

MALE

VIRTUAL 1 MILE
STANDARDS TIME

Age	World record Time min:sec	40% Bronze Int	50% Bronze	60% Silver	70% Gold	80% Diamond
7	16m 14s	40m 35s	32m 28s	27m 3s	23m 11s	20m 18s
8	5m 12s	13m 0s	10m 24s	8m 40s	7m 26s	6m 30s
9	4m 46s	11m 55s	9m 32s	7m 57s	6m 49s	5m 57s
10	4m 43s	11m 48s	9m 26s	7m 52s	6m 44s	5m 54s
11	4m 43s	11m 48s	9m 26s	7m 52s	6m 44s	5m 54s
12	4m 37s	11m 33s	9m 14s	7m 42s	6m 36s	5m 46s
13	4m 26s	11m 5s	8m 52s	7m 23s	6m 20s	5m 33s
14	4m 19s	10m 47s	8m 38s	7m 12s	6m 10s	5m 24s
15	4m 8s	10m 20s	8m 16s	6m 53s	5m 54s	5m 10s
16	3m 56s	9m 50s	7m 52s	6m 33s	5m 37s	4m 55s
17	3m 52s	9m 40s	7m 44s	6m 27s	5m 31s	4m 50s
18	3m 51s	9m 38s	7m 42s	6m 25s	5m 30s	4m 49s
MO	3m 53s	9m 43s	7m 46s	6m 28s	5m 33s	4m 51s
40-44	3m 55s	9m 48s	7m 50s	6m 32s	5m 36s	4m 54s
45-49	4m 1s	10m 3s	8m 2s	6m 42s	5m 44s	5m 1s
50-54	4m 20s	10m 50s	8m 40s	7m 13s	6m 11s	5m 25s
55-59	4m 35s	11m 27s	9m 10s	7m 38s	6m 33s	5m 44s
60-64	4m 51s	12m 7s	9m 42s	8m 5s	6m 56s	6m 4s
65-69	4m 50s	12m 5s	9m 40s	8m 3s	6m 54s	6m 2s
70+	5m 2s	12m 35s	10m 4s	8m 23s	7m 11s	6m 18s