

## WOMANS 30K

AGE	WORLD RECORD	BRONZE INTER	BRONZE	SILVER	GOLD	DIAMOND
<b>17y104d</b>	2h 4m 34s	4h 9m 8s	3h 27m 37s	2h 57m 57s	2h 35m 43s	2h 18m 24s
<b>18y029d</b>	1h 52m 11s	3h 44m 22s	3h 6m 58s	2h 40m 16s	2h 20m 14s	2h 4m 39s
<b>19y363d</b>	1h 46m 30s	3h 33m	2h 57m 30s	2h 32m 9s	2h 13m 8s	1h 58m 20s
<b>20y235d</b>	1h 43m 57s	3h 27m 54s	2h 53m 15s	2h 28m 30s	2h 9m 56s	1h 55m 30s
<b>21y347d</b>	1h 43m 26s	3h 26m 52s	2h 52m 23s	2h 27m 46s	2h 9m 18s	1h 54m 56s
<b>22y253d</b>	1h 39m 57s	3h 19m 54s	2h 46m 35s	2h 22m 47s 143ms	2h 4m 56s	1h 51m 3s
<b>23y014d</b>	1h 39m 6s	3h 18m 12s	2h 45m 10s	2h 21m 34s 286ms	2h 3m 53s	1h 50m 7s
<b>24y198d</b>	1h 43m 5s	3h 26m 10s	2h 51m 48s	2h 27m 15s 714ms	2h 8m 51s	1h 54m 32s
<b>25y227d</b>	1h 39m 9s	3h 18m 18s	2h 45m 15s	2h 21m 38s 571ms	2h 3m 56s	1h 50m 10s
<b>26y191d</b>	1h 44m 36s	3h 29m 12s	2h 54m 20s	2h 29m 25s 714ms	2h 10m 45s	1h 56m 13s
<b>27y292d</b>	1h 43m 45s	3h 27m 30s	2h 52m 55s	2h 28m 12s 857ms	2h 9m 41s	1h 55m 17s
<b>28y288d</b>	1h 41m 57s	3h 23m 54s	2h 49m 55s	2h 25m 38s 571ms	2h 7m 26s	1h 53m 17s
<b>29y115d</b>	1h 46m 29s	3h 32m 58s	2h 57m 28s	2h 32m 7s 143ms	2h 13m 6s	1h 58m 19s
<b>30y013d</b>	1h 38m 42s	3h 17m 24s	2h 44m 30s	2h 21m	2h 3m 23s	1h 49m 40s
<b>31y311d</b>	1h 46m 26s	3h 32m 52s	2h 57m 23s	2h 32m 2s 857ms	2h 13m 3s	1h 58m 16s
<b>32y049d</b>	1h 43m 26s	3h 26m 52s	2h 52m 23s	2h 27m 45s 714ms	2h 9m 18s	1h 54m 56s
<b>33y168d</b>	1h 44m 9s	3h 28m 18s	2h 53m 35s	2h 28m 47s 143ms	2h 10m 11s	1h 55m 43s
<b>34y098d</b>	1h 43m 49s	3h 27m 38s	2h 53m 2s	2h 28m 18s 571ms	2h 9m 46s	1h 55m 21s
<b>35y251d</b>	1h 45m 15s	3h 30m 29s	2h 55m 24s	2h 30m 20s 714ms	2h 11m 33s	1h 56m 56s
<b>36y192d</b>	1h 43m 24s	3h 26m 48s	2h 52m 20s	2h 27m 42s 857ms	2h 9m 15s	1h 54m 53s
<b>37y219d</b>	1h 46m 7s	3h 32m 14s	2h 56m 52s	2h 31m 35s 714ms	2h 12m 39s	1h 57m 54s
<b>38y248d</b>	1h 47m 3s	3h 34m 6s	2h 58m 25s	2h 32m 55s 714ms	2h 13m 49s	1h 58m 57s
<b>39y247d</b>	1h 47m 15s	3h 34m 30s	2h 58m 45s	2h 33m 12s 857ms	2h 14m 4s	1h 59m 10s
<b>40y232d</b>	1h 49m 40s	3h 39m 20s	3h 2m 47s	2h 36m 40s	2h 17m 5s	2h 1m 51s
<b>41y240d</b>	1h 53m 13s	3h 46m 26s	3h 8m 42s	2h 41m 44s 286ms	2h 21m 31s	2h 5m 48s
<b>42y352d</b>	1h 54m 32s	3h 49m 4s	3h 10m 53s	2h 43m 37s 143ms	2h 23m 10s	2h 7m 16s
<b>43y219d</b>	1h 51m 37s	3h 43m 14s	3h 6m 2s	2h 39m 27s 143ms	2h 19m 31s	2h 4m 1s
<b>44y218d</b>	1h 53m 20s	3h 46m 40s	3h 8m 53s	2h 41m 54s 286ms	2h 21m 40s	2h 5m 56s
<b>45y247d</b>	1h 53m 24s	3h 46m 48s	3h 9m 0s	2h 42m	2h 21m 45s	2h 6m 0s
<b>46y245d</b>	1h 53m 5s	3h 46m 10s	3h 8m 28s	2h 41m 32s 857ms	2h 21m 21s	2h 5m 39s
<b>47y008d</b>	2h 0m 23s	4h 0m 46s	3h 20m 38s	2h 51m 58s 571ms	2h 30m 29s	2h 13m 46s
<b>48y006d</b>	1h 59m 25s	3h 58m 50s	3h 19m 2s	2h 50m 35s 714ms	2h 29m 16s	2h 12m 41s
<b>49y347d</b>	2h 3m 55s	4h 7m 50s	3h 26m 32s	2h 57m 1s 429ms	2h 34m 54s	2h 17m 41s
<b>50y004d</b>	2h 0m 41s	4h 1m 22s	3h 21m 8s	2h 52m 24s 286ms	2h 30m 51s	2h 14m 6s
<b>51y303d</b>	1h 56m 43s	3h 53m 26s	3h 14m 32s	2h 46m 44s 286ms	2h 25m 54s	2h 9m 41s
<b>52y226d</b>	2h 2m 7s	4h 4m 13s 600ms	3h 23m 31s	2h 54m 26s 857ms	2h 32m 39s	2h 15m 41s
<b>53y224d</b>	2h 2m 43s	4h 5m 26s	3h 24m 32s	2h 55m 18s 571ms	2h 33m 24s	2h 16m 21s

