

Female Senior (18 to 34)

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:32:02	00:28:49	00:26:12	00:24:01	00:22:10	00:20:35	00:19:13	00:18:01
5 Mile	00:53:09	00:47:50	00:43:29	00:39:52	00:36:48	00:34:10	00:31:53	00:29:54
10 Km	01:06:42	01:00:02	00:54:35	00:50:02	00:46:11	00:42:53	00:40:01	00:37:31
10 Mile	01:49:40	01:38:42	01:29:44	01:22:15	01:15:55	01:10:30	01:05:48	01:01:41
Half Marathon	02:24:53	02:10:24	01:58:33	01:48:40	01:40:18	01:33:09	01:26:56	01:21:30
Marathon	05:00:56	04:30:50	04:06:13	03:45:42	03:28:20	03:13:27	03:00:33	02:49:16