

Male Senior (18 to 34)

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:28:02	00:25:14	00:22:56	00:21:02	00:19:25	00:18:01	00:16:49	00:15:46
5 Mile	00:46:29	00:41:50	00:38:02	00:34:52	00:32:11	00:29:53	00:27:53	00:26:09
10 Km	00:58:31	00:52:40	00:47:53	00:43:53	00:40:31	00:37:37	00:35:07	00:32:55
10 Mile	01:37:47	01:28:00	01:20:00	01:13:20	01:07:42	01:02:51	00:58:40	00:55:00
Half Marathon	02:09:44	01:56:46	01:46:09	01:37:18	01:29:49	01:23:24	01:17:51	01:12:59
Marathon	04:33:13	04:05:54	03:43:33	03:24:55	03:09:09	02:55:39	02:43:56	02:33:41