

HALESOWEN AC GRAND PRIX
MENS STANDARDS - PACE IS SHOWN AS MINUTE PER MILE

Short																		
3k	U20	Pace	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:08:44	04:41	00:09:04	04:52	00:09:29	05:05	00:09:54	05:18	00:10:20	05:32	00:10:53	05:50	00:11:27	06:08	00:12:00	06:26	00:12:42	06:49
4 Star	00:09:00	04:50	00:09:38	05:10	00:10:03	05:23	00:10:28	05:37	00:10:53	05:50	00:11:27	06:08	00:12:00	06:26	00:12:42	06:49	00:13:32	07:15
3 Star	00:09:20	05:00	00:10:20	05:32	00:10:36	05:41	00:11:10	05:59	00:11:35	06:13	00:12:17	06:35	00:13:07	07:02	00:13:49	07:25	00:14:31	07:47
2 Star	00:10:01	05:22	00:11:10	05:59	00:11:35	06:13	00:12:08	06:30	00:12:42	06:49	00:13:24	07:11	00:14:06	07:34	00:14:48	07:56	00:15:38	08:23
1 Star	00:10:45	05:46	00:11:59	06:26	00:12:26	06:40	00:13:02	06:59	00:13:38	07:19	00:14:23	07:43	00:15:08	08:07	00:15:53	08:31	00:16:47	09:00
Grade 2	00:11:33	06:11	00:12:52	06:54	00:13:21	07:09	00:13:59	07:30	00:14:38	07:51	00:15:27	08:17	00:16:15	08:43	00:17:03	09:09	00:18:01	09:40
Grade 1	00:12:24	06:39	00:13:49	07:24	00:14:20	07:41	00:15:01	08:03	00:15:43	08:25	00:16:35	08:53	00:17:27	09:21	00:18:19	09:49	00:19:20	10:22

5k	U20	Pace	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:14:58	04:49	00:15:35	05:01	00:16:18	05:15	00:17:02	05:29	00:17:45	05:43	00:18:42	06:01	00:19:40	06:20	00:20:37	06:38	00:21:49	07:01
4 Star	00:15:25	04:58	00:16:33	05:19	00:17:16	05:33	00:17:59	05:47	00:18:42	06:01	00:19:40	06:20	00:20:37	06:38	00:21:49	07:01	00:23:16	07:29
3 Star	00:15:45	05:04	00:17:45	05:43	00:18:14	05:52	00:19:11	06:10	00:19:54	06:24	00:21:06	06:47	00:22:33	07:15	00:23:45	07:38	00:24:56	08:01
2 Star	00:16:54	05:26	00:19:11	06:10	00:19:54	06:24	00:20:52	06:43	00:21:49	07:01	00:23:01	07:24	00:24:13	07:48	00:25:25	08:11	00:26:52	08:39
1 Star	00:18:09	05:50	00:20:36	06:38	00:21:22	06:52	00:22:24	07:12	00:23:25	07:32	00:24:43	07:57	00:26:00	08:22	00:27:17	08:47	00:28:50	09:17
Grade 2	00:19:29	06:16	00:22:06	07:07	00:22:56	07:23	00:24:03	07:44	00:25:08	08:05	00:26:31	08:32	00:27:54	08:59	00:29:17	09:25	00:30:58	09:58
Grade 1	00:20:55	06:44	00:23:44	07:38	00:24:37	07:55	00:25:49	08:18	00:26:59	08:41	00:28:28	09:10	00:29:58	09:38	00:31:27	10:07	00:33:14	10:42

Medium																		
5 miles	U20	Pace	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:24:49	04:58	00:26:09	05:14	00:27:21	05:28	00:28:34	05:43	00:29:46	05:57	00:31:23	06:17	00:32:59	06:36	00:34:36	06:55	00:36:37	07:19
4 Star	00:25:45	05:09	00:27:46	05:33	00:28:58	05:48	00:30:10	06:02	00:31:23	06:17	00:32:59	06:36	00:34:36	06:55	00:36:37	07:19	00:39:01	07:48
3 Star	00:26:41	05:20	00:29:46	05:57	00:30:35	06:07	00:32:11	06:26	00:33:24	06:41	00:35:24	07:05	00:37:49	07:34	00:39:50	07:58	00:41:50	08:22
2 Star	00:28:39	05:44	00:32:11	06:26	00:33:24	06:41	00:35:00	07:00	00:36:37	07:19	00:38:37	07:43	00:40:38	08:08	00:42:39	08:32	00:45:04	09:01
1 Star	00:30:45	06:09	00:34:33	06:55	00:35:51	07:10	00:37:34	07:31	00:39:18	07:52	00:41:28	08:18	00:43:37	08:43	00:45:47	09:09	00:48:22	09:40
Grade 2	00:33:01	06:36	00:37:05	07:25	00:38:29	07:42	00:40:20	08:04	00:42:11	08:26	00:44:31	08:54	00:46:50	09:22	00:49:09	09:50	00:51:56	10:23
Grade 1	00:35:26	07:05	00:39:49	07:58	00:41:19	08:16	00:43:18	08:40	00:45:17	09:03	00:47:47	09:33	00:50:16	10:03	00:52:45	10:33	00:55:45	11:09

