

AGN Running League Points Table

Revised 2018

10 km								15 km								21.1 km								25 km								32 km								42.2 km								50 km							
Male				Female				Male				Female				Male				Female				Male				Female				Male				Female																			
Rank	Age	Time	Points	Rank	Age	Time	Points	Rank	Age	Time	Points	Rank	Age	Time	Points	Rank	Age	Time	Points	Rank	Age	Time	Points	Rank	Age	Time	Points	Rank	Age	Time	Points	Rank	Age	Time	Points																				
10	00:38:15	00:38:15		10	00:43:30	00:43:15		10	01:23:30	01:23:30		10	01:34:45	01:34:45		10	01:40:00	01:40:00		10	02:10:50	02:10:50		10		02:55:45	03:00:30		10		03:33:30	03:39:30																							
9	00:40:45	00:40:45		9	00:46:15	00:46:15		9	01:28:45	01:28:45		9	01:41:00	01:41:00		9	01:46:30	01:46:30		9	02:19:16	02:19:16		9	02:19:16	02:19:16		9	03:07:00	03:12:15		9	03:47:30	03:53:45																					
8	00:43:30	00:43:30		8	00:49:30	00:49:15		8	01:35:00	01:35:00		8	01:47:45	01:46:45		8	01:54:00	01:54:00		8	02:29:00	02:29:00		8	02:40:03	02:40:03		8	03:20:00	03:25:30		8	04:03:00	04:10:00		8	04:21:15	04:28:30																	
7	00:46:45	00:46:45		7	00:53:15	00:53:00		7	01:42:00	01:42:00		7	01:55:45	01:54:45		7	02:02:30	02:02:30		7	02:37:30	02:37:30		7	02:40:03	02:44:34		7	03:29:45	03:34:45		7	04:07:00	04:15:00		7	04:21:15	04:28:30																	
6	00:50:25	00:50:25		6	00:57:30	00:57:15		6	01:50:15	01:50:15		6	02:05:15	02:04:00		6	02:12:15	02:12:15		6	02:52:51	02:52:51		6	03:07:54	03:07:54		6	03:52:00	03:58:30		6	04:12:15	04:19:15		6	04:21:15	04:28:30																	
5	00:54:45	00:54:45		5	01:02:30	01:02:15		5	01:59:45	01:59:45		5	02:16:00	02:14:45		5	02:23:45	02:23:45		5	03:07:54	03:07:54		5	03:29:45	03:29:45		5	04:15:30	04:23:30		5	04:12:15	04:19:15		5	04:21:15	04:28:30																	
4	01:00:00	01:00:00		4	01:08:15	01:08:15		4	02:11:15	02:11:15		4	02:29:00	02:27:45		4	02:37:30	02:37:30		4	03:25:50	03:25:50		4	03:47:31	03:47:31		4	04:36:15	04:44:00		4	04:12:15	04:19:15		4	04:21:15	04:28:30																	
3	01:06:30	01:06:30		3	01:15:30	01:15:15		3	02:25:00	02:25:00		3	02:44:45	02:43:15		3	02:54:00	02:54:00		3	03:47:31	03:47:31		3	04:11:33	04:11:33		3	05:05:30	05:14:00		3	05:05:30	05:14:00		3	06:11:30	06:22:00		3	06:11:30	06:22:00													
2	01:14:15	01:14:15		2	01:24:30	01:24:15		2	02:42:15	02:42:15		2	03:04:15	03:02:30		2	03:14:45	03:14:45		2	03:14:45	03:14:45		2	03:36:00	03:36:00		2	04:14:28	04:14:28		2	05:41:30	05:51:15		2	06:55:15	07:07:00		2	06:55:15	07:07:00													
