

Marathon Dynamics Team Dynamo "Golden Kit" Mastery Team - Top 7%

Men	Qualifying Standards - 2018			
	Marathon	Half	*10K	5K
18-24	3:00	1:22:00	36:30	17:30
25-29	3:00	1:23:55	37:28	17:59
30-34	3:00	1:23:55	37:28	17:59
35-39	3:04	1:25:47	38:18	18:23
40-44	3:10	1:28:35	39:33	18:59
45-49	3:15	1:30:55	40:35	19:29
50-54	3:19	1:32:46	41:25	19:53
55-59	3:26	1:36:02	42:52	20:35
60-64	3:35	1:40:14	44:45	21:29
65-69	3:41	1:43:02	46:00	22:05
*70+	4:29	2:05:24	55:59	26:52

Women	Qualifying Standards - 2018			
	Marathon	Half	10K	5K
18-24	3:23	1:33:00	42:00	18:45
25-29	3:23	1:34:38	42:15	20:17
30-34	3:23	1:34:38	42:15	20:17
35-39	3:24	1:35:06	42:27	20:23
40-44	3:36	1:40:42	44:57	21:35
45-49	3:42	1:43:30	46:12	22:11
50-54	3:43	1:43:58	46:25	22:17
55-59	3:52	1:48:10	48:17	23:11
60-64	4:08	1:55:37	51:37	24:47
65-69	4:22	2:02:09	54:32	26:10
*70+	5:01	2:20:20	1:02:39	30:04

* NB - Sporting Life 10K - subtract 1 sec/min!

NB: Q times, based on rolling 2 yr avged, blend of time/place of 2 biggest Toronto Races (spring/fall)