

WRRRA 2025 Women's Reserve Masters Fitness Standards

1k and 5k 50th percentiles (C-2 rankings - splits)		
AGE	1K	5K
19-29	04:10.50	22:22.60
30-39	04:14.10	22:58.50
40-49	04:14.50	23:18.30
50-54	04:19.60	23:48.70
55-59	04:28.60	23:58.20
60-64	04:36.40	24:37.50
65-69	04:46.50	25:47.70
70-74	04:52.40	27:38.00

WRRRA 2025 Men's Reserve Masters Fitness Standards

1k and 5k 50th percentiles (C-2 rankings - splits)		
AGE	1K	5K
19-29	03:30.20	19:30.40
30-39	03:33.90	19:59.80
40-49	03:39.20	20:16.80
50-54	03:42.20	20:40.90
55-59	03:46.00	20:57.30
60-64	03:50.90	21:08.30
65-69	03:55.40	21:47.90
70-74	04:07.30	22:40.40