

Paces per mile (per 400 meters)				
Group	5K	10K	Half Marathon	Marathon
Group 1	4:40 (70)	4:51 (72.7)	5:05 (76)	5:18 (79.5)
Group 1AA	4:49 (72.3)	5:01 (75)	5:13 (77.3)	5:28 (82)
Group 1A	5:01 (75.3)	5:12 (78)	5:27 (82)	5:43 (86)
Group 2	5:32 (83)	5:45 (86)	5:59 (90)	6:17 (94.3)
Group 2A	5:42 (85.5)	5:54 (88.5)	6:14 (93.5)	6:28 (97)
Group 3	5:51 (87.7)	6:04 (91)	6:22 (95.5)	6:38 (99.5)
Group 3A	6:03 (91)	6:18 (94.5)	6:37 (99)	6:54 (103.5)
Group 4	6:13 (93.3)	6:27 (97)	6:47 (102)	7:04 (106)
Group 4A	6:21 (95.3)	6:36 (99)	6:56 (104)	7:13 (108.3)
Group 5	6:33 (98.3)	6:48 (102)	7:09 (107.3)	7:26 (111.5)
Race Times				
Group	5K	10K	Half Marathon	Marathon
Group 1	14:30	30:06	66:24	2:19:12
Group 1AA	14:55	31:03	68:25	2:23:20
Group 1A	15:35	32:23	71:30	2:29:37
Group 2	17:10	35:40	78:45	2:44:45
Group 2A	17:40	36:40	81:06	2:49:45
Group 3	18:10	37:40	83:24	2:54:00
Group 3A	18:54	39:12	86:48	3:01:05
Group 4	19:20	40:08	88:50	3:05:12
Group 4A	19:45	41:00	90:48	3:09:14
Group 5	21:15	44:06	97:40	3:23:12