

MENS 10K

AGE	WORLD RECORD	BRONZE INTER	BRONZE	SILVER	GOLD	DIAMOND
15y344d	0h 28m 37s	0h 57m 14s	0h 47m 42s	0h 40m 53s	0h 35m 46s	0h 31m 48s
16y314d	0h 28m 5s	0h 56m 10s	0h 46m 48s	0h 40m 7s	0h 35m 6s	0h 31m 12s
17y180d	0h 27m 55s	0h 55m 50s	0h 46m 32s	0h 39m 53s	0h 34m 54s	0h 31m 1s
18y170d	0h 27m 42s	0h 55m 24s	0h 46m 10s	0h 39m 34s	0h 34m 38s	0h 30m 47s
19y191d	0h 27m 11s	0h 54m 22s	0h 45m 18s	38m 50s	0h 33m 59s	0h 30m 12s
20y302d	0h 27m 7s	0h 54m 14s	0h 45m 12s	38m 44s 286ms	0h 33m 54s	0h 30m 8s
21y260d	0h 27m 10s	0h 54m 20s	0h 45m 17s	38m 48s 571ms	0h 33m 58s	0h 30m 11s
22y259d	0h 26m 43s	0h 53m 26s	0h 44m 32s	38m 10s	0h 33m 24s	0h 29m 41s
23y304d	0h 27m 10s	0h 54m 20s	0h 45m 17s	38m 48s 571ms	0h 33m 58s	0h 30m 11s
24y304d	0h 27m 14s	0h 54m 28s	0h 45m 23s	38m 54s 286ms	0h 34m 3s	0h 30m 16s
25y101d	0h 27m 24s	0h 54m 48s	0h 45m 40s	39m 8s 571ms	0h 34m 15s	0h 30m 27s
26y330d	0h 27m 28s	0h 54m 56s	0h 45m 47s	39m 14s 286ms	0h 34m 20s	0h 30m 31s
27y281d	0h 27m 39s	0h 55m 18s	0h 46m 5s	39m 30s	0h 34m 34s	0h 30m 43s
28y209d	0h 27m 24s	0h 54m 48s	0h 45m 40s	39m 8s 571ms	0h 34m 15s	0h 30m 27s
29y262d	0h 27m 19s	0h 54m 38s	0h 45m 32s	39m 1s 429ms	0h 34m 9s	0h 30m 21s
30y241d	0h 27m 4s	0h 54m 8s	0h 45m 7s	38m 40s	0h 33m 50s	0h 30m 4s
31y281d	0h 27m 28s	0h 54m 56s	0h 45m 47s	39m 14s 286ms	0h 34m 20s	0h 30m 31s
32y303d	0h 27m 9s	0h 54m 18s	0h 45m 15s	38m 47s 143ms	0h 33m 56s	0h 30m 10s
33y350d	0h 27m 40s	0h 55m 20s	0h 46m 7s	39m 31s 429ms	0h 34m 35s	0h 30m 44s
34y108d	0h 27m 45s	0h 55m 30s	0h 46m 15s	39m 38s 571ms	0h 34m 41s	0h 30m 50s
35y347d	0h 27m 51s	0h 55m 42s	0h 46m 25s	39m 47s 143ms	0h 34m 49s	0h 30m 57s
36y029d	0h 27m 39s	0h 55m 18s	0h 46m 5s	39m 30s	0h 34m 34s	0h 30m 43s
37y028d	0h 28m 2s	0h 56m 4s	0h 46m 43s	40m 2s 857ms	0h 35m 3s	0h 31m 9s
38y257d	0h 28m 8s	0h 56m 16s	0h 46m 53s	40m 11s 429ms	0h 35m 10s	0h 31m 16s
39y032d	0h 27m 39s	0h 55m 18s	0h 46m 5s	39m 30s	0h 34m 34s	0h 30m 43s
40y149d	0h 27m 48s	0h 55m 35s 600ms	0h 46m 20s	39m 42s 571ms	0h 34m 45s	0h 30m 53s
41y034d	0h 28m 41s	0h 57m 22s 600ms	0h 47m 49s	40m 59s	0h 35m 52s	0h 31m 53s
42y167d	0h 28m 13s	0h 56m 26s	0h 47m 2s	40m 18s 571ms	0h 35m 16s	0h 31m 21s
43y144d	0h 29m 0s	0h 58m	0h 48m 20s	41m 25s 714ms	0h 36m 15s	0h 32m 13s
44y352d	0h 29m 4s	0h 58m 8s	0h 48m 27s	41m 31s 429ms	0h 36m 20s	0h 32m 18s
45y247d	0h 29m 50s	0h 59m 40s	0h 49m 43s	42m 37s 143ms	0h 37m 18s	0h 33m 9s
46y296d	0h 30m 0s	0h 59m 59s 800ms	0h 50m 0s	42m 51s 286ms	0h 37m 30s	0h 33m 20s
47y209d	0h 30m 29s	1h 0m 58s	0h 50m 48s	43m 32s 857ms	0h 38m 6s	0h 33m 52s
48y229d	0h 30m 51s	1h 1m 42s	0h 51m 25s	44m 4s 286ms	0h 38m 34s	0h 34m 17s
49y192d	0h 30m 59s	1h 1m 58s	0h 51m 38s	44m 15s 714ms	0h 38m 44s	0h 34m 26s
50y164d	0h 30m 35s	1h 1m 10s	0h 50m 58s	43m 41s 429ms	0h 38m 14s	0h 33m 59s
51y017d	0h 31m 27s	1h 2m 54s	0h 52m 25s	44m 55s 714ms	0h 39m 19s	0h 34m 57s

