10K Male Runners										
Time		0-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
0:00:00	40:59:00	100	100	100	100	100	100	100	100	100
41:00:00	41:59:00	95	100	100	100	100	100	100	100	100
42:00:00	42:59:00	90	95	100	100	100	100	100	100	100
43:00:00	43:59:00	85	90	95	100	100	100	100	100	100
44:00:00	44:59:00	80	85	90	95	100	100	100	100	100
45:00:00	45:59:00	75	80	85	90	95	100	100	100	100
46:00:00	46:59:00	70	75	80	85	90	95	100	100	100
47:00:00	47:59:00	65	70	75	80	85	90	95	100	100
48:00:00	48:59:00	60	65	70	75	80	85	90	95	100
49:00:00	49:59:00	55	60	65	70	75	80	85	90	95
50:00:00	50:59:00	50	55	60	65	70	75	80	85	90
51:00:00	51:59:00	45	50	55	60	65	70	75	80	85
52:00:00	52:59:00	40	45	50	55	60	65	70	75	80
53:00:00	53:59:00	35	40	45	50	55	60	65	70	75
54:00:00	54:59:00	30	35	40	45	50	55	60	65	70
55:00:00	55:59:00	25	30	35	40	45	50	55	60	65
56:00:00	56:59:00	20	25	30	35	40	45	50	55	60
57:00:00	57:59:00	15	20	25	30	35	40	45	50	55
58:00:00	58:59:00	10	15	20	25	30	35	40	45	50
59:00:00	59:59:00	5	10	15	20	25	30	35	40	45
60:00:00	60:59:00	0	5	10	15	20	25	30	35	40
61:00:00	61:59:00	0	0	5	10	15	20	25	30	35
62:00:00	62:59:00	0	0	0	5	10	15	20	25	30
63:00:00	63:59:00	0	0	0	0	5	10	15	20	25
64:00:00	64:59:00	0	0	0	0	0	5	10	15	20
65:00:00	65:59:00	0	0	0	0	0	0	5	10	15
66:00:00	66:59:00	0	0	0	0	0	0	0	5	10
67:00:00	67:59:00	0	0	0	0	0	0	0	0	5
68:00:00		0	0	0	0	0	0	0	0	0