

14	world best	plat	gold	silver	bronze	copper
1 mile	00:04:31	00:05:25	00:06:06	00:06:46	00:07:27	00:08:21
3k	00:07:58	00:09:34	00:10:45	00:11:57	00:13:09	00:14:44
5k	00:13:43	00:16:28	00:18:31	00:20:34	00:22:38	00:25:23

open	world best	plat	gold	silver	bronze	copper
1 mile	00:03:44	00:04:29	00:05:02	00:05:36	00:06:10	00:06:54
3k	00:07:29	00:08:59	00:10:06	00:11:14	00:12:21	00:13:51
5k	00:12:58	00:15:34	00:17:30	00:19:27	00:21:24	00:23:59
5 miles	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
10k	00:26:58	00:32:22	00:36:24	00:40:27	00:44:30	00:49:53
10 miles	00:44:40	00:53:36	01:00:18	01:07:00	01:13:42	01:22:38
half mar	00:59:39	01:11:35	01:20:32	01:29:29	01:38:25	01:50:21
mar	02:06:50	02:32:12	02:51:13	03:10:15	03:29:16	03:54:39

33	world best	plat	gold	silver	bronze	copper
1 mile	00:03:45	00:04:30	00:05:04	00:05:37	00:06:11	00:06:56
3k	00:07:29	00:08:59	00:10:06	00:11:14	00:12:21	00:13:51
5k	00:12:58	00:15:34	00:17:30	00:19:27	00:21:24	00:23:59
5 miles	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
10k	00:26:58	00:32:22	00:36:24	00:40:27	00:44:30	00:49:53
10 miles	00:44:40	00:53:36	01:00:18	01:07:00	01:13:42	01:22:38
half mar	00:59:39	01:11:35	01:20:32	01:29:29	01:38:25	01:50:21
mar	02:06:50	02:32:12	02:51:13	03:10:15	03:29:16	03:54:39

34	world best	plat	gold	silver	bronze	copper
1 mile	00:03:47	00:04:32	00:05:06	00:05:41	00:06:15	00:07:00
3k	00:07:30	00:09:00	00:10:07	00:11:15	00:12:22	00:13:52
5k	00:12:58	00:15:34	00:17:30	00:19:27	00:21:24	00:23:59
5 miles	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
10k	00:26:58	00:32:22	00:36:24	00:40:27	00:44:30	00:49:53
10 miles	00:44:40	00:53:36	01:00:18	01:07:00	01:13:42	01:22:38
half mar	00:59:39	01:11:35	01:20:32	01:29:29	01:38:25	01:50:21
mar	02:06:50	02:32:12	02:51:13	03:10:15	03:29:16	03:54:39

35	world best	plat	gold	silver	bronze	copper
1 mile	00:03:48	00:04:34	00:05:08	00:05:42	00:06:16	00:07:02
3k	00:07:33	00:09:04	00:10:12	00:11:19	00:12:27	00:13:58
5k	00:13:01	00:15:37	00:17:34	00:19:32	00:21:29	00:24:05
5 miles	00:21:19	00:25:35	00:28:47	00:31:58	00:35:10	00:39:26
10k	00:26:58	00:32:22	00:36:24	00:40:27	00:44:30	00:49:53
10 miles	00:44:40	00:53:36	01:00:18	01:07:00	01:13:42	01:22:38
half mar	00:59:39	01:11:35	01:20:32	01:29:29	01:38:25	01:50:21
mar	02:06:50	02:32:12	02:51:13	03:10:15	03:29:16	03:54:39

36	world best	plat	gold	silver	bronze	copper
1 mile	00:03:50	00:04:36	00:05:11	00:05:45	00:06:20	00:07:06
3k	00:07:36	00:09:07	00:10:16	00:11:24	00:12:32	00:14:04
5k	00:13:06	00:15:43	00:17:41	00:19:39	00:21:37	00:24:14
5 miles	00:21:27	00:25:44	00:28:57	00:32:10	00:35:24	00:39:41
10k	00:27:06	00:32:31	00:36:35	00:40:39	00:44:43	00:50:08
10 miles	00:44:41	00:53:37	01:00:19	01:07:02	01:13:44	01:22:40
half mar	00:59:39	01:11:35	01:20:32	01:29:29	01:38:25	01:50:21
mar	02:06:50	02:32:12	02:51:13	03:10:15	03:29:16	03:54:39

37	world best	plat	gold	silver	bronze	copper
1 mile	00:03:51	00:04:37	00:05:12	00:05:46	00:06:21	00:07:07

3k	00:07:39	00:09:11	00:10:20	00:11:28	00:12:37	00:14:09
5k	00:13:12	00:15:50	00:17:49	00:19:48	00:21:47	00:24:25
5 miles	00:21:36	00:25:55	00:29:10	00:32:24	00:35:38	00:39:58
10k	00:27:17	00:32:44	00:36:50	00:40:56	00:45:01	00:50:28
10 miles	00:44:59	00:53:59	01:00:44	01:07:29	01:14:13	01:23:13
half mar	00:59:55	01:11:54	01:20:53	01:29:52	01:38:52	01:50:51
mar	02:06:50	02:32:12	02:51:13	03:10:15	03:29:16	03:54:39

