5K Male Runners										
Time		0-24	25-29	30-34	35-39	40-44	45-49	50-54	55-59	60+
0:00:00	19:59:00	100	100	100	100	100	100	100	100	100
20:00:00	20:59:00	95	100	100	100	100	100	100	100	100
21:00:00	21:59:00	90	95	100	100	100	100	100	100	100
22:00:00	22:59:00	85	90	95	100	100	100	100	100	100
23:00:00	23:59:00	80	85	90	95	100	100	100	100	100
24:00:00	24:59:00	75	80	85	90	95	100	100	100	100
25:00:00	25:59:00	70	75	80	85	90	95	100	100	100
26:00:00	26:59:00	65	70	75	80	85	90	95	100	100
27:00:00	27:59:00	60	65	70	75	80	85	90	95	100
28:00:00	28:59:00	55	60	65	70	75	80	85	90	95
29:00:00	29:59:00	50	55	60	65	70	75	80	85	90
30:00:00	30:59:00	45	50	55	60	65	70	75	80	85
31:00:00	31:59:00	40	45	50	55	60	65	70	75	80
32:00:00	32:59:00	35	40	45	50	55	60	65	70	75
33:00:00	33:59:00	30	35	40	45	50	55	60	65	70
34:00:00	34:59:00	25	30	35	40	45	50	55	60	65
35:00:00	35:59:00	20	25	30	35	40	45	50	55	60
36:00:00	36:59:00	15	20	25	30	35	40	45	50	55
37:00:00	37:59:00	10	15	20	25	30	35	40	45	50
38:00:00	38:59:00	5	10	15	20	25	30	35	40	45
39:00:00	39:59:00	0	5	10	15	20	25	30	35	40
40:00:00	40:59:00	0	0	5	10	15	20	25	30	35
41:00:00	41:59:00	0	0	0	5	10	15	20	25	30
42:00:00	42:59:00	0	0	0	0	5	10	15	20	25
43:00:00	43:59:00	0	0	0	0	0	5	10	15	20
44:00:00	44:59:00	0	0	0	0	0	0	5	10	15
45:00:00	45:59:00	0	0	0	0	0	0	0	5	10
46:00:00	46:59:00	0	0	0	0	0	0	0	0	5
47:00:00		0	0	0	0	0	0	0	0	0