

## WOMANS 10K-VIRTUAL

AGE	WORLD RECORD	BRONZE INTER	BRONZE	SILVER	GOLD	DIAMOND
<b>15y352d</b>	0h 33m 19s	1h 23m 17s 500ms	1h 6m 38s	0h 55m 32s	0h 47m 36s	0h 41m 39s
<b>16y319d</b>	0h 32m 42s	1h 21m 45s	1h 5m 24s	0h 54m 30s	0h 46m 43s	0h 40m 53s
<b>17y351d</b>	0h 31m 32s	1h 18m 50s	1h 3m 4s	0h 52m 33s	0h 45m 3s	0h 39m 25s
<b>18y323d</b>	0h 31m 29s	1h 18m 42s 500ms	1h 2m 58s	0h 52m 28s	0h 44m 59s	0h 39m 21s
<b>19y309d</b>	0h 31m 7s	1h 17m 47s 500ms	1h 2m 14s	0h 51m 52s	0h 44m 27s	0h 38m 54s
<b>20y305d</b>	0h 30m 41s	1h 16m 42s 500ms	1h 1m 22s	0h 51m 8s	0h 43m 50s	0h 38m 21s
<b>21y343d</b>	0h 30m 55s	1h 17m 17s 500ms	1h 1m 50s	0h 51m 32s	0h 44m 10s	0h 38m 39s
<b>22y173d</b>	0h 30m 6s	1h 15m 15s	1h 0m 12s	0h 50m 10s	0h 43m 0s	0h 37m 38s
<b>23y275d</b>	0h 29m 43s	1h 14m 17s 500ms	0h 59m 26s	0h 49m 32s	0h 42m 27s	0h 37m 9s
<b>24y291d</b>	0h 30m 38s	1h 16m 35s	1h 1m 16s	0h 51m 3s	0h 43m 46s	0h 38m 18s
<b>25y323d</b>	0h 30m 24s	1h 16m	1h 0m 48s	0h 50m 40s	0h 43m 26s	0h 38m 0s
<b>26y321d</b>	0h 30m 25s	1h 16m 2s 500ms	1h 0m 50s	0h 50m 42s	0h 43m 27s	0h 38m 1s
<b>27y174d</b>	0h 30m 47s	1h 16m 57s 500ms	1h 1m 34s	0h 51m 18s	0h 43m 59s	0h 38m 29s
<b>28y092d</b>	0h 30m 30s	1h 16m 15s	1h 1m 0s	0h 50m 50s	0h 43m 34s	0h 38m 8s
<b>29y068d</b>	0h 30m 21s	1h 15m 52s 500ms	1h 0m 42s	0h 50m 35s	0h 43m 21s	0h 37m 56s
<b>30y074d</b>	0h 30m 45s	1h 16m 52s 500ms	1h 1m 30s	0h 51m 15s	0h 43m 56s	0h 38m 26s
<b>31y301d</b>	0h 30m 49s	1h 17m 2s 500ms	1h 1m 38s	0h 51m 22s	0h 44m 1s	0h 38m 31s
<b>32y011d</b>	0h 30m 55s	1h 17m 17s 500ms	1h 1m 50s	0h 51m 32s	0h 44m 10s	0h 38m 39s
<b>33y019d</b>	0h 30m 59s	1h 17m 27s 500ms	1h 1m 58s	0h 51m 38s	0h 44m 16s	0h 38m 44s
<b>34y354d</b>	0h 30m 52s	1h 17m 10s	1h 1m 44s	0h 51m 27s	0h 44m 6s	0h 38m 35s
<b>35y004d</b>	0h 31m 13s	1h 18m 2s 500ms	1h 2m 26s	0h 52m 2s	0h 44m 36s	0h 39m 1s
<b>36y021d</b>	0h 30m 57s	1h 17m 22s 500ms	1h 1m 54s	0h 51m 35s	0h 44m 13s	0h 38m 41s
<b>37y133d</b>	0h 31m 45s	1h 19m 22s 500ms	1h 3m 30s	0h 52m 55s	0h 45m 21s	0h 39m 41s
<b>38y153d</b>	0h 31m 37s	1h 19m 2s 500ms	1h 3m 14s	0h 52m 42s	0h 45m 10s	0h 39m 31s
<b>39y228d</b>	0h 31m 44s	1h 19m 20s	1h 3m 28s	0h 52m 53s	0h 45m 20s	0h 39m 40s
<b>40y268d</b>	0h 32m 23s	1h 20m 57s 500ms	1h 4m 46s	0h 53m 58s	0h 46m 16s	0h 40m 29s
<b>41y169d</b>	0h 32m 23s	1h 20m 57s 500ms	1h 4m 46s	0h 53m 58s	0h 46m 16s	0h 40m 29s
<b>42y036d</b>	0h 32m 28s	1h 21m 10s	1h 4m 56s	0h 54m 7s	0h 46m 23s	0h 40m 35s
<b>43y234d</b>	0h 33m 2s	1h 22m 35s	1h 6m 4s	0h 55m 3s	0h 47m 11s	0h 41m 18s
<b>44y334d</b>	0h 33m 8s	1h 22m 50s	1h 6m 16s	0h 55m 13s	0h 47m 20s	0h 41m 25s
<b>45y021d</b>	0h 33m 46s	1h 24m 25s	1h 7m 32s	0h 56m 17s	0h 48m 14s	0h 42m 13s
<b>46y011d</b>	0h 34m 25s	1h 26m 2s 500ms	1h 8m 50s	0h 57m 22s	0h 49m 10s	0h 43m 1s
<b>47y019d</b>	0h 33m 28s	1h 23m 40s	1h 6m 56s	0h 55m 47s	0h 47m 49s	0h 41m 50s
<b>48y115d</b>	0h 34m 1s	1h 25m 2s 500ms	1h 8m 2s	0h 56m 42s	0h 48m 36s	0h 42m 31s
<b>49y142d</b>	0h 33m 39s	1h 24m 7s 500ms	1h 7m 18s	0h 56m 5s	0h 48m 4s	0h 42m 4s
<b>50y141d</b>	0h 34m 14s	1h 25m 35s	1h 8m 28s	0h 57m 3s	0h 48m 54s	0h 42m 48s
<b>51y021d</b>	0h 34m 44s	1h 26m 50s	1h 9m 28s	0h 57m 53s	0h 49m 37s	0h 43m 25s

