

Female Vet 80

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	01:00:28	00:54:25	00:49:28	00:45:21	00:41:51	00:38:52	00:36:17	00:34:00
5 Mile	01:40:00	01:30:00	01:21:49	01:15:00	01:09:14	01:04:17	01:00:00	00:56:15
10 Km	02:05:23	01:52:51	01:42:35	01:34:03	01:26:48	01:20:36	01:15:14	01:10:32
10 Mile	03:16:34	02:56:55	02:40:50	02:27:26	02:16:05	02:06:22	01:57:57	01:50:34
Half Marathon	04:21:09	03:55:02	03:33:40	03:15:52	03:00:48	02:47:53	02:36:42	02:26:54
Marathon	09:22:16	08:26:02	07:40:02	07:01:42	06:29:16	06:01:27	05:37:22	05:16:17