

	Distance	Gender	Age cat
Middle	20 km	Male	01-06
	15 km	Male	07-09
	10 km	Male	10-13
	15 km	Female	01-08
	10 km	Female	09-13
Short	10 km	Female	01-08
	5 km	Female	09-13
	10 km	Male	01-09
	5 km	Male	10-13
Long	30 km	Male	01-06
	30 km	Male	07-09
	30 km	Female	01-06
	20 km	Female	07-08
	15 km	Male	10-13
	15 km	Female	09-13
Age categories	M/F 1	30-34	
	M/F 2	35-39	
	M/F 3	40-44	
	M/F 4	45-49	
	M/F 5	50-54	
	M/F 6	55-59	
	M/F 7	60-64	
	M/F 8	65-69	
	M/F 9	70-74	
	M/F 10	75-79	
	F 11	80+	
	M 11	80-84	
M 12	85+		