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52y027d	0h 31m 47s	1h 3m 34s	0h 52m 58s	45m 24s 286ms	0h 39m 44s	0h 35m 19s
53y362d	0h 31m 45s	1h 3m 30s	0h 52m 55s	45m 21s 429ms	0h 39m 41s	0h 35m 17s
54y116d	0h 32m 4s	1h 4m 8s	0h 53m 27s	45m 48s 571ms	0h 40m 5s	0h 35m 38s
55y269d	0h 32m 2s	1h 4m 4s	0h 53m 23s	45m 45s 714ms	0h 40m 3s	0h 35m 36s
56y015d	0h 33m 1s	1h 6m 2s	0h 55m 2s	47m 10s	0h 41m 16s	0h 36m 41s
57y055d	0h 33m 24s	1h 6m 48s	0h 55m 40s	47m 42s 857ms	0h 41m 45s	0h 37m 7s
58y078d	0h 32m 31s	1h 5m 2s	0h 54m 12s	46m 27s 143ms	0h 40m 39s	0h 36m 8s
59y194d	0h 33m 12s	1h 6m 24s	0h 55m 20s	47m 25s 714ms	0h 41m 30s	0h 36m 53s
60y192d	0h 32m 48s	1h 5m 36s	0h 54m 40s	46m 51s 429ms	0h 41m 0s	0h 36m 27s
61y205d	0h 33m 27s	1h 6m 54s	0h 55m 45s	47m 47s 143ms	0h 41m 49s	0h 37m 10s
62y190d	0h 33m 20s	1h 6m 40s	0h 55m 33s	47m 37s 143ms	0h 41m 40s	0h 37m 2s
63y189d	0h 35m 20s	1h 10m 40s	0h 58m 53s	50m 28s 571ms	0h 44m 10s	0h 39m 16s
64y030d	0h 36m 1s	1h 12m 2s	1h 0m 2s	51m 27s 143ms	0h 45m 1s	0h 40m 1s
65y028d	0h 35m 49s	1h 11m 38s	0h 59m 42s	51m 10s	0h 44m 46s	0h 39m 48s
66y289d	0h 35m 36s	1h 11m 11s 800ms	0h 59m 20s	50m 51s 286ms	0h 44m 30s	0h 39m 33s
67y235d	0h 35m 40s	1h 11m 19s 200ms	0h 59m 26s	50m 56s 571ms	0h 44m 34s	0h 39m 37s
68y234d	0h 36m 47s	1h 13m 34s	1h 1m 18s	52m 32s 857ms	0h 45m 59s	0h 40m 52s
69y113d	0h 36m 11s	1h 12m 22s	1h 0m 18s	51m 41s 429ms	0h 45m 14s	0h 40m 12s
70y002d	0h 37m 55s	1h 15m 50s	1h 3m 12s	54m 10s	0h 47m 24s	0h 42m 8s
71y173d	0h 39m 14s	1h 18m 28s	1h 5m 23s	56m 2s 857ms	0h 49m 3s	0h 43m 36s
72y185d	0h 38m 17s	1h 16m 34s	1h 3m 48s	54m 41s 429ms	0h 47m 51s	0h 42m 32s
73y190d	0h 37m 33s	1h 15m 6s	1h 2m 35s	53m 38s 571ms	0h 46m 56s	0h 41m 43s
74y189d	0h 39m 4s	1h 18m 8s	1h 5m 7s	55m 48s 571ms	0h 48m 50s	0h 43m 24s
75y188d	0h 40m 10s	1h 20m 20s	1h 6m 57s	57m 22s 857ms	0h 50m 13s	0h 44m 38s
76y112d	0h 40m 14s	1h 20m 27s	1h 7m 3s	57m 27s 857ms	0h 50m 17s	0h 44m 42s
77y344d	0h 43m 56s	1h 27m 52s	1h 13m 13s	1h 2m 45s 714ms	0h 54m 55s	0h 48m 49s
78y074d	0h 43m 6s	1h 26m 12s	1h 11m 50s	1h 1m 34s 286ms	0h 53m 53s	0h 47m 53s
79y112d	0h 45m 50s	1h 31m 40s	1h 16m 23s	1h 5m 28s 571ms	0h 57m 18s	0h 50m 56s
80y189d	0h 42m 58s	1h 25m 56s	1h 11m 37s	1h 1m 22s 857ms	0h 53m 43s	0h 47m 44s