

Male Vet 35

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:28:39	00:25:47	00:23:26	00:21:29	00:19:50	00:18:25	00:17:11	00:16:07
5 Mile	00:47:29	00:42:44	00:38:51	00:35:37	00:32:53	00:30:32	00:28:30	00:26:43
10 Km	00:59:47	00:53:48	00:48:55	00:44:50	00:41:23	00:38:26	00:35:52	00:33:38
10 Mile	01:38:24	01:28:34	01:20:31	01:13:48	01:08:08	01:03:16	00:59:03	00:55:21
Half Marathon	02:10:24	01:57:21	01:46:41	01:37:48	01:30:16	01:23:49	01:18:14	01:13:21
Marathon	04:34:36	04:07:08	03:44:40	03:25:57	03:10:06	02:56:32	02:44:45	02:34:28