

Male Vet 50

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:32:03	00:28:51	00:26:14	00:24:02	00:22:11	00:20:36	00:19:14	00:18:02
5 Mile	00:53:08	00:47:50	00:43:29	00:39:51	00:36:47	00:34:10	00:31:53	00:29:53
10 Km	01:06:54	01:00:13	00:54:44	00:50:11	00:46:19	00:43:00	00:40:08	00:37:38
10 Mile	01:49:26	01:38:29	01:29:32	01:22:04	01:15:46	01:10:21	01:05:40	01:01:33
Half Marathon	02:24:47	02:10:18	01:58:28	01:48:35	01:40:14	01:33:05	01:26:52	01:21:26
Marathon	05:04:54	04:34:25	04:09:28	03:48:41	03:31:05	03:16:00	03:02:56	02:51:30