

Female Vet 35

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:32:24	00:29:10	00:26:31	00:24:18	00:22:26	00:20:50	00:19:27	00:18:14
5 Mile	00:53:43	00:48:20	00:43:57	00:40:17	00:37:11	00:34:32	00:32:14	00:30:13
10 Km	01:07:23	01:00:39	00:55:08	00:50:32	00:46:39	00:43:19	00:40:26	00:37:54
10 Mile	01:50:46	01:39:41	01:30:37	01:23:04	01:16:41	01:11:12	01:06:27	01:02:18
Half Marathon	02:26:20	02:11:42	01:59:44	01:49:45	01:41:19	01:34:04	01:27:48	01:22:19
Marathon	05:03:10	04:32:51	04:08:03	03:47:23	03:29:53	03:14:54	03:01:54	02:50:32