

**NELSPRUIT MARATHON CLUB
CLUB LEAGUE FEMALE TABLES (RUNNING)
HH:MM:SS**

FEMALE							
Seniors up to 39 years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	00:48:45	01:11:45	01:40:45	02:37:30	03:34:00	04:18:00	07:30:00
6	00:54:30	01:18:15	01:50:15	02:52:30	03:56:00	04:44:00	08:20:00
5	00:59:30	01:24:15	01:58:45	03:06:00	04:14:15	05:06:30	08:55:00
4	01:05:45	01:30:15	02:07:15	03:18:30	04:27:00	05:21:00	09:25:00
3	01:14:00	01:36:45	02:16:15	03:30:30	04:43:00	05:40:00	09:55:00
2	01:22:00	01:44:00	02:26:30	03:43:15	04:56:00	05:55:00	10:20:00
FEMALE							
Veterans 40 to 49 years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	00:52:00	01:14:45	01:45:15	02:44:00	03:41:30	04:27:30	07:50:00
6	00:58:00	01:21:00	01:54:00	02:57:00	03:58:15	04:47:30	08:25:00
5	01:03:15	01:26:30	02:01:45	03:10:00	04:17:45	05:10:00	09:05:00
4	01:10:00	01:32:45	02:10:45	03:23:00	04:34:00	05:29:30	09:10:00
3	01:19:00	01:39:30	02:20:00	03:35:30	04:48:30	05:47:00	10:40:00
2	01:26:30	01:50:45	02:36:00	03:47:30	05:00:00	06:00:00	10:30:00
FEMALE							
Masters 50 to 59 years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	00:57:15	01:19:15	01:52:00	02:51:00	03:47:00	04:35:00	08:05:00
6	01:03:00	01:25:00	02:00:00	03:03:30	04:04:00	04:55:00	08:40:00
5	01:09:00	01:30:45	02:08:15	03:17:30	04:24:00	05:18:00	09:20:00
4	01:17:30	01:37:30	02:17:45	03:30:30	04:40:30	05:37:00	09:50:00
3	01:24:45	01:44:30	02:27:30	03:43:30	04:54:45	05:53:00	10:20:00
2	01:32:15	01:53:30	02:40:15	03:57:00	05:05:00	06:05:00	10:40:00
FEMALE							
Grand Masters 60 to 69 years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	01:04:45	01:23:30	01:55:45	02:58:45	04:00:00	04:47:30	08:25:00
6	01:11:45	01:28:45	02:04:15	03:11:30	04:17:00	05:08:00	09:00:00
5	01:19:15	01:35:30	02:15:00	03:27:45	04:38:00	05:32:00	09:40:00
4	01:24:00	01:42:30	02:25:00	03:41:45	04:55:00	05:52:00	10:20:00
3	01:29:15	01:50:30	02:36:00	03:55:00	05:10:00	06:10:00	10:50:00
2	01:37:00	01:59:45	02:49:00	04:02:30	05:20:00	06:21:30	11:10:00
FEMALE							
Great Grand Masters 70+ years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	01:11:00	01:50:00	02:40:00				08:45:00
6	01:17:00	01:58:00	02:50:00				09:20:00
5	01:23:00	02:06:00	03:00:00				10:10:00
4	01:28:00	02:13:30					10:45:00
3	01:32:30	02:20:30					11:10:00
2	01:39:00	02:30:30					11:45:00