

Male Vet 40

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:29:40	00:26:42	00:24:16	00:22:15	00:20:32	00:19:04	00:17:48	00:16:41
5 Mile	00:49:11	00:44:16	00:40:14	00:36:53	00:34:03	00:31:37	00:29:31	00:27:40
10 Km	01:01:55	00:55:44	00:50:40	00:46:26	00:42:52	00:39:48	00:37:09	00:34:50
10 Mile	01:40:51	01:30:46	01:22:31	01:15:38	01:09:49	01:04:50	01:00:31	00:56:44
Half Marathon	02:13:25	02:00:04	01:49:09	01:40:03	01:32:22	01:25:46	01:20:03	01:15:03
Marathon	04:40:57	04:12:51	03:49:52	03:30:43	03:14:30	03:00:37	02:48:34	02:38:02