

AGN 2011 road walking qualifying standards for the inter provincial meeting in Cape Town on 08 October 2011

Age	14 to 15 (Development)	16 to 17 (Development)	Junior	19 to 34 (Open)	35 to 39 (Masters)	40 to 44 (Masters)	45 to 49 (Masters)	50 to 54 (Masters)	55 to 59 (Masters)	60 to 64 (Masters)	65 to 69 (Masters)	70 to 74 (Masters)	75 to 79 (Masters)
Dist				50kmWalk	50kmWalk	50kmWalk	50kmWalk	50kmWalk	50kmWalk				
M				05:14:34	05:14:55	05:18:43	05:27:04	05:39:08	05:52:14				
F				05:57:49	06:01:12	06:14:10	06:32:43	06:54:45	07:21:02				
Dist				42kmWalk	42kmWalk	42kmWalk	42kmWalk	42kmWalk	42kmWalk	42kmWalk	42kmWalk		
M				04:19:15	04:19:52	04:23:50	04:31:46	04:42:06	04:53:14	05:05:19	05:20:06		
F				04:53:55	04:56:42	05:06:54	05:21:51	05:39:33	06:00:43	06:26:14	06:57:26		
Dist			30kmWalk	30kmWalk	30kmWalk	30kmWalk	30kmWalk	30kmWalk	30kmWalk	30kmWalk	30kmWalk	30kmWalk	
M			03:03:20	02:56:44	02:57:47	03:01:27	03:07:50	03:15:14	03:23:12	03:32:01	03:42:52	03:56:32	
F			03:19:55	03:17:31	03:19:24	03:25:46	03:35:25	03:46:49	04:00:26	04:16:47	04:36:43	05:01:28	
Dist			21kmWalk	21kmWalk	21kmWalk	21kmWalk	21kmWalk	21kmWalk	21kmWalk	21kmWalk	21kmWalk	21kmWalk	21kmWalk
M			02:04:09	01:59:42	02:00:50	02:03:51	02:08:32	02:13:43	02:19:20	02:25:37	02:33:16	02:42:41	02:54:22
F			02:13:15	02:11:39	02:12:54	02:16:56	02:23:06	02:30:24	02:39:04	02:49:28	03:02:06	03:17:43	03:37:19
Dist			20kmWalk	20kmWalk	20kmWalk	20kmWalk	20kmWalk	20kmWalk	20kmWalk	20kmWalk	20kmWalk	20kmWalk	20kmWalk
M			01:57:08	01:52:57	01:54:04	01:56:58	02:01:26	02:06:20	02:11:39	02:17:37	02:24:53	02:33:47	02:44:46
F			02:05:19	02:03:49	02:05:00	02:08:45	02:14:32	02:21:21	02:29:26	02:39:09	02:50:57	03:05:30	03:23:47
Dist		10kmWalk	10kmWalk	10kmWalk	10kmWalk	10kmWalk	10kmWalk	10kmWalk	10kmWalk	10kmWalk	10kmWalk	10kmWalk	10kmWalk
M		00:57:01	00:56:19	00:54:22	00:55:08	00:56:50	00:59:06	01:01:33	01:04:13	01:07:15	01:10:50	01:15:08	01:20:19
F		01:01:15	01:00:30	00:59:47	01:00:21	01:02:07	01:04:41	01:07:44	01:11:19	01:15:36	01:20:47	01:27:07	01:34:59
Dist	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk	5kmWalk
M	00:28:24	00:27:33	00:27:12	00:26:17	00:26:44	00:27:37	00:28:44	00:29:57	00:31:16	00:32:46	00:34:31	00:36:35	00:39:03
F	00:30:20	00:29:35	00:29:14	00:28:53	00:29:09	00:30:00	00:31:13	00:32:34	00:34:10	00:36:05	00:38:22	00:41:08	00:44:33
Dist	3kmWalk	3kmWalk											
M	0:16:38	0:16:08											
F	0:17:46	0:17:20											