38	world best	plat	gold	silver	bronze	copper
1 mile	00:03:53	00:04:40	00:05:15	00:05:49	00:06:24	00:07:11
3k	00:07:42	00:09:14	00:10:24	00:11:33	00:12:42	00:14:15
5k	00:13:17	00:15:56	00:17:56	00:19:55	00:21:55	00:24:34
5 miles	00:21:45	00:26:06	00:29:22	00:32:38	00:35:53	00:40:14
10k	00:27:28	00:32:58	00:37:05	00:41:12	00:45:19	00:50:49
10 miles	00:45:18	00:54:22	01:01:09	01:07:57	01:14:45	01:23:48
half mar	01:00:19	01:12:23	01:21:26	01:30:28	01:39:31	01:51:35
mar	02:07:11	02:32:37	02:51:42	03:10:47	03:29:51	03:55:17

39	world best	plat	gold	silver	bronze	copper
1 mile	00:03:55	00:04:42	00:05:17	00:05:53	00:06:28	00:07:15
3k	00:07:46	00:09:19	00:10:29	00:11:39	00:12:49	00:14:22
5k	00:13:23	00:16:04	00:18:04	00:20:04	00:22:05	00:24:46
5 miles	00:21:55	00:26:18	00:29:35	00:32:53	00:36:10	00:40:33
10k	00:27:40	00:33:12	00:37:21	00:41:30	00:45:39	00:51:11
10 miles	00:45:37	00:54:44	01:01:35	01:08:26	01:15:16	01:24:23
half mar	01:00:45	01:12:54	01:22:01	01:31:07	01:40:14	01:52:23
mar	02:08:04	02:33:41	02:52:53	03:12:06	03:31:19	03:56:55

40	world best	plat	gold	silver	bronze	copper
1 mile	00:03:56	00:04:43	00:05:19	00:05:54	00:06:29	00:07:17
3k	00:07:49	00:09:23	00:10:33	00:11:43	00:12:54	00:14:28
5k	00:13:29	00:16:11	00:18:12	00:20:14	00:22:15	00:24:57
5 miles	00:22:04	00:26:29	00:29:47	00:33:06	00:36:25	00:40:49
10k	00:27:52	00:33:26	00:37:37	00:41:48	00:45:59	00:51:33
10 miles	00:45:57	00:55:08	01:02:02	01:08:55	01:15:49	01:25:00
half mar	01:01:10	01:13:24	01:22:34	01:31:45	01:40:55	01:53:09
mar	02:08:58	02:34:46	02:54:06	03:13:27	03:32:48	03:58:35

41	world best	plat	gold	silver	bronze	copper
1 mile	00:03:58	00:04:46	00:05:21	00:05:57	00:06:33	00:07:20
3k	00:07:52	00:09:26	00:10:37	00:11:48	00:12:59	00:14:33
5k	00:13:35	00:16:18	00:18:20	00:20:23	00:22:25	00:25:08
5 miles	00:22:13	00:26:40	00:30:00	00:33:20	00:36:39	00:41:06
10k	00:28:04	00:33:41	00:37:53	00:42:06	00:46:19	00:51:55
10 miles	00:46:16	00:55:31	01:02:28	01:09:24	01:16:20	01:25:36
half mar	01:01:37	01:13:56	01:23:11	01:32:25	01:41:40	01:53:59
mar	02:09:53	02:35:52	02:55:21	03:14:50	03:34:18	04:00:17

42	world best	plat	gold	silver	bronze	copper
1 mile	00:04:02	00:04:50	00:05:27	00:06:03	00:06:39	00:07:28
3k	00:07:56	00:09:31	00:10:43	00:11:54	00:13:05	00:14:41
5k	00:13:41	00:16:25	00:18:28	00:20:31	00:22:35	00:25:19
5 miles	00:22:23	00:26:52	00:30:13	00:33:35	00:36:56	00:41:25
10k	00:28:16	00:33:55	00:38:10	00:42:24	00:46:38	00:52:18
10 miles	00:46:37	00:55:56	01:02:56	01:09:56	01:16:55	01:26:14
half mar	01:02:03	01:14:28	01:23:46	01:33:05	01:42:23	01:54:48
mar	02:10:49	02:36:59	02:56:36	03:16:14	03:35:51	04:02:01

43	world best	plat	gold	silver	bronze	copper
1 mile	00:04:02	00:04:50	00:05:27	00:06:03	00:06:39	00:07:28
3k	00:07:59	00:09:35	00:10:47	00:11:59	00:13:10	00:14:46
5k	00:13:47	00:16:32	00:18:36	00:20:41	00:22:45	00:25:30
5 miles	00:22:33	00:27:04	00:30:27	00:33:50	00:37:12	00:41:43
10k	00:28:29	00:34:11	00:38:27	00:42:44	00:47:00	00:52:42
10 miles	00:46:57	00:56:20	01:03:23	01:10:26	01:17:28	01:26:51
half mar	01:02:30	01:15:00	01:24:23	01:33:45	01:43:07	01:55:38
mar	02:11:46	02:38:07	02:57:53	03:17:39	03:37:25	04:03:46
44	world best	plat	gold	silver	bronze	copper
1 mile	00:04:04	00:04:53	00:05:29	00:06:06	00:06:43	00:07:31
3k	00:08:03	00:09:40	00:10:52	00:12:05	00:13:17	00:14:54
5k	00:13:53	00:16:40	00:18:45	00:20:49	00:22:54	00:25:41
5 miles	00:22:43	00:27:16	00:30:40	00:34:04	00:37:29	00:42:02
10k	00:28:41	00:34:25	00:38:43	00:43:01	00:47:20	00:53:04
10 miles	00:47:18	00:56:46	01:03:51	01:10:57	01:18:03	01:27:30
half mar	01:02:58	01:15:34	01:25:00	01:34:27	01:43:54	01:56:29
mar	02:12:44	02:39:17	02:59:11	03:19:06	03:39:01	04:05:33

