

## =PR= Age Group Racing Team

### Men's Standards (10K equivalent time)

19 & U – 39:00

20s – 35:00

30s – 37:00

40-44 – 39:00

45-49 – 40:00

50-54 – 42:00

55-59 – 44:00

60-64 – 50:00

65-69 – 53:00

70-74 – 57:00

74-79 – 1:33:00

### Women's Standards (10K equivalent time)

19 & U – 47:00

20s – 42:00

30s – 45:00

40-44 – 47:00

45-49 – 49:00

50-54 – 52:00

55-59 – 55:00

60-64 – 63:00

65-69 – 75:00

70-74 – 1:30:00

74-79 – 1:30:00