

Male Vet 60

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:34:52	00:31:22	00:28:31	00:26:09	00:24:08	00:22:25	00:20:55	00:19:36
5 Mile	00:57:47	00:52:01	00:47:17	00:43:21	00:40:01	00:37:09	00:34:40	00:32:30
10 Km	01:12:45	01:05:29	00:59:32	00:54:34	00:50:22	00:46:46	00:43:39	00:40:56
10 Mile	01:59:43	01:47:44	01:37:57	01:29:47	01:22:53	01:16:57	01:11:50	01:07:20
Half Marathon	02:38:33	02:22:42	02:09:43	01:58:55	01:49:46	01:41:55	01:35:08	01:29:11
Marathon	05:33:53	05:00:30	04:33:11	04:10:25	03:51:09	03:34:39	03:20:20	03:07:49