

# **Rock'n'Roll**

## **MARATHON SERIES®**

### **ELITE MASTERS TIME STANDARDS**

#### **HALF MARATHON:**

<b><u>MEN</u></b>		<b><u>WOMEN</u></b>	
Age	Time Standard	Age	Time Standard
40+	Sub 1:30	40+	Sub 1:44
55+	Sub 1:40	55+	Sub 1:50
75+	Sub 1: 55	75+	Sub 2:10

#### **MARATHON:**

<b><u>MEN</u></b>		<b><u>WOMEN</u></b>	
Age	Time standard	Age	Time Standard
40-44	Sub 2:40	40-44	Sub 3:00
45-49	Sub 2:48	45-49	Sub 3:12
50-54	Sub 2:55	50-54	Sub 3:22
55-59	Sub 3:05	55-59	Sub 3:40
60-64	Sub 3:15	60-64	Sub 3:58
65-69	Sub 3:25	65-69	Sub 4:15
70-74	Sub 3:37	70-74	Sub 5:00
75-79	Sub 3:55	75-79	Sub 5:00