

Female Vet 75

Time required to achieve your Stripe

| Distance | Copper | Bronze | Silver | Gold | Platinum | Titanium | Diamond | Zebra |
|------------------|----------|----------|----------|----------|----------|----------|----------|----------|
| 5 Km | 00:54:35 | 00:49:07 | 00:44:39 | 00:40:56 | 00:37:47 | 00:35:05 | 00:32:45 | 00:30:42 |
| 5 Mile | 01:30:20 | 01:21:18 | 01:13:54 | 01:07:45 | 01:02:32 | 00:58:04 | 00:54:12 | 00:50:49 |
| 10 Km | 01:53:10 | 01:41:51 | 01:32:35 | 01:24:52 | 01:18:20 | 01:12:45 | 01:07:54 | 01:03:39 |
| 10 Mile | 02:57:48 | 02:40:01 | 02:25:28 | 02:13:21 | 02:03:06 | 01:54:18 | 01:46:41 | 01:40:01 |
| Half Marathon | 03:54:54 | 03:31:25 | 03:12:12 | 02:56:11 | 02:42:38 | 02:31:01 | 02:20:57 | 02:12:08 |
| Marathon | 08:18:03 | 07:28:15 | 06:47:30 | 06:13:33 | 05:44:49 | 05:20:11 | 04:58:50 | 04:40:09 |