m 23s	2h 12m 20s 0ms	1h 55m 48s	1h 42m 56s
40y096d	1h 29m 45s	2h 59m 30s	2h 29m 35s	2h 8m 12s 857ms	1h 52m 11s	1h 39m 43s
41y207d	1h 36m 23s	3h 12m 46s	2h 40m 38s	2h 17m 41s 429ms	2h 0m 29s	1h 47m 6s
42y198d	1h 35m 28s	3h 10m 56s	2h 39m 7s	2h 16m 22s 857ms	1h 59m 20s	1h 46m 4s
43y350d	1h 40m 22s	3h 20m 44s	2h 47m 17s	2h 23m 22s 857ms	2h 5m 28s	1h 51m 31s
44y166d	1h 38m 9s	3h 16m 18s	2h 43m 35s	2h 20m 12s 857ms	2h 2m 41s	1h 49m 3s
45y095d	1h 39m 18s	3h 18m 36s	2h 45m 30s	2h 21m 51s 429ms	2h 4m 8s	1h 50m 20s
46y227d	1h 35m 23s	3h 10m 46s	2h 38m 58s	2h 16m 15s 714ms	1h 59m 14s	1h 45m 59s
47y212d	1h 48m 29s	3h 36m 58s	3h 0m 48s	2h 34m 58s 571ms	2h 15m 36s	2h 0m 32s
48y169d	1h 37m 8s	3h 14m 16s	2h 41m 53s	2h 18m 45s 714ms	2h 1m 25s	1h 47m 56s
49y052d	1h 58m 33s	3h 57m 6s	3h 17m 35s	2h 49m 21s 429ms	2h 28m 11s	2h 11m 43s
50y010d	1h 49m 52s	3h 39m 44s	3h 3m 7s	2h 36m 57s 143ms	2h 17m 20s	2h 2m 4s
51y323d	1h 47m 30s	3h 35m	2h 59m 10s	2h 33m 34s 286ms	2h 14m 23s	1h 59m 27s

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52y028d	1h 51m 20s	3h 42m 40s	3h 5m 33s	2h 39m 2s 857ms	2h 19m 10s	2h 3m 42s
53y041d	1h 46m 47s	3h 33m 34s	2h 57m 58s	2h 32m 32s 857ms	2h 13m 29s	1h 58m 39s
54y033d	1h 49m 41s	3h 39m 22s	3h 2m 48s	2h 36m 41s 429ms	2h 17m 6s	2h 1m 52s
55y249d	1h 51m 36s	3h 43m 12s 800ms	3h 6m 1s	2h 39m 26s 286ms	2h 19m 30s	2h 4m 0s
56y139d	1h 46m 33s	3h 33m 6s	2h 57m 35s	2h 32m 12s 857ms	2h 13m 11s	1h 58m 23s
57y138d	1h 49m 14s	3h 38m 28s	3h 2m 3s	2h 36m 2s 857ms	2h 16m 33s	2h 1m 22s
58y031d	1h 54m 32s	3h 49m 4s	3h 10m 53s	2h 43m 37s 143ms	2h 23m 10s	2h 7m 16s
No Record		0	0	0	0	0
60y096d	2h 8m 37s	4h 17m 14s	3h 34m 22s	3h 3m 44s 286ms	2h 40m 46s	2h 22m 54s
No Record		0	0	0	0	0
62y309d	2h 9m 25s	4h 18m 50s	3h 35m 42s	3h 4m 52s 857ms	2h 41m 46s	2h 23m 48s
63y021d	1h 57m 7s	3h 54m 14s	3h 15m 12s	2h 47m 18s 571ms	2h 26m 24s	2h 10m 8s
64y182d	2h 4m 29s	4h 8m 58s	3h 27m 28s	2h 57m 50s	2h 35m 36s	2h 18m 19s
65y305d	2h 15m 40s	4h 31m 20s	3h 46m 7s	3h 13m 48s 571ms	2h 49m 35s	2h 30m 44s
66y017d	2h 0m 46s	4h 1m 32s	3h 21m 17s	2h 52m 31s 429ms	2h 30m 58s	2h 14m 11s
67y058d	2h 14m 11s	4h 28m 22s 800ms	3h 43m 39s	3h 11m 42s	2h 47m 44s	2h 29m 6s
68y022d	1h 58m 39s	3h 57m 18s	3h 17m 45s	2h 49m 30s	2h 28m 19s	2h 11m 50s
69y020d	1h 57m 40s	3h 55m 20s	3h 16m 7s	2h 48m 5s 714ms	2h 27m 5s	2h 10m 44s
70y019d	2h 0m 56s	4h 1m 52s	3h 21m 33s	2h 52m 45s 714ms	2h 31m 10s	2h 14m 22s
71y101d	2h 32m 56s	5h 5m 52s 200ms	4h 14m 54s	3h 38m 28s 714ms	3h 11m 10s	2h 49m 56s
72y346d	3h 8m 2s	6h 16m 4s	5h 13m 23s	4h 28m 37s 143ms	3h 55m 3s	3h 28m 56s
73y022d	2h 3m 50s	4h 7m 40s	3h 26m 23s	2h 56m 54s 286ms	2h 34m 48s	2h 17m 36s
No Record		0	0	0	0	0
76y332d	3h 9m 35s	6h 19m 10s	5h 15m 58s	4h 30m 50s 0ms	3h 56m 59s	3h 30m 39s
77y174d	2h 50m 29s	5h 40m 58s	4h 44m 8s	4h 3m 32s 857ms	3h 33m 6s	3h 9m 26s
No Record		0	0	0	0	0
No Record		0	0	0	0	0
80y210d	2h 45m 26s	5h 30m 52s	4h 35m 43s	3h 56m 20s	3h 26m 48s	3h 3m 49s