

# Average Marathon Times: Male Runners

Age Group	Beginner	Novice	Intermediate	Advanced	Elite
20-30	4:57:01	4:10:05	3:34:56	3:08:42	2:49:13
31-40	5:00:40	4:13:09	3:37:34	3:11:02	2:51:18
41-50	5:19:25	4:28:57	3:51:08	3:22:56	3:01:59
51-60	5:48:34	4:53:30	4:12:14	3:41:28	3:18:35
61-70	6:23:39	5:23:02	4:37:37	4:03:45	3:38:34
71-80	7:16:35	6:07:36	5:15:55	4:37:22	4:08:44
81-90	9:24:56	7:55:41	6:48:48	5:58:55	5:21:52

# The Age Times

**R Bogdan**



**The Age Times:**

## **The Age Times** Book Review: Unveiling the Power of Words

In a world driven by information and connectivity, the ability of words has become more evident than ever. They have the capacity to inspire, provoke, and ignite change. Such could be the essence of the book **The Age Times**, a literary masterpiece that delves deep to the significance of words and their effect on our lives. Published by a renowned author, this captivating work takes readers on a transformative journey, unraveling the secrets and potential behind every word. In this review, we shall explore the book's key themes, examine its writing style, and analyze its overall effect on readers.

<https://ftp.thebrandexperience.com/book/uploaded-files/index.jsp/Working%20With%20Oils.pdf>

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