45	world best	plat	gold	silver	bronze	copper
1 mile	00:04:05	00:04:54	00:05:31	00:06:07	00:06:44	00:07:33
3k	00:08:06	00:09:43	00:10:56	00:12:09	00:13:22	00:14:59
5k	00:13:59	00:16:47	00:18:53	00:20:59	00:23:04	00:25:52
5 miles	00:22:53	00:27:28	00:30:54	00:34:19	00:37:45	00:42:20
10k	00:28:54	00:34:41	00:39:01	00:43:21	00:47:41	00:53:28
10 miles	00:47:39	00:57:11	01:04:20	01:11:29	01:18:37	01:28:09
half mar	01:03:26	01:16:07	01:25:38	01:35:09	01:44:40	01:57:21
mar	02:13:42	02:40:26	03:00:30	03:20:33	03:40:36	04:07:21

46	world best	plat	gold	silver	bronze	copper
1 mile	00:04:07	00:04:56	00:05:33	00:06:10	00:06:48	00:07:37
3k	00:08:10	00:09:48	00:11:01	00:12:15	00:13:28	00:15:06
5k	00:14:05	00:16:54	00:19:01	00:21:07	00:23:14	00:26:03
5 miles	00:23:03	00:27:40	00:31:07	00:34:34	00:38:02	00:42:39
10k	00:29:07	00:34:56	00:39:18	00:43:41	00:48:03	00:53:52
10 miles	00:48:00	00:57:36	01:04:48	01:12:00	01:19:12	01:28:48
half mar	01:03:55	01:16:42	01:26:17	01:35:52	01:45:28	01:58:15
mar	02:14:43	02:41:40	03:01:52	03:22:05	03:42:17	04:09:14

47	world best	plat	gold	silver	bronze	copper
1 mile	00:04:10	00:05:00	00:05:37	00:06:15	00:06:53	00:07:43
3k	00:08:14	00:09:53	00:11:07	00:12:21	00:13:35	00:15:14
5k	00:14:12	00:17:02	00:19:10	00:21:18	00:23:26	00:26:16
5 miles	00:23:14	00:27:53	00:31:22	00:34:51	00:38:20	00:42:59
10k	00:29:21	00:35:13	00:39:37	00:44:02	00:48:26	00:54:18
10 miles	00:48:23	00:58:04	01:05:19	01:12:35	01:19:50	01:29:31
half mar	01:04:24	01:17:17	01:26:56	01:36:36	01:46:16	01:59:08
mar	02:15:45	02:42:54	03:03:16	03:23:38	03:43:59	04:11:08

48	world best	plat	gold	silver	bronze	copper
1 mile	00:04:11	00:05:01	00:05:39	00:06:16	00:06:54	00:07:44
3k	00:08:18	00:09:58	00:11:12	00:12:27	00:13:42	00:15:21
5k	00:14:18	00:17:10	00:19:18	00:21:27	00:23:36	00:26:27
5 miles	00:23:25	00:28:06	00:31:37	00:35:08	00:38:38	00:43:19
10k	00:29:34	00:35:29	00:39:55	00:44:21	00:48:47	00:54:42
10 miles	00:48:45	00:58:30	01:05:49	01:13:08	01:20:26	01:30:11
half mar	01:04:54	01:17:53	01:27:37	01:37:21	01:47:05	02:00:04

mar	02:16:47	02:44:08	03:04:39	03:25:11	03:45:42	04:13:03
------------	----------	----------	----------	----------	----------	----------

49	world best	plat	gold	silver	bronze	copper
1 mile	00:04:13	00:05:04	00:05:42	00:06:20	00:06:57	00:07:48
3k	00:08:21	00:10:01	00:11:16	00:12:31	00:13:47	00:15:27
5k	00:14:25	00:17:18	00:19:28	00:21:37	00:23:47	00:26:40
5 miles	00:23:36	00:28:19	00:31:52	00:35:24	00:38:56	00:43:40
10k	00:29:48	00:35:46	00:40:14	00:44:42	00:49:10	00:55:08
10 miles	00:49:08	00:58:58	01:06:20	01:13:42	01:21:04	01:30:54
half mar	01:05:24	01:18:29	01:28:17	01:38:06	01:47:55	02:00:59
mar	02:17:51	02:45:25	03:06:06	03:26:47	03:47:27	04:15:01

50	world best	plat	gold	silver	bronze	copper
1 mile	00:04:15	00:05:06	00:05:44	00:06:22	00:07:01	00:07:52
3k	00:08:25	00:10:06	00:11:22	00:12:37	00:13:53	00:15:34
5k	00:14:32	00:17:26	00:19:37	00:21:48	00:23:59	00:26:53
5 miles	00:23:47	00:28:32	00:32:06	00:35:41	00:39:15	00:44:00
10k	00:30:02	00:36:02	00:40:33	00:45:03	00:49:33	00:55:34
10 miles	00:49:31	00:59:25	01:06:51	01:14:17	01:21:42	01:31:36
half mar	01:05:55	01:19:06	01:28:59	01:38:53	01:48:46	02:01:57
mar	02:18:55	02:46:42	03:07:32	03:28:23	03:49:13	04:17:00

