

**NELSPRUIT MARATHON CLUB
CLUB LEAGUE FEMALES TABLES (WALKING)
HH:MM:SS**

WALKING FEMALE					
10KM					
Points	Snr	Vet	Mas	Gm	Ggm
7	01:05:00	01:09:00	01:12:00	01:14:00	01:16:00
6	01:13:30	01:16:30	01:19:00	01:20:30	01:22:00
5	01:22:00	01:24:00	01:26:00	01:27:00	01:28:00
4	01:30:30	01:31:30	01:33:00	01:33:30	01:34:00
3	01:34:45	01:35:15	01:36:30	01:36:45	01:37:00
2	01:38:00	01:38:30	01:40:00	01:40:00	01:40:00
WALKING FEMALE					
15KM					
Points	Snr	Vet	Mas	Gm	Ggm
7	01:39:15	01:45:00	01:49:30	01:53:00	01:53:45
6	01:51:45	01:56:00	01:59:30	02:02:15	02:02:30
5	02:04:00	02:07:00	02:09:30	02:11:15	02:11:15
4	02:16:30	02:18:00	02:19:30	02:20:30	02:20:15
3	02:22:45	02:23:30	02:24:30	02:25:00	02:24:30
2	02:30:00	02:30:00	02:30:00	02:30:00	02:30:00
WALKING FEMALE					
21.1KM					
Points	Snr	Vet	Mas	Gm	Ggm
7	02:22:00	02:30:00	02:36:00	02:40:00	02:42:00
6	02:39:00	02:45:00	02:49:30	02:52:30	02:54:00
5	02:56:00	03:00:00	03:03:00	03:05:00	03:06:00
4	03:13:00	03:15:00	03:16:30	03:17:30	03:18:00
3	03:21:30	03:22:30	03:23:15	03:23:45	03:24:00
2	03:30:00	03:30:00	03:30:00	03:30:00	03:30:00
WALKING FEMALE					
32KM					
Points	Snr	Vet	Mas	Gm	Ggm
7	03:40:00	03:52:00	04:01:00	04:09:45	04:13:00
6	04:05:00	04:14:00	04:21:00	04:27:15	04:30:30
5	04:30:00	04:36:00	04:41:00	04:44:30	04:46:30
4	04:55:30	04:58:00	05:01:00	05:01:30	05:03:00
3	05:08:00	05:09:00	05:10:30	05:10:30	05:11:30
2	05:20:00	05:20:00	05:20:00	05:20:00	05:20:00
WALKING FEMALE					
42KM					
No tables have been set up for the 42km distance. However, depending on the cut-off times, athletes, regardless of age category or gender, will be awarded points as per the table below.					
Time					Points
Finish within 5hrs					7
Between 5 hrs & 5h30min					6
Between 5h30min & 6hrs					5