

## MENS 10K-VIRTUAL

AGE	WORLD RECORD	BRONZE INTER	BRONZE	SILVER	GOLD	DIAMOND
<b>15y344d</b>	0h 28m 37s	1h 11m 32s 500ms	0h 57m 14s	0h 47m 42s	0h 40m 53s	0h 35m 46s
<b>16y314d</b>	0h 28m 5s	1h 10m 12s 500ms	0h 56m 10s	0h 46m 48s	0h 40m 7s	0h 35m 6s
<b>17y180d</b>	0h 27m 55s	1h 9m 47s 500ms	0h 55m 50s	0h 46m 32s	0h 39m 53s	0h 34m 54s
<b>18y170d</b>	0h 27m 42s	1h 9m 15s	0h 55m 24s	0h 46m 10s	0h 39m 34s	0h 34m 38s
<b>19y191d</b>	0h 27m 11s	1h 7m 57s 500ms	0h 54m 22s	0h 45m 18s	0h 38m 50s	0h 33m 59s
<b>20y302d</b>	0h 27m 7s	1h 7m 47s 500ms	0h 54m 14s	0h 45m 12s	0h 38m 44s	0h 33m 54s
<b>21y260d</b>	0h 27m 10s	1h 7m 55s	0h 54m 20s	0h 45m 17s	0h 38m 49s	0h 33m 58s
<b>22y259d</b>	0h 26m 43s	1h 6m 47s 500ms	0h 53m 26s	0h 44m 32s	0h 38m 10s	0h 33m 24s
<b>23y304d</b>	0h 27m 10s	1h 7m 55s	0h 54m 20s	0h 45m 17s	0h 38m 49s	0h 33m 58s
<b>24y304d</b>	0h 27m 14s	1h 8m 5s	0h 54m 28s	0h 45m 23s	0h 38m 54s	0h 34m 3s
<b>25y101d</b>	0h 27m 24s	1h 8m 30s	0h 54m 48s	0h 45m 40s	0h 39m 9s	0h 34m 15s
<b>26y330d</b>	0h 27m 28s	1h 8m 40s	0h 54m 56s	0h 45m 47s	0h 39m 14s	0h 34m 20s
<b>27y281d</b>	0h 27m 39s	1h 9m 7s 500ms	0h 55m 18s	0h 46m 5s	0h 39m 30s	0h 34m 34s
<b>28y209d</b>	0h 27m 24s	1h 8m 30s	0h 54m 48s	0h 45m 40s	0h 39m 9s	0h 34m 15s
<b>29y262d</b>	0h 27m 19s	1h 8m 17s 500ms	0h 54m 38s	0h 45m 32s	0h 39m 1s	0h 34m 9s
<b>30y241d</b>	0h 27m 4s	1h 7m 40s	0h 54m 8s	0h 45m 7s	0h 38m 40s	0h 33m 50s
<b>31y281d</b>	0h 27m 28s	1h 8m 40s	0h 54m 56s	0h 45m 47s	0h 39m 14s	0h 34m 20s
<b>32y303d</b>	0h 27m 9s	1h 7m 52s 500ms	0h 54m 18s	0h 45m 15s	0h 38m 47s	0h 33m 56s
<b>33y350d</b>	0h 27m 40s	1h 9m 10s	0h 55m 20s	0h 46m 7s	0h 39m 31s	0h 34m 35s
<b>34y108d</b>	0h 27m 45s	1h 9m 22s 500ms	0h 55m 30s	0h 46m 15s	0h 39m 39s	0h 34m 41s
<b>35y347d</b>	0h 27m 51s	1h 9m 37s 500ms	0h 55m 42s	0h 46m 25s	0h 39m 47s	0h 34m 49s
<b>36y029d</b>	0h 27m 39s	1h 9m 7s 500ms	0h 55m 18s	0h 46m 5s	0h 39m 30s	0h 34m 34s
<b>37y028d</b>	0h 28m 2s	1h 10m 5s	0h 56m 4s	0h 46m 43s	0h 40m 3s	0h 35m 3s
<b>38y257d</b>	0h 28m 8s	1h 10m 20s	0h 56m 16s	0h 46m 53s	0h 40m 11s	0h 35m 10s
<b>39y032d</b>	0h 27m 39s	1h 9m 7s 500ms	0h 55m 18s	0h 46m 5s	0h 39m 30s	0h 34m 34s
<b>40y149d</b>	0h 27m 48s	1h 9m 29s 500ms	0h 55m 36s	0h 46m 20s	0h 39m 43s	0h 34m 45s
<b>41y034d</b>	0h 28m 41s	1h 11m 43s 250ms	0h 57m 23s	0h 47m 49s	0h 40m 59s	0h 35m 52s
<b>42y167d</b>	0h 28m 13s	1h 10m 32s 500ms	0h 56m 26s	0h 47m 2s	0h 40m 19s	0h 35m 16s
<b>43y144d</b>	0h 29m 0s	1h 12m 30s	0h 58m 0s	0h 48m 20s	0h 41m 26s	0h 36m 15s
<b>44y352d</b>	0h 29m 4s	1h 12m 40s	0h 58m 8s	0h 48m 27s	0h 41m 31s	0h 36m 20s
<b>45y247d</b>	0h 29m 50s	1h 14m 35s	0h 59m 40s	0h 49m 43s	0h 42m 37s	0h 37m 18s
<b>46y296d</b>	0h 30m 0s	1h 14m 59s 750ms	1h 0m 0s	0h 50m 0s	0h 42m 51s	0h 37m 30s
<b>47y209d</b>	0h 30m 29s	1h 16m 12s 500ms	1h 0m 58s	0h 50m 48s	0h 43m 33s	0h 38m 6s
<b>48y229d</b>	0h 30m 51s	1h 17m 7s 500ms	1h 1m 42s	0h 51m 25s	0h 44m 4s	0h 38m 34s
<b>49y192d</b>	0h 30m 59s	1h 17m 27s 500ms	1h 1m 58s	0h 51m 38s	0h 44m 16s	0h 38m 44s
<b>50y164d</b>	0h 30m 35s	1h 16m 27s 500ms	1h 1m 10s	0h 50m 58s	0h 43m 41s	0h 38m 14s
<b>51y017d</b>	0h 31m 27s	1h 18m 37s 500ms	1h 2m 54s	0h 52m 25s	0h 44m 56s	0h 39m 19s

