

Female Club Standards

Females Open (to 39)	5km	5m	10km	10m	HM	M
Platinum	00:17:55	00:30:02	00:36:15	01:02:21	01:18:14	02:46:07
Gold	00:20:45	00:34:48	00:42:00	01:12:15	01:30:38	03:12:29
Silver	00:23:36	00:39:34	00:47:45	01:22:09	01:43:03	03:38:51
Bronze	00:26:27	00:44:20	00:53:30	01:32:02	01:55:28	04:05:13
Copper	00:29:17	00:49:06	00:59:16	01:41:56	02:07:53	04:31:35

Females 40-44	5km	5m	10km	10m	HM	M
Platinum	00:19:29	00:30:35	00:39:12	01:03:32	01:24:09	02:53:25
Gold	00:22:38	00:35:31	00:45:32	01:13:47	01:37:44	03:21:23
Silver	00:25:47	00:40:27	00:51:51	01:24:01	01:51:18	03:49:21
Bronze	00:29:33	00:46:22	00:59:26	01:36:19	02:04:52	04:17:19
Copper	00:32:04	00:50:19	01:04:30	01:44:31	02:18:27	04:45:18

Females 45-49	5km	5m	10km	10m	HM	M
Platinum	00:19:57	00:31:28	00:39:57	01:05:25	01:24:52	02:54:08
Gold	00:23:11	00:36:35	00:46:27	01:16:03	01:38:40	03:22:26
Silver	00:26:26	00:41:42	00:52:57	01:26:41	01:52:28	03:50:45
Bronze	00:29:41	00:46:49	00:59:27	01:37:20	02:06:16	04:19:04
Copper	00:32:55	00:51:56	01:05:56	01:47:58	02:20:04	04:47:23

Females 50-54	5km	5m	10km	10m	HM	M
Platinum	00:20:18	00:32:49	00:41:46	01:08:23	01:31:52	03:04:19
Gold	00:23:37	00:38:12	00:48:37	01:19:35	01:46:56	03:34:32
Silver	00:26:57	00:43:35	00:55:27	01:30:48	02:01:59	04:04:45
Bronze	00:30:16	00:48:57	01:02:18	01:42:01	02:17:03	04:34:58
Copper	00:33:36	00:54:20	01:09:09	01:53:13	02:32:06	05:05:11

Females 55-59	5km	5m	10km	10m	HM	M
Platinum	00:21:24	00:34:29	00:43:46	01:12:00	01:34:05	03:20:12
Gold	00:24:56	00:40:11	00:51:00	01:23:54	01:49:38	03:53:17
Silver	00:28:28	00:45:53	00:58:14	01:35:48	02:05:11	04:26:22
Bronze	00:32:00	00:51:35	01:05:28	01:47:42	02:20:44	04:59:28
Copper	00:35:33	00:57:17	01:12:42	01:59:36	02:36:17	05:32:33

Females 60-64	5km	5m	10km	10m	HM	M
Platinum	00:22:53	00:36:20	00:44:04	01:16:05	01:37:52	03:23:40
Gold	00:26:42	00:42:24	00:51:24	01:28:46	01:54:10	03:57:36
Silver	00:30:30	00:48:27	00:58:45	01:41:26	02:10:29	04:31:33
Bronze	00:34:19	00:54:31	01:06:05	01:54:07	02:26:47	05:05:29
Copper	00:38:08	01:00:34	01:13:26	02:06:48	02:43:06	05:39:26

Females 65-69	5km	5m	10km	10m	HM	M
Platinum	00:23:48	00:38:46	00:46:20	01:21:24	01:42:31	03:34:55
Gold	00:27:46	00:45:13	00:54:04	01:34:58	01:59:36	04:10:44
Silver	00:31:44	00:51:41	01:01:47	01:48:32	02:16:42	04:46:34
Bronze	00:35:42	00:58:08	01:09:31	02:02:06	02:33:47	05:22:23
Copper	00:39:40	01:04:36	01:17:14	02:15:40	02:50:52	05:58:12

Females 70-74	5km	5m	10km	10m	HM	M
Platinum	00:25:32	00:42:42	00:52:00	01:27:32	01:55:28	04:05:46
Gold	00:29:48	00:49:49	01:00:40	01:42:08	02:14:42	04:46:43
Silver	00:34:03	00:56:56	01:09:20	01:56:43	02:33:57	05:27:41
Bronze	00:38:19	01:04:03	01:18:00	02:11:19	02:53:11	06:08:38
Copper	00:42:34	01:11:10	01:26:40	02:25:54	03:12:26	06:49:36