

Female Vet 70

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:49:53	00:44:54	00:40:49	00:37:25	00:34:32	00:32:04	00:29:56	00:28:04
5 Mile	01:22:22	01:14:08	01:07:24	01:01:47	00:57:02	00:52:57	00:49:25	00:46:20
10 Km	01:43:06	01:32:48	01:24:21	01:17:20	01:11:23	01:06:17	01:01:52	00:58:00
10 Mile	02:43:51	02:27:28	02:14:04	02:02:53	01:53:26	01:45:20	01:38:19	01:32:10
Half Marathon	03:36:29	03:14:50	02:57:07	02:42:22	02:29:52	02:19:10	02:09:53	02:01:46
Marathon	07:36:13	06:50:36	06:13:16	05:42:10	05:15:51	04:53:17	04:33:44	04:16:38