

Female Vet 45

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:34:55	00:31:26	00:28:34	00:26:12	00:24:11	00:22:27	00:20:57	00:19:39
5 Mile	00:57:26	00:51:41	00:46:59	00:43:04	00:39:46	00:36:55	00:34:28	00:32:18
10 Km	01:11:51	01:04:40	00:58:47	00:53:53	00:49:44	00:46:11	00:43:06	00:40:25
10 Mile	01:58:01	01:46:13	01:36:33	01:28:30	01:21:42	01:15:52	01:10:48	01:06:23
Half Marathon	02:35:55	02:20:19	02:07:34	01:56:56	01:47:56	01:40:14	01:33:33	01:27:42
Marathon	05:22:57	04:50:39	04:24:14	04:02:13	03:43:35	03:27:37	03:13:46	03:01:40