10k	U20	Pace	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:30:50	04:58	00:32:30	05:14	00:34:00	05:28	00:35:30	05:43	00:37:00	05:57	00:39:00	06:17	00:41:00	06:36	00:43:00	06:55	00:45:30	07:19
4 Star	00:32:00	05:09	00:34:30	05:33	00:36:00	05:48	00:37:30	06:02	00:39:00	06:17	00:41:00	06:36	00:43:00	06:55	00:45:30	07:19	00:48:30	07:48
3 Star	00:33:10	05:20	00:37:00	05:57	00:38:00	06:07	00:40:00	06:26	00:41:30	06:41	00:44:00	07:05	00:47:00	07:34	00:49:30	07:58	00:52:00	08:22
2 Star	00:35:36	05:44	00:40:00	06:26	00:41:30	06:41	00:43:30	07:00	00:45:30	07:19	00:48:00	07:43	00:50:30	08:08	00:53:00	08:32	00:56:00	09:01
1 Star	00:38:13	06:09	00:42:56	06:55	00:44:33	07:10	00:46:42	07:31	00:48:51	07:52	00:51:32	08:17	00:54:13	08:43	00:56:54	09:09	01:00:07	09:40
Grade 2	00:41:02	06:36	00:46:06	07:25	00:47:49	07:42	00:50:08	08:04	00:52:26	08:26	00:55:19	08:54	00:58:12	09:22	01:01:05	09:50	01:04:32	10:23
Grade 1	00:44:03	07:05	00:49:29	07:58	00:51:20	08:16	00:53:49	08:40	00:56:17	09:03	00:59:23	09:33	01:02:28	10:03	01:05:34	10:33	01:09:17	11:09

Long																		
10m	U20	Pace	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	00:50:10	05:01	00:53:00	05:18	00:55:30	05:33	00:57:30	05:45	01:01:00	06:06	01:03:30	06:21	01:07:00	06:42	01:10:30	07:03	01:14:30	07:27
4 Star	00:52:10	05:13	00:57:00	05:42	00:59:00	05:54	01:01:30	06:09	01:05:30	06:33	01:08:00	06:48	01:12:00	07:12	01:15:30	07:33	01:20:00	08:00
3 Star	00:54:00	05:24	01:01:00	06:06	01:03:00	06:18	01:06:30	06:39	01:10:00	07:00	01:13:00	07:18	01:17:00	07:42	01:21:00	08:06	01:26:00	08:36
2 Star	00:58:10	05:49	01:06:00	06:36	01:08:00	06:48	01:11:30	07:09	01:15:30	07:33	01:19:00	07:54	01:23:30	08:21	01:27:30	08:45	01:33:00	09:18
1 Star	01:02:20	06:14	01:10:51	07:05	01:13:00	07:18	01:16:45	07:41	01:21:03	08:06	01:24:48	08:29	01:29:38	08:58	01:33:56	09:24	01:39:50	09:59
Grade 2	01:06:50	06:41	01:16:04	07:36	01:18:22	07:50	01:22:24	08:14	01:27:00	08:42	01:31:02	09:06	01:36:14	09:37	01:40:50	10:05	01:47:10	10:43
Grade 1	01:11:50	07:11	01:21:39	08:10	01:24:07	08:25	01:28:27	08:51	01:33:24	09:20	01:37:44	09:46	01:43:18	10:20	01:48:15	10:49	01:55:03	11:30

Half	U20	Pace	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	01:07:17	05:08	01:11:00	05:25	01:14:00	05:39	01:17:00	05:52	01:21:00	06:11	01:25:00	06:29	01:29:00	06:47	01:33:00	07:06	01:39:00	07:33
4 Star	01:10:40	05:23	01:17:00	05:52	01:20:00	06:06	01:23:00	06:20	01:27:00	06:38	01:31:00	06:56	01:35:00	07:15	01:40:00	07:38	01:47:00	08:10
3 Star	01:13:49	05:38	01:23:00	06:20	01:26:00	06:34	01:30:00	06:52	01:34:00	07:10	01:38:00	07:28	01:43:00	07:51	01:48:00	08:14	01:55:00	08:46
2 Star	01:19:44	06:05	01:30:00	06:52	01:34:00	07:10	01:38:00	07:28	01:42:00	07:47	01:47:00	08:10	01:52:00	08:33	01:58:00	09:00	02:05:00	09:32
1 Star	01:25:27	06:31	01:36:37	07:22	01:40:55	07:42	01:45:12	08:01	01:49:30	08:21	01:54:52	08:46	02:00:14	09:10	02:06:40	09:40	02:14:11	10:14
Grade 2	01:31:37	06:59	01:43:43	07:55	01:48:20	08:16	01:52:56	08:37	01:57:33	08:58	02:03:18	09:24	02:09:04	09:51	02:15:59	10:22	02:24:03	10:59
Grade 1	01:38:28	07:31	01:51:20	08:29	01:56:17	08:52	02:01:14	09:15	02:06:11	09:37	02:12:22	10:06	02:18:33	10:34	02:25:59	11:08	02:34:38	11:48

Marathon	U20	Pace	Open	Pace	40+	Pace	45+	Pace	50+	Pace	55+	Pace	60+	Pace	65+	Pace	70+	Pace
5 Star	02:27:34	05:38	02:35:00	05:55	02:39:00	06:04	02:45:00	06:18	02:52:00	06:34	03:00:00	06:52	03:09:00	07:12	03:18:00	07:33	03:29:00	07:58
4 Star	02:37:20	06:00	02:50:00	06:29	02:55:00	06:40	03:01:00	06:54	03:08:00	07:10	03:17:00	07:31	03:27:00	07:54	03:37:00	08:16	03:50:00	08:46
3 Star	02:46:39	06:21	03:05:00	07:03	03:10:00	07:15	03:17:00	07:31	03:25:00	07:49	03:35:00	08:12	03:45:00	08:35	03:53:00	08:53	04:10:00	09:32
2 Star	02:56:2																	