51	world best	plat	gold	silver	bronze	copper
1 mile	00:04:17	00:05:08	00:05:47	00:06:26	00:07:04	00:07:55
3k	00:08:30	00:10:12	00:11:28	00:12:45	00:14:01	00:15:43
5k	00:14:39	00:17:35	00:19:47	00:21:59	00:24:10	00:27:06
5 miles	00:23:58	00:28:46	00:32:21	00:35:57	00:39:33	00:44:20
10k	00:30:17	00:36:20	00:40:53	00:45:26	00:49:58	00:56:01
10 miles	00:49:55	00:59:54	01:07:23	01:14:52	01:22:22	01:32:21
half mar	01:06:27	01:19:44	01:29:42	01:39:40	01:49:39	02:02:56
mar	02:20:03	02:48:04	03:09:04	03:30:05	03:51:05	04:19:06

52	world best	plat	gold	silver	bronze	copper
1 mile	00:04:19	00:05:11	00:05:50	00:06:28	00:07:07	00:07:59
3k	00:08:30	00:10:12	00:11:28	00:12:45	00:14:01	00:15:43
5k	00:14:46	00:17:43	00:19:56	00:22:09	00:24:22	00:27:19
5 miles	00:24:10	00:29:00	00:32:38	00:36:15	00:39:52	00:44:43
10k	00:30:32	00:36:38	00:41:13	00:45:48	00:50:23	00:56:29
10 miles	00:50:20	01:00:24	01:07:57	01:15:30	01:23:03	01:33:07
half mar	01:07:00	01:20:24	01:30:27	01:40:30	01:50:33	02:03:57
mar	02:21:11	02:49:25	03:10:36	03:31:47	03:52:57	04:21:11

53	world best	plat	gold	silver	bronze	copper
1 mile	00:04:21	00:05:13	00:05:52	00:06:31	00:07:11	00:08:03
3k	00:08:38	00:10:22	00:11:39	00:12:57	00:14:15	00:15:58
5k	00:14:53	00:17:52	00:20:06	00:22:20	00:24:33	00:27:32
5 miles	00:24:22	00:29:14	00:32:54	00:36:33	00:40:12	00:45:05
10k	00:30:47	00:36:56	00:41:33	00:46:11	00:50:48	00:56:57
10 miles	00:50:45	01:00:54	01:08:31	01:16:08	01:23:44	01:33:53
half mar	01:07:33	01:21:04	01:31:12	01:41:19	01:51:27	02:04:58
mar	02:22:21	02:50:49	03:12:10	03:33:32	03:54:53	04:23:21

54	world best	plat	gold	silver	bronze	copper
1 mile	00:04:24	00:05:17	00:05:56	00:06:36	00:07:16	00:08:08
3k	00:08:42	00:10:26	00:11:45	00:13:03	00:14:21	00:16:06
5k	00:15:01	00:18:01	00:20:16	00:22:31	00:24:47	00:27:47
5 miles	00:24:34	00:29:29	00:33:10	00:36:51	00:40:32	00:45:27
10k	00:31:03	00:37:16	00:41:55	00:46:35	00:51:14	00:57:27

10 miles	00:51:10	01:01:24	01:09:05	01:16:45	01:24:26	01:34:39
half mar	01:08:07	01:21:44	01:31:57	01:42:10	01:52:24	02:06:01
mar	02:23:32	02:52:14	03:13:46	03:35:18	03:56:50	04:25:32
55	world best	plat	gold	silver	bronze	copper
1 mile	00:04:26	00:05:19	00:05:59	00:06:39	00:07:19	00:08:12
3k	00:08:47	00:10:32	00:11:51	00:13:10	00:14:30	00:16:15
5k	00:15:08	00:18:10	00:20:26	00:22:42	00:24:58	00:28:00
5 miles	00:24:47	00:29:44	00:33:27	00:37:11	00:40:54	00:45:51
10k	00:31:18	00:37:34	00:42:15	00:46:57	00:51:39	00:57:54
10 miles	00:51:36	01:01:55	01:09:40	01:17:24	01:25:08	01:35:28
half mar	01:08:41	01:22:25	01:32:43	01:43:01	01:53:20	02:07:04
mar	02:24:44	02:53:41	03:15:23	03:37:06	03:58:49	04:27:45

56	world best	plat	gold	silver	bronze	copper
1 mile	00:04:29	00:05:23	00:06:03	00:06:44	00:07:24	00:08:18
3k	00:08:51	00:10:37	00:11:57	00:13:16	00:14:36	00:16:22
5k	00:15:16	00:18:19	00:20:37	00:22:54	00:25:11	00:28:15
5 miles	00:25:00	00:30:00	00:33:45	00:37:30	00:41:15	00:46:15
10k	00:31:35	00:37:54	00:42:38	00:47:23	00:52:07	00:58:26
10 miles	00:52:04	01:02:29	01:10:17	01:18:06	01:25:55	01:36:19
half mar	01:09:17	01:23:08	01:33:32	01:43:55	01:54:19	02:08:10
mar	02:26:01	02:55:13	03:17:07	03:39:01	04:00:56	04:30:08

