

**NELSPRUIT MARATHON CLUB
CLUB LEAGUE MEN TABLES (RUNNERS)
HH:MM:SS**

MEN							
Seniors up to 39 years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	00:36:00	00:56:30	01:23:15	02:11:15	03:00:15	03:40:00	06:25:00
6	00:40:45	01:03:15	01:32:45	02:27:00	03:23:00	04:08:30	06:15:00
5	00:46:45	01:11:45	01:43:30	02:43:00	03:43:45	04:35:00	08:05:00
4	00:53:00	01:20:00	01:53:30	02:59:15	04:06:15	05:01:00	08:45:00
3	00:58:30	01:26:45	02:02:00	03:12:45	04:24:45	05:21:00	09:25:00
2	01:05:45	01:34:00	02:12:15	03:28:15	04:45:30	05:44:00	10:05:00
MEN							
Veterans 40 to 49 years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	00:41:15	01:04:00	01:31:30	02:23:00	03:15:15	03:55:00	06:40:00
6	00:47:30	01:11:00	01:40:30	02:37:00	03:34:15	04:18:00	07:35:00
5	00:52:15	01:18:00	01:49:00	02:50:30	03:52:30	04:41:00	08:15:00
4	00:57:15	01:23:30	01:57:45	03:04:45	04:12:30	05:05:00	08:55:00
3	01:03:00	01:29:15	02:06:00	03:16:15	04:27:45	05:23:00	09:25:00
2	01:11:15	01:37:00	02:17:00	03:32:00	04:49:15	05:49:00	10:15:00
MEN							
Masters 50 to 59 years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	00:44:30	01:08:30	01:38:15	02:32:30	03:26:00	04:12:00	07:20:00
6	00:50:15	01:15:00	01:46:00	02:46:00	03:46:30	04:36:00	08:05:00
5	00:56:00	01:22:45	01:54:45	02:59:30	04:04:15	04:57:30	08:40:00
4	01:01:45	01:29:45	02:02:30	03:12:00	04:21:30	05:18:30	09:20:00
3	01:10:30	01:40:00	02:12:45	03:26:30	04:40:00	05:41:00	09:55:00
2	01:19:00	01:50:00	02:23:45	03:41:00	04:56:15	06:00:45	10:30:00
MEN							
Grand Masters 60 to 69 years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	00:49:00	01:13:00	01:42:15	02:40:00	03:37:30	04:24:00	07:45:00
6	00:54:30	01:20:30	01:52:00	02:57:15	04:03:45	04:56:00	08:40:00
5	01:00:15	01:27:45	02:00:15	03:11:00	04:23:45	05:20:00	09:20:00
4	01:07:00	01:36:30	02:10:45	03:24:30	04:38:00	05:37:00	09:50:00
3	01:13:15	01:45:00	02:21:15	03:37:30	04:51:00	05:53:00	10:20:00
2	01:22:30	01:55:45	02:32:45	03:51:45	05:05:30	06:10:30	10:50:00
MEN							
Great Grand Masters 70+ years							
Points	10km	15km	21.1km	32km	42.2km	50km	Comr
7	00:54:45	01:21:30	01:55:15	02:45:15	03:40:00	04:35:00	08:05:00
6	00:59:30	01:29:30	02:09:45	03:05:00	04:06:30	05:08:00	09:00:00
5	01:05:15	01:38:00	02:18:00	03:20:00	04:26:45	05:33:30	09:45:00
4	01:08:00	01:42:00	02:23:45	03:31:00	04:41:00	05:51:15	10:15:00
3	01:13:30	01:46:00	02:29:15	03:39:00	04:54:15	06:07:30	10:45:00
2	01:24:00	01:52:00	02:37:45	03:52:00	05:09:00	06:26:00	11:20:00