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<b>52y062d</b>	0h 35m 43s	1h 29m 17s 500ms	1h 11m 26s	0h 59m 32s	0h 51m 1s	0h 44m 39s
<b>53y352d</b>	0h 35m 41s	1h 29m 12s 500ms	1h 11m 22s	0h 59m 28s	0h 50m 59s	0h 44m 36s
<b>54y291d</b>	0h 36m 3s	1h 30m 7s 500ms	1h 12m 6s	1h 0m 5s	0h 51m 30s	0h 45m 4s
<b>55y160d</b>	0h 36m 16s	1h 30m 40s	1h 12m 32s	1h 0m 27s	0h 51m 49s	0h 45m 20s
<b>56y051d</b>	0h 36m 18s	1h 30m 45s	1h 12m 36s	1h 0m 30s	0h 51m 51s	0h 45m 23s
<b>57y102d</b>	0h 37m 22s	1h 33m 25s	1h 14m 44s	1h 2m 17s	0h 53m 23s	0h 46m 43s
<b>58y224d</b>	0h 38m 9s	1h 35m 22s 500ms	1h 16m 18s	1h 3m 35s	0h 54m 30s	0h 47m 41s
<b>59y016d</b>	0h 38m 37s	1h 36m 32s 500ms	1h 17m 14s	1h 4m 22s	0h 55m 10s	0h 48m 16s
<b>60y015d</b>	0h 39m 10s	1h 37m 55s	1h 18m 20s	1h 5m 17s	0h 55m 57s	0h 48m 58s
<b>61y338d</b>	0h 39m 49s	1h 39m 32s 500ms	1h 19m 38s	1h 6m 22s	0h 56m 53s	0h 49m 46s
<b>62y163d</b>	0h 38m 56s	1h 37m 20s	1h 17m 52s	1h 4m 53s	0h 55m 37s	0h 48m 40s
<b>63y047d</b>	0h 40m 59s	1h 42m 27s 500ms	1h 21m 58s	1h 8m 18s	0h 58m 33s	0h 51m 14s
<b>64y014d</b>	0h 38m 57s	1h 37m 22s 500ms	1h 17m 54s	1h 4m 55s	0h 55m 39s	0h 48m 41s
<b>65y027d</b>	0h 41m 58s	1h 44m 55s	1h 23m 56s	1h 9m 57s	0h 59m 57s	0h 52m 28s
<b>66y001d</b>	0h 42m 31s	1h 46m 17s 500ms	1h 25m 2s	1h 10m 52s	1h 0m 44s	0h 53m 9s
<b>67y014d</b>	0h 42m 21s	1h 45m 52s 500ms	1h 24m 42s	1h 10m 35s	1h 0m 30s	0h 52m 56s
<b>68y020d</b>	0h 40m 30s	1h 41m 15s	1h 21m 0s	1h 7m 30s	0h 57m 51s	0h 50m 38s
<b>69y059d</b>	0h 43m 5s	1h 47m 42s 500ms	1h 26m 10s	1h 11m 48s	1h 1m 33s	0h 53m 51s
<b>70y039d</b>	0h 45m 11s	1h 52m 57s 500ms	1h 30m 22s	1h 15m 18s	1h 4m 33s	0h 56m 29s
<b>71y029d</b>	0h 44m 9s	1h 50m 22s 500ms	1h 28m 18s	1h 13m 35s	1h 3m 4s	0h 55m 11s
<b>72y213d</b>	0h 47m 7s	1h 57m 47s 500ms	1h 34m 14s	1h 18m 32s	1h 7m 19s	0h 58m 54s
<b>73y187d</b>	0h 48m 7s	2h 0m 17s 500ms	1h 36m 14s	1h 20m 12s	1h 8m 44s	1h 0m 9s
<b>74y046d</b>	0h 49m 8s	2h 2m 50s	1h 38m 16s	1h 21m 53s	1h 10m 11s	1h 1m 25s
<b>75y184d</b>	0h 49m 31s	2h 3m 47s 500ms	1h 39m 2s	1h 22m 32s	1h 10m 44s	1h 1m 54s
<b>76y058d</b>	0h 50m 2s	2h 5m 5s	1h 40m 4s	1h 23m 23s	1h 11m 29s	1h 2m 33s
<b>77y017d</b>	0h 51m 23s	2h 8m 27s 500ms	1h 42m 46s	1h 25m 38s	1h 13m 24s	1h 4m 14s
<b>78y342d</b>	0h 53m 49s	2h 14m 32s 500ms	1h 47m 38s	1h 29m 42s	1h 16m 53s	1h 7m 16s
<b>79y032d</b>	0h 54m 54s	2h 17m 15s	1h 49m 48s	1h 31m 30s	1h 18m 26s	1h 8m 38s
<b>80y339d</b>	0h 55m 4s	2h 17m 40s	1h 50m 8s	1h 31m 47s	1h 18m 40s	1h 8m 50s