57	world best	plat	gold	silver	bronze	copper
1 mile	00:04:31	00:05:25	00:06:06	00:06:46	00:07:27	00:08:21
3k	00:08:56	00:10:43	00:12:04	00:13:24	00:14:44	00:16:32
5k	00:15:25	00:18:30	00:20:49	00:23:07	00:25:26	00:28:31
5 miles	00:25:14	00:30:17	00:34:04	00:37:51	00:41:38	00:46:41
10k	00:31:52	00:38:14	00:43:01	00:47:48	00:52:35	00:58:57
10 miles	00:52:32	01:03:02	01:10:55	01:18:48	01:26:41	01:37:11
half mar	01:09:55	01:23:54	01:34:23	01:44:53	01:55:22	02:09:21
mar	02:27:19	02:56:47	03:18:53	03:40:59	04:03:04	04:32:32

58	world best	plat	gold	silver	bronze	copper
1 mile	00:04:33	00:05:28	00:06:09	00:06:49	00:07:30	00:08:25
3k	00:09:01	00:10:49	00:12:10	00:13:31	00:14:53	00:16:41
5k	00:15:33	00:18:40	00:21:00	00:23:19	00:25:39	00:28:46
5 miles	00:25:27	00:30:32	00:34:21	00:38:11	00:42:00	00:47:05
10k	00:32:09	00:38:35	00:43:24	00:48:13	00:53:03	00:59:29
10 miles	00:53:00	01:03:36	01:11:33	01:19:30	01:27:27	01:38:03
half mar	01:10:32	01:24:38	01:35:13	01:45:48	01:56:23	02:10:29
mar	02:28:38	02:58:22	03:20:39	03:42:57	04:05:15	04:34:58

59	world best	plat	gold	silver	bronze	copper
1 mile	00:04:36	00:05:31	00:06:13	00:06:54	00:07:35	00:08:31
3k	00:09:06	00:10:55	00:12:17	00:13:39	00:15:01	00:16:50
5k	00:15:41	00:18:49	00:21:10	00:23:32	00:25:53	00:29:01
5 miles	00:25:41	00:30:49	00:34:40	00:38:31	00:42:23	00:47:31
10k	00:32:27	00:38:56	00:43:48	00:48:41	00:53:33	01:00:02
10 miles	00:53:29	01:04:11	01:12:12	01:20:14	01:28:15	01:38:57
half mar	01:11:11	01:25:25	01:36:06	01:46:46	01:57:27	02:11:41
mar	02:29:59	02:59:59	03:22:29	03:44:58	04:07:28	04:37:28

60	world best	plat	gold	silver	bronze	copper
1 mile	00:04:38	00:05:34	00:06:15	00:06:57	00:07:39	00:08:34
3k	00:09:11	00:11:01	00:12:24	00:13:46	00:15:09	00:16:59
5k	00:15:50	00:19:00	00:21:22	00:23:45	00:26:08	00:29:17

5 miles	00:25:55	00:31:06	00:34:59	00:38:52	00:42:46	00:47:57
10k	00:32:45	00:39:18	00:44:13	00:49:07	00:54:02	01:00:35
10 miles	00:53:59	01:04:47	01:12:53	01:20:59	01:29:04	01:39:52
half mar	01:11:50	01:26:12	01:36:59	01:47:45	01:58:31	02:12:53
mar	02:31:21	03:01:37	03:24:19	03:47:01	04:09:44	04:40:00

61	world best	plat	gold	silver	bronze	copper
1 mile	00:04:41	00:05:37	00:06:19	00:07:01	00:07:44	00:08:40
3k	00:09:17	00:11:08	00:12:32	00:13:56	00:15:19	00:17:10
5k	00:15:59	00:19:11	00:21:35	00:23:58	00:26:22	00:29:34
5 miles	00:26:11	00:31:25	00:35:21	00:39:16	00:43:12	00:48:26
10k	00:33:04	00:39:41	00:44:38	00:49:36	00:54:34	01:01:10
10 miles	00:54:31	01:05:25	01:13:36	01:21:47	01:29:57	01:40:51
half mar	01:12:32	01:27:02	01:37:55	01:48:48	01:59:41	02:14:11
mar	02:32:50	03:03:24	03:26:20	03:49:15	04:12:11	04:42:45

62	world best	plat	gold	silver	bronze	copper
1 mile	00:04:44	00:05:41	00:06:23	00:07:06	00:07:49	00:08:45
3k	00:09:22	00:11:14	00:12:39	00:14:03	00:15:27	00:17:20
5k	00:16:09	00:19:23	00:21:48	00:24:13	00:26:39	00:29:53
5 miles	00:26:26	00:31:43	00:35:41	00:39:39	00:43:37	00:48:54
10k	00:33:24	00:40:05	00:45:05	00:50:06	00:55:07	01:01:47
10 miles	00:55:03	01:06:04	01:14:19	01:22:35	01:30:50	01:41:51
half mar	01:13:15	01:27:54	01:38:53	01:49:52	02:00:52	02:15:31
mar	02:34:20	03:05:12	03:28:21	03:51:30	04:14:39	04:45:31

