

Group number	10K indicative race/run time	Typical total repetitions/efforts
Group 1 – red	57 minutes +	20-24 minutes
Group 2 – yellow	52 to 56 minutes	22-26 minutes
Group 3 – blue	46 to 51 minutes	25-30 minutes
Group 4 – green	42 – 45 minutes	28-32 minutes
Group 5 - black	Under 41 minutes	30-35 minutes