10	00:58:30	00:58:30		10	01:06:45	01:06:00		10	01:53:45	01:53:45		10	02:29:00	02:29:00		10	02:58:30	02:58:30		10	03:14:45	03:14:45		10	03:36:00	03:36:00		10		06:16:15	06:27:45		10		07:34:45	07:48:45																			
9	01:02:15	01:02:15		9	01:11:00	01:10:15		9	01:28:45	01:28:45		9	01:41:00	01:40:00		9	01:58:15	01:58:15		9	02:19:16	02:19:16		9	02:33:58	02:33:58		9	03:13:30	03:19:30		9	03:47:30	03:53:45		9	04:09:00	04:16:45																	
8	01:06:30	01:06:30		8	01:16:00	01:15:15		8	01:35:00	01:35:00		8	01:47:45	01:46:45		8	02:06:30	02:06:30		8	02:29:00	02:29:00		8	02:44:39	02:44:39		8	03:20:00	03:26:30		8	03:47:30	03:53:45		8	04:26:00	04:34:30		8	04:26:00	04:34:30													
7	01:11:30	01:11:30		7	01:21:30	01:20:45		7	01:42:00	01:42:00		7	01:55:45	01:54:45		7	02:02:30	02:02:30		7	02:37:30	02:37:30		7	02:56:45	02:56:45		7	03:29:45	03:34:45		7	04:07:00	04:15:00		7	04:21:15	04:28:30		7	04:21:15	04:28:30													
6	01:17:15	01:17:15		6	01:28:15	01:27:15		6	01:50:15	01:50:15		6	02:05:15	02:04:00		6	02:12:15	02:12:15		6	02:52:51	02:52:51		6	03:07:54	03:07:54		6	03:52:00	03:58:30		6	04:12:15	04:19:15		6	04:21:15	04:28:30		6	04:21:15	04:28:30													
5	01:24:00	01:24:00		5	01:35:45	01:35:00		5	01:59:45	01:59:45		5	02:16:00	02:14:45		5	02:23:45	02:23:45		5	03:07:54	03:07:54		5	03:29:45	03:29:45		5	04:15:30	04:23:30		5	04:12:15	04:19:15		5	04:21:15	04:28:30		5	04:21:15	04:28:30													
4	01:32:00	01:32:00		4	01:45:00	01:44:00		4	02:11:15	02:11:15		4	02:29:00	02:27:45		4	02:37:30	02:37:30		4	03:25:50	03:25:50		4	03:47:31	03:47:31		4	04:36:15	04:44:00		4	04:12:15	04:19:15		4	04:21:15	04:28:30		4	04:21:15	04:28:30													
3	01:41:45	01:41:45		3	01:56:00	01:55:00		3	02:25:00	02:25:00		3	02:44:45	02:43:15		3	02:54:00	02:54:00		3	03:47:31	03:47:31		3	04:11:33	04:11:33		3	05:05:30	05:14:00		3	05:05:30	05:14:00		3	06:11:30	06:22:00		3	06:11:30	06:22:00													
2	01:53:45	01:53:45		2	02:09:45	02:08:30		2	02:42:15	02:42:15		2	03:04:15	03:02:30		2	03:14:45	03:14:45		2	03:14:45	03:14:45		2	03:36:00	03:36:00		2	04:14:28	04:14:28		2	05:41:30	05:51:15		2	06:55:15	07:07:00		2	06:55:15	07:07:00													
10	01:23:30	01:23:30		10	01:34:45	01:33:45		10	02:42:15	02:42:15		10	03:04:15	03:02:30		10	03:14:45	03:14:45		10	03:36:00	03:36:00		10		06:16:15	06:27:45		10		07:34:45	07:48:45		10		08:56:00	09:14:00																		
9	01:28:45	01:28:45		9	01:41:00	01:40:00		9	01:28:45	01:28:45		9	01:41:00	01:40:00		9	01:58:15	01:58:15		9	02:19:16	02:19:16		9	02:33:58	02:33:58		9	03:13:30	03:19:30		9	03:47:30	03:53:45		9	04:09:00	04:16:45		9	04:09:00	04:16:45													