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<b>52y027d</b>	0h 31m 47s	1h 19m 27s 500ms	1h 3m 34s	0h 52m 58s	0h 45m 24s	0h 39m 44s
<b>53y362d</b>	0h 31m 45s	1h 19m 22s 500ms	1h 3m 30s	0h 52m 55s	0h 45m 21s	0h 39m 41s
<b>54y116d</b>	0h 32m 4s	1h 20m 10s	1h 4m 8s	0h 53m 27s	0h 45m 49s	0h 40m 5s
<b>55y269d</b>	0h 32m 2s	1h 20m 5s	1h 4m 4s	0h 53m 23s	0h 45m 46s	0h 40m 3s
<b>56y015d</b>	0h 33m 1s	1h 22m 32s 500ms	1h 6m 2s	0h 55m 2s	0h 47m 10s	0h 41m 16s
<b>57y055d</b>	0h 33m 24s	1h 23m 30s	1h 6m 48s	0h 55m 40s	0h 47m 43s	0h 41m 45s
<b>58y078d</b>	0h 32m 31s	1h 21m 17s 500ms	1h 5m 2s	0h 54m 12s	0h 46m 27s	0h 40m 39s
<b>59y194d</b>	0h 33m 12s	1h 23m	1h 6m 24s	0h 55m 20s	0h 47m 26s	0h 41m 30s
<b>60y192d</b>	0h 32m 48s	1h 22m	1h 5m 36s	0h 54m 40s	0h 46m 51s	0h 41m 0s
<b>61y205d</b>	0h 33m 27s	1h 23m 37s 500ms	1h 6m 54s	0h 55m 45s	0h 47m 47s	0h 41m 49s
<b>62y190d</b>	0h 33m 20s	1h 23m 20s	1h 6m 40s	0h 55m 33s	0h 47m 37s	0h 41m 40s
<b>63y189d</b>	0h 35m 20s	1h 28m 20s	1h 10m 40s	0h 58m 53s	0h 50m 29s	0h 44m 10s
<b>64y030d</b>	0h 36m 1s	1h 30m 2s 500ms	1h 12m 2s	1h 0m 2s	0h 51m 27s	0h 45m 1s
<b>65y028d</b>	0h 35m 49s	1h 29m 32s 500ms	1h 11m 38s	0h 59m 42s	0h 51m 10s	0h 44m 46s
<b>66y289d</b>	0h 35m 36s	1h 28m 59s 750ms	1h 11m 12s	0h 59m 20s	0h 50m 51s	0h 44m 30s
<b>67y235d</b>	0h 35m 40s	1h 29m 9s	1h 11m 19s	0h 59m 26s	0h 50m 57s	0h 44m 35s
<b>68y234d</b>	0h 36m 47s	1h 31m 57s 500ms	1h 13m 34s	1h 1m 18s	0h 52m 33s	0h 45m 59s
<b>69y113d</b>	0h 36m 11s	1h 30m 27s 500ms	1h 12m 22s	1h 0m 18s	0h 51m 41s	0h 45m 14s
<b>70y002d</b>	0h 37m 55s	1h 34m 47s 500ms	1h 15m 50s	1h 3m 12s	0h 54m 10s	0h 47m 24s
<b>71y173d</b>	0h 39m 14s	1h 38m 5s	1h 18m 28s	1h 5m 23s	0h 56m 3s	0h 49m 3s
<b>72y185d</b>	0h 38m 17s	1h 35m 42s 500ms	1h 16m 34s	1h 3m 48s	0h 54m 41s	0h 47m 51s
<b>73y190d</b>	0h 37m 33s	1h 33m 52s 500ms	1h 15m 6s	1h 2m 35s	0h 53m 39s	0h 46m 56s
<b>74y189d</b>	0h 39m 4s	1h 37m 40s	1h 18m 8s	1h 5m 7s	0h 55m 49s	0h 48m 50s
<b>75y188d</b>	0h 40m 10s	1h 40m 25s	1h 20m 20s	1h 6m 57s	0h 57m 23s	0h 50m 13s
<b>76y112d</b>	0h 40m 14s	1h 40m 33s 750ms	1h 20m 27s	1h 7m 3s	0h 57m 28s	0h 50m 17s
<b>77y344d</b>	0h 43m 56s	1h 49m 50s	1h 27m 52s	1h 13m 13s	1h 2m 46s	0h 54m 55s
<b>78y074d</b>	0h 43m 6s	1h 47m 45s	1h 26m 12s	1h 11m 50s	1h 1m 34s	0h 53m 53s
<b>79y112d</b>	0h 45m 50s	1h 54m 35s	1h 31m 40s	1h 16m 23s	1h 5m 29s	0h 57m 18s
<b>80y189d</b>	0h 42m 58s	1h 47m 25s	1h 25m 56s	1h 11m 37s	1h 1m 23s	0h 53m 43s