

Male Vet 55

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:33:24	00:30:03	00:27:20	00:25:03	00:23:07	00:21:28	00:20:02	00:18:47
5 Mile	00:55:22	00:49:50	00:45:18	00:41:32	00:38:20	00:35:36	00:33:13	00:31:09
10 Km	01:09:42	01:02:44	00:57:02	00:52:17	00:48:15	00:44:49	00:41:49	00:39:13
10 Mile	01:54:20	01:42:54	01:33:33	01:25:45	01:19:09	01:13:30	01:08:36	01:04:19
Half Marathon	02:31:21	02:16:13	02:03:50	01:53:31	01:44:47	01:37:18	01:30:49	01:25:08
Marathon	05:18:44	04:46:52	04:20:47	03:59:03	03:40:40	03:24:54	03:11:15	02:59:17