8	01:35:00	01:35:00		8	01:47:45	01:46:45		8	01:35:00	01:35:00		8	01:47:45	01:46:45		8	02:06:30	02:06:30		8	02:29:00	02:29:00		8	02:44:39	02:44:39		8	03:20:00	03:26:30		8	03:47:30	03:53:45		8	04:26:00	04:34:30		8	04:26:00	04:34:30													
7	01:42:00	01:42:00		7	01:55:45	01:54:45		7	01:42:00	01:42:00		7	01:55:45	01:54:45		7	02:02:30	02:02:30		7	02:37:30	02:37:30		7	02:56:45	02:56:45		7	03:29:45	03:34:45		7	04:07:00	04:15:00		7	04:21:15	04:28:30		7	04:21:15	04:28:30													
6	01:50:15	01:50:15		6	02:05:15	02:04:00		6	01:50:15	01:50:15		6	02:05:15	02:04:00		6	02:12:15	02:12:15		6	02:52:51	02:52:51		6	03:07:54	03:07:54		6	03:52:00	03:58:30		6	04:12:15	04:19:15		6	04:21:15	04:28:30		6	04:21:15	04:28:30													
5	01:59:45	01:59:45		5	02:16:00	02:14:45		5	01:59:45	01:59:45		5	02:16:00	02:14:45		5	02:23:45	02:23:45		5	03:07:54	03:07:54		5	03:29:45	03:29:45		5	04:15:30	04:23:30		5	04:12:15	04:19:15		5	04:21:15	04:28:30		5	04:21:15	04:28:30													
4	02:11:15	02:11:15		4	02:29:00	02:27:45		4	02:11:15	02:11:15		4	02:29:00	02:27:45		4	02:37:30	02:37:30		4	03:25:50	03:25:50		4	03:47:31	03:47:31		4	04:36:15	04:44:00		4	04:12:15	04:19:15		4	04:21:15	04:28:30		4	04:21:15	04:28:30													
3	02:25:00	02:25:00		3	02:44:45	02:43:15		3	02:25:00	02:25:00		3	02:44:45	02:43:15		3	02:54:00	02:54:00		3	03:47:31	03:47:31		3	04:11:33	04:11:33		3	05:05:30	05:14:00		3	05:05:30	05:14:00		3	06:11:30	06:22:00		3	06:11:30	06:22:00													
2	02:42:15	02:42:15		2	03:04:15	03:02:30		2	02:42:15	02:42:15		2	03:04:15	03:02:30		2	03:14:45	03:14:45		2	03:14:45	03:14:45		2	03:36:00	03:36:00		2	04:14:28	04:14:28		2	05:41:30	05:51:15		2	06:55:15	07:07:00		2	06:55:15	07:07:00													
10	01:40:00	01:40:00		10	01:51:00	01:51:00		10	02:42:15	02:42:15		10	03:04:15	03:02:30		10	03:14:45	03:14:45		10	03:36:00	03:36:00		10		06:16:15	06:27:45		10		07:34:45	07:48:45		10		08:56:00	09:14:00																		
9	01:46:30	01:46:30		9	01:58:15	01:58:15		9	01:28:45	01:28:45		9	01:41:00	01:40:00		9	01:58:15	01:58:15		9	02:19:16	02:19:16		9	02:33:58	02:33:58		9	03:13:30	03:19:30		9	03:47:30	03:53:45		9	04:09:00	04:16:45		9	04:09:00	04:16:45													
8	01:54:00	01:54:00		8	02:06:30	02:06:30		8	01:35:00	01:35:00		8	01:47:45	01:46:45		8	02:06:30	02:06:30		8	02:29:00	02:29:00		8	02:44:39	02:44:39		8	03:20:00	03:26:30		8	03:47:30	03:53:45		8	04:26:00	04:34:30		8	04:26:00	04:34:30													
7	02:02:30	02:02:30		7	02:15:45	02:15:45		7	01:42:00	01:42:00		7	01:55:45	01:54:45		7	02:02:30	02:02:30																																					