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<b>54y069d</b>	2h 2m 11s	4h 4m 22s	3h 23m 38s	2h 54m 32s 857ms	2h 32m 44s	2h 15m 46s
<b>NO RECORD</b>		0	0	0	0	0
<b>56y097d</b>	2h 13m 28s	4h 26m 56s	3h 42m 27s	3h 10m 40s	2h 46m 50s	2h 28m 18s
<b>57y188d</b>	2h 11m 57s	4h 23m 54s	3h 39m 55s	3h 8m 30s	2h 44m 56s	2h 26m 37s
<b>58y101d</b>	2h 13m 38s	4h 27m 16s	3h 42m 43s	3h 10m 54s 286ms	2h 47m 3s	2h 28m 29s
<b>NO RECORD</b>		0	0	0	0	0
<b>60y156d</b>	2h 15m 30s	4h 31m	3h 45m 50s	3h 13m 34s 286ms	2h 49m 23s	2h 30m 33s
<b>61y187d</b>	2h 24m 42s	4h 49m 24s	4h 1m 10s	3h 26m 42s 857ms	3h 0m 53s	2h 40m 47s
<b>62y171d</b>	2h 20m 20s	4h 40m 40s	3h 53m 53s	3h 20m 28s 571ms	2h 55m 25s	2h 35m 56s
<b>63y100d</b>	2h 23m 30s	4h 47m	3h 59m 10s	3h 25m	2h 59m 23s	2h 39m 27s
<b>NO RECORD</b>		0	0	0	0	0
<b>65y099d</b>	2h 27m 54s	4h 55m 48s	4h 6m 30s	3h 31m 17s 143ms	3h 4m 53s	2h 44m 20s
<b>66y098d</b>	2h 32m 32s	5h 5m 4s	4h 14m 13s	3h 37m 54s 286ms	3h 10m 40s	2h 49m 29s
<b>NO RECORD</b>		0	0	0	0	0
<b>68y119d</b>	2h 38m 46s	5h 17m 32s	4h 24m 37s	3h 46m 48s 571ms	3h 18m 28s	2h 56m 24s
<b>69y118d</b>	2h 45m 38s	5h 31m 16s	4h 36m 3s	3h 56m 37s 143ms	3h 27m 3s	3h 4m 2s
<b>70y117d</b>	2h 47m 8s	5h 34m 16s	4h 38m 33s	3h 58m 45s 714ms	3h 28m 55s	3h 5m 42s
<b>71y131d</b>	3h 40m 53s	7h 21m 46s	6h 8m 8s	5h 15m 32s 857ms	4h 36m 6s	4h 5m 26s
<b>72y121d</b>	2h 51m 25s	5h 42m 50s	4h 45m 42s	4h 4m 52s 857ms	3h 34m 16s	3h 10m 28s
<b>NO RECORD</b>		0	0	0	0	0
<b>NO RECORD</b>		0	0	0	0	0
<b>NO RECORD</b>		0	0	0	0	0
<b>NO RECORD</b>		0	0	0	0	0
<b>77y072d</b>	3h 37m 52s	7h 15m 44s	6h 3m 7s	5h 11m 14s 286ms	4h 32m 20s	4h 2m 4s
<b>NO RECORD</b>		0	0	0	0	0
<b>NO RECORD</b>		0	0	0	0	0
<b>NO RECORD</b>		0	0	0	0	0
<b>81y225d</b>	4h 13m 32s	8h 27m 4s	7h 2m 33s	6h 2m 11s 429ms	5h 16m 55s	4h 41m 42s