

Ukrop's Monument Avenue 10k

Qualifying Time Conversion Chart

<u>Wave</u>	<u>10k Qualifying Time</u>	<u>Marathon</u>	<u>1/2 Marathon</u>	<u>10 Mile</u>	<u>8k</u>	<u>5k</u>
A	Less than 43 min.	<3:19:42	<1:35:21	<1:10:59	<33:53	<20:30
B	43 to 45 min	<3:33:38	<1:42:00	<1:15:56	<36:15	<21:57
C	46 to 47 min.	<3:42:55	<1:46:26	<1:19:14	<37:50	<22:55
D	48 min.	<3:47:34	<1:48:39	<1:20:53	<38:37	<23:23
E	49 min.	<3:52:12	<1:50:52	<1:22:32	<39:24	<23:52
F	50 min.	<3:56:51	<1:53:05	<1:24:11	<40:11	<24:21
G	51 min.	<4:01:30	<1:55:18	<1:25:50	<40:59	<24:49
H	52 min.	<4:06:08	<1:57:31	<1:27:29	<41:46	<25:18
J	53 min.	<4:10:47	<1:59:44	<1:29:08	<42:33	<25:46
K	54 min.	<4:15:26	<2:01:57	<1:30:47	<43:21	<26:15
L	55 min.	<4:20:04	<2:04:10	<1:32:26	<44:08	<26:44