

Male Vet 45

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:30:49	00:27:44	00:25:13	00:23:07	00:21:20	00:19:49	00:18:29	00:17:20
5 Mile	00:51:05	00:45:59	00:41:48	00:38:19	00:35:22	00:32:50	00:30:39	00:28:44
10 Km	01:04:19	00:57:53	00:52:37	00:48:14	00:44:31	00:41:21	00:38:35	00:36:11
10 Mile	01:44:55	01:34:26	01:25:51	01:18:42	01:12:38	01:07:27	01:02:57	00:59:01
Half Marathon	02:18:46	02:04:53	01:53:32	01:44:04	01:36:04	01:29:12	01:23:15	01:18:03
Marathon	04:52:13	04:23:00	03:59:05	03:39:10	03:22:18	03:07:51	02:55:20	02:44:22