63	world best	plat	gold	silver	bronze	copper
1 mile	00:04:47	00:05:44	00:06:27	00:07:10	00:07:54	00:08:51
3k	00:09:28	00:11:22	00:12:47	00:14:12	00:15:37	00:17:31
5k	00:16:19	00:19:35	00:22:02	00:24:28	00:26:55	00:30:11
5 miles	00:26:42	00:32:02	00:36:03	00:40:03	00:44:03	00:49:24
10k	00:33:44	00:40:29	00:45:32	00:50:36	00:55:40	01:02:24
10 miles	00:55:36	01:06:43	01:15:04	01:23:24	01:31:44	01:42:52
half mar	01:13:59	01:28:47	01:39:53	01:50:59	02:02:04	02:16:52
mar	02:35:52	03:07:02	03:30:25	03:53:48	04:17:11	04:48:21

64	world best	plat	gold	silver	bronze	copper
1 mile	00:04:50	00:05:48	00:06:31	00:07:15	00:07:58	00:08:56
3k	00:09:33	00:11:28	00:12:54	00:14:20	00:15:45	00:17:40
5k	00:16:29	00:19:47	00:22:15	00:24:44	00:27:12	00:30:30
5 miles	00:26:59	00:32:23	00:36:26	00:40:29	00:44:31	00:49:55
10k	00:34:05	00:40:54	00:46:01	00:51:08	00:56:14	01:03:03
10 miles	00:56:10	01:07:24	01:15:50	01:24:15	01:32:40	01:43:55
half mar	01:14:44	01:29:41	01:40:53	01:52:06	02:03:19	02:18:15
mar	02:37:26	03:08:55	03:32:32	03:56:09	04:19:46	04:51:15

65	world best	plat	gold	silver	bronze	copper
1 mile	00:04:53	00:05:52	00:06:36	00:07:19	00:08:03	00:09:02
3k	00:09:39	00:11:35	00:13:02	00:14:28	00:15:55	00:17:51
5k	00:16:39	00:19:59	00:22:29	00:24:59	00:27:28	00:30:48
5 miles	00:27:15	00:32:42	00:36:47	00:40:52	00:44:58	00:50:25
10k	00:34:26	00:41:19	00:46:29	00:51:39	00:56:49	01:03:42
10 miles	00:56:44	01:08:05	01:16:35	01:25:06	01:33:37	01:44:57
half mar	01:15:30	01:30:36	01:41:55	01:53:15	02:04:34	02:19:40
mar	02:39:02	03:10:50	03:34:42	03:58:33	04:22:24	04:54:13

66	world best	plat	gold	silver	bronze	copper
1 mile	00:04:56	00:05:55	00:06:40	00:07:24	00:08:08	00:09:08

3k	00:09:46	00:11:43	00:13:11	00:14:39	00:16:07	00:18:04
5k	00:16:50	00:20:12	00:22:44	00:25:15	00:27:46	00:31:08
5 miles	00:27:33	00:33:04	00:37:12	00:41:20	00:45:27	00:50:58
10k	00:34:49	00:41:47	00:47:00	00:52:14	00:57:27	01:04:25
10 miles	00:57:22	01:08:50	01:17:27	01:26:03	01:34:39	01:46:08
half mar	01:16:20	01:31:36	01:43:03	01:54:30	02:05:57	02:21:13
mar	02:40:47	03:12:56	03:37:03	04:01:11	04:25:18	04:57:27

67	world best	plat	gold	silver	bronze	copper
1 mile	00:04:59	00:05:59	00:06:44	00:07:29	00:08:13	00:09:13
3k	00:09:52	00:11:50	00:13:19	00:14:48	00:16:17	00:18:15
5k	00:17:01	00:20:25	00:22:58	00:25:31	00:28:05	00:31:29
5 miles	00:27:52	00:33:26	00:37:37	00:41:48	00:45:59	00:51:33
10k	00:35:12	00:42:14	00:47:31	00:52:48	00:58:05	01:05:07
10 miles	00:58:01	01:09:37	01:18:19	01:27:01	01:35:44	01:47:20
half mar	01:17:11	01:32:37	01:44:12	01:55:46	02:07:21	02:22:47
mar	02:42:35	03:15:06	03:39:29	04:03:53	04:28:16	05:00:47

68	world best	plat	gold	silver	bronze	copper
1 mile	00:05:03	00:06:04	00:06:49	00:07:34	00:08:20	00:09:21
3k	00:09:59	00:11:59	00:13:29	00:14:58	00:16:28	00:18:28
5k	00:17:13	00:20:40	00:23:15	00:25:49	00:28:24	00:31:51
5 miles	00:28:11	00:33:49	00:38:03	00:42:16	00:46:30	00:52:08
10k	00:35:36	00:42:43	00:48:04	00:53:24	00:58:44	01:05:52
10 miles	00:58:40	01:10:24	01:19:12	01:28:00	01:36:48	01:48:32
half mar	01:18:03	01:33:40	01:45:22	01:57:04	02:08:47	02:24:24
mar	02:44:24	03:17:17	03:41:56	04:06:36	04:31:16	05:04:08

