

WRRRA 2025 Women's Masters Fitness Standards

1k Median 75th & 50th percentiles (C-2 rankings - split times)

5k & 30mins Median of 90th & 75th Percentiles (C-2 rankings - split times)

	Women		
AGE	1k	5k	30min
19-29	02:00.7	02:03.4	02:04.4
30-39	02:01.9	02:10.6	02:08.4
40-49	02:02.7	02:08.1	02:10.9
50-54	02:05.5	02:10.3	02:10.4
55-59	02:09.0	02:11.5	02:14.9
60-64	02:13.3	02:15.2	02:16.4
65-69	02:17.2	02:18.1	02:20.9
70-74	02:20.3	02:26.0	02:27.9

WRRRA 2025 Men's Masters Fitness Standards

1k Median 75th & 50th percentiles (C-2 rankings - split times)

5k & 30mins Median of 90th & 75th Percentiles (C-2 rankings - split times)

AGE	1k	5k	30min
19-29	01:41.8	01:46.6	01:49.8
30-39	01:43.2	01:51.3	01:55.1
40-49	01:45.9	01:52.9	01:55.7
50-54	01:47.5	01:54.2	01:56.7
55-59	01:49.3	01:55.7	01:58.4
60-64	01:52.3	01:57.9	02:00.3
65-69	01:53.9	02:00.2	02:03.0
70-74	01:59.9	02:04.8	02:06.5