

Female Vet 55

Time required to achieve your Stripe

| Distance | Copper | Bronze | Silver | Gold | Platinum | Titanium | Diamond | Zebra |
|------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 5 Km | 00:39:40 | 00:35:42 | 00:32:28 | 00:29:45 | 00:27:28 | 00:25:30 | 00:23:48 | 00:22:19 |
| 5 Mile | 01:05:11 | 00:58:40 | 00:53:20 | 00:48:53 | 00:45:07 | 00:41:54 | 00:39:06 | 00:36:40 |
| 10 Km | 01:21:24 | 01:13:16 | 01:06:36 | 01:01:03 | 00:56:21 | 00:52:20 | 00:48:50 | 00:45:47 |
| 10 Mile | 02:12:38 | 01:59:23 | 01:48:31 | 01:39:29 | 01:31:50 | 01:25:16 | 01:19:35 | 01:14:37 |
| Half Marathon | 02:55:14 | 02:37:43 | 02:23:23 | 02:11:26 | 02:01:19 | 01:52:39 | 01:45:09 | 01:38:34 |
| Marathon | 06:04:56 | 05:28:27 | 04:58:35 | 04:33:42 | 04:12:39 | 03:54:36 | 03:38:58 | 03:25:17 |