69	world best	plat	gold	silver	bronze	copper
1 mile	00:05:06	00:06:07	00:06:53	00:07:39	00:08:25	00:09:26
3k	00:10:06	00:12:07	00:13:38	00:15:09	00:16:40	00:18:41
5k	00:17:25	00:20:54	00:23:31	00:26:08	00:28:44	00:32:13
5 miles	00:28:30	00:34:12	00:38:29	00:42:45	00:47:01	00:52:44
10k	00:36:01	00:43:13	00:48:37	00:54:02	00:59:26	01:06:38
10 miles	00:59:21	01:11:13	01:20:07	01:29:01	01:37:56	01:49:48
half mar	01:18:57	01:34:44	01:46:35	01:58:25	02:10:16	02:26:03
mar	02:46:17	03:19:32	03:44:29	04:09:25	04:34:22	05:07:37

70	world best	plat	gold	silver	bronze	copper
1 mile	00:05:10	00:06:12	00:06:58	00:07:45	00:08:31	00:09:33
3k	00:10:13	00:12:16	00:13:48	00:15:19	00:16:51	00:18:54
5k	00:17:37	00:21:08	00:23:47	00:26:26	00:29:04	00:32:35
5 miles	00:28:50	00:34:36	00:38:55	00:43:15	00:47:34	00:53:21
10k	00:36:26	00:43:43	00:49:11	00:54:39	01:00:07	01:07:24
10 miles	01:00:02	01:12:02	01:21:03	01:30:03	01:39:03	01:51:04
half mar	01:19:52	01:35:50	01:47:49	01:59:48	02:11:47	02:27:45
mar	02:48:11	03:21:49	03:47:03	04:12:17	04:37:30	05:11:08

71	world best	plat	gold	silver	bronze	copper
1 mile	00:05:14	00:06:17	00:07:04	00:07:51	00:08:38	00:09:41
3k	00:10:21	00:12:25	00:13:58	00:15:31	00:17:05	00:19:09
5k	00:17:50	00:21:24	00:24:05	00:26:45	00:29:26	00:33:00
5 miles	00:29:13	00:35:04	00:39:27	00:43:49	00:48:12	00:54:03
10k	00:36:54	00:44:17	00:49:49	00:55:21	01:00:53	01:08:16
10 miles	01:00:48	01:12:58	01:22:05	01:31:12	01:40:19	01:52:29
half mar	01:20:53	01:37:04	01:49:12	02:01:19	02:13:27	02:29:38
mar	02:50:19	03:24:23	03:49:56	04:15:29	04:41:01	05:15:05

72	world best	plat	gold	silver	bronze	copper
1 mile	00:05:18	00:06:22	00:07:09	00:07:57	00:08:45	00:09:48
3k	00:10:29	00:12:35	00:14:09	00:15:43	00:17:18	00:19:24
5k	00:18:04	00:21:41	00:24:23	00:27:06	00:29:49	00:33:25
5 miles	00:29:35	00:35:30	00:39:56	00:44:22	00:48:49	00:54:44
10k	00:37:23	00:44:52	00:50:28	00:56:05	01:01:41	01:09:10
10 miles	01:01:35	01:13:54	01:23:08	01:32:22	01:41:37	01:53:56
half mar	01:21:55	01:38:18	01:50:35	02:02:52	02:15:10	02:31:33
mar	02:52:30	03:27:00	03:52:53	04:18:45	04:44:38	05:19:08

73	world best	plat	gold	silver	bronze	copper
1 mile	00:05:22	00:06:26	00:07:15	00:08:03	00:08:51	00:09:56
3k	00:10:37	00:12:44	00:14:20	00:15:56	00:17:31	00:19:38
5k	00:18:18	00:21:58	00:24:42	00:27:27	00:30:12	00:33:51
5 miles	00:29:59	00:35:59	00:40:29	00:44:59	00:49:28	00:55:28
10k	00:37:52	00:45:26	00:51:07	00:56:48	01:02:29	01:10:03
10 miles	01:02:24	01:14:53	01:24:14	01:33:36	01:42:58	01:55:26
half mar	01:22:59	01:39:35	01:52:02	02:04:28	02:16:55	02:33:31
mar	02:54:44	03:29:41	03:55:53	04:22:06	04:48:19	05:23:15

74	world best	plat	gold	silver	bronze	copper
1 mile	00:05:27	00:06:32	00:07:21	00:08:11	00:09:00	00:10:05
3k	00:10:46	00:12:55	00:14:32	00:16:09	00:17:46	00:19:55
5k	00:18:33	00:22:16	00:25:03	00:27:50	00:30:36	00:34:19
5 miles	00:30:22	00:36:26	00:41:00	00:45:33	00:50:06	00:56:11
10k	00:38:23	00:46:04	00:51:49	00:57:35	01:03:20	01:11:01
10 miles	01:03:13	01:15:52	01:25:21	01:34:49	01:44:18	01:56:57
half mar	01:24:05	01:40:54	01:53:31	02:06:07	02:18:44	02:35:33
mar	02:57:02	03:32:26	03:59:00	04:25:33	04:52:06	05:27:31

75	world best	plat	gold	silver	bronze	copper
1 mile	00:05:31	00:06:37	00:07:27	00:08:16	00:09:06	00:10:12
3k	00:10:55	00:13:06	00:14:44	00:16:22	00:18:01	00:20:12
5k	00:18:48	00:22:34	00:25:23	00:28:12	00:31:01	00:34:47
5 miles	00:30:47	00:36:56	00:41:33	00:46:11	00:50:48	00:56:57
10k	00:38:54	00:46:41	00:52:31	00:58:21	01:04:11	01:11:58
10 miles	01:04:04	01:16:53	01:26:29	01:36:06	01:45:43	01:58:31
half mar	01:25:13	01:42:16	01:55:03	02:07:49	02:20:36	02:37:39
mar	02:59:24	03:35:17	04:02:11	04:29:06	04:56:01	05:31:53

