

Female Vet 40

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:33:20	00:30:00	00:27:16	00:25:00	00:23:05	00:21:26	00:20:00	00:18:45
5 Mile	00:55:06	00:49:35	00:45:05	00:41:19	00:38:08	00:35:25	00:33:03	00:30:59
10 Km	01:09:02	01:02:08	00:56:29	00:51:47	00:47:48	00:44:23	00:41:25	00:38:50
10 Mile	01:53:27	01:42:07	01:32:50	01:25:06	01:18:33	01:12:56	01:08:04	01:03:49
Half Marathon	02:29:54	02:14:54	02:02:39	01:52:25	01:43:46	01:36:22	01:29:56	01:24:19
Marathon	05:10:16	04:39:14	04:13:51	03:52:42	03:34:48	03:19:27	03:06:10	02:54:31