76 male	world best	plat	gold	silver	bronze	copper
1 mile	00:05:36	00:06:43	00:07:34	00:08:24	00:09:14	00:10:22
3k	00:11:05	00:13:18	00:14:58	00:16:38	00:18:17	00:20:30
5k	00:19:05	00:22:54	00:25:46	00:28:37	00:31:29	00:35:18
5 miles	00:31:15	00:37:30	00:42:11	00:46:53	00:51:34	00:57:49
10k	00:39:29	00:47:23	00:53:18	00:59:14	01:05:09	01:13:03
10 miles	01:05:02	01:18:02	01:27:48	01:37:33	01:47:18	02:00:19
half mar	01:26:30	01:43:48	01:56:47	02:09:45	02:22:44	02:40:02
mar	03:02:04	03:38:29	04:05:47	04:33:06	05:00:25	05:36:49

77	world best	plat	gold	silver	bronze	copper
1 mile	00:05:42	00:06:50	00:07:42	00:08:33	00:09:24	00:10:33
3k	00:11:15	00:13:30	00:15:11	00:16:52	00:18:34	00:20:49
5k	00:19:23	00:23:16	00:26:10	00:29:04	00:31:59	00:35:52
5 miles	00:31:44	00:38:05	00:42:50	00:47:36	00:52:22	00:58:42
10k	00:40:05	00:48:06	00:54:07	01:00:08	01:06:08	01:14:09
10 miles	01:06:02	01:19:14	01:29:09	01:39:03	01:48:57	02:02:10

half mar	01:27:49	01:45:23	01:58:33	02:11:43	02:24:54	02:42:28
mar	03:04:39	03:41:35	04:09:17	04:36:59	05:04:40	05:41:36

78	world best	plat	gold	silver	bronze	copper
1 mile	00:05:47	00:06:56	00:07:48	00:08:40	00:09:33	00:10:42
3k	00:11:25	00:13:42	00:15:25	00:17:07	00:18:50	00:21:07
5k	00:19:41	00:23:37	00:26:34	00:29:32	00:32:29	00:36:25
5 miles	00:32:13	00:38:40	00:43:30	00:48:20	00:53:09	00:59:36
10k	00:40:43	00:48:52	00:54:58	01:01:05	01:07:11	01:15:20
10 miles	01:07:04	01:20:29	01:30:32	01:40:36	01:50:40	02:04:04
half mar	01:29:10	01:47:00	02:00:23	02:13:45	02:27:08	02:44:58
mar	03:07:40	03:45:12	04:13:21	04:41:30	05:09:39	05:47:11

79	world best	plat	gold	silver	bronze	copper
1 mile	00:05:53	00:07:04	00:07:57	00:08:49	00:09:42	00:10:53
3k	00:11:36	00:13:55	00:15:40	00:17:24	00:19:08	00:21:28
5k	00:19:59	00:23:59	00:26:59	00:29:58	00:32:58	00:36:58
5 miles	00:32:44	00:39:17	00:44:11	00:49:06	00:54:01	01:00:33
10k	00:41:21	00:49:37	00:55:49	01:02:02	01:08:14	01:16:30
10 miles	01:08:07	01:21:44	01:31:57	01:42:10	01:52:24	02:06:01
half mar	01:30:34	01:48:41	02:02:16	02:15:51	02:29:26	02:47:33
mar	03:10:35	03:48:42	04:17:17	04:45:52	05:14:28	05:52:35

80	world best	plat	gold	silver	bronze	copper
1 mile	00:05:53	00:07:04	00:07:57	00:08:49	00:09:42	00:10:53
3k	00:11:47	00:14:08	00:15:54	00:17:40	00:19:27	00:21:48
5k	00:19:59	00:23:59	00:26:59	00:29:58	00:32:58	00:36:58
5 miles	00:32:44	00:39:17	00:44:11	00:49:06	00:54:01	01:00:33
10k	00:41:21	00:49:37	00:55:49	01:02:02	01:08:14	01:16:30
10 miles	01:08:07	01:21:44	01:31:57	01:42:10	01:52:24	02:06:01
half mar	01:30:34	01:48:41	02:02:16	02:15:51	02:29:26	02:47:33
mar	03:10:35	03:48:42	04:17:17	04:45:52	05:14:28	05:52:35

81	world best	plat	gold	silver	bronze	copper
1 mile	00:05:58	00:07:10	00:08:03	00:08:57	00:09:51	00:11:02
3k	00:12:01	00:14:25	00:16:13	00:18:02	00:19:50	00:22:14
5k	00:20:41	00:24:49	00:27:55	00:31:02	00:34:08	00:38:16
10k	00:42:48	00:51:22	00:57:47	01:04:12	01:10:37	01:19:11

82	world best	plat	gold	silver	bronze	copper
1 mile	00:06:12	00:07:26	00:08:22	00:09:18	00:10:14	00:11:28
3k	00:12:14	00:14:41	00:16:31	00:18:21	00:20:11	00:22:38
5k	00:21:05	00:25:18	00:28:28	00:31:37	00:34:47	00:39:00
10k	00:43:37	00:52:20	00:58:53	01:05:26	01:11:58	01:20:41