

Male Vet 70

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:38:18	00:34:29	00:31:21	00:28:44	00:26:31	00:24:38	00:22:59	00:21:33
5 Mile	01:03:30	00:57:09	00:51:58	00:47:38	00:43:58	00:40:50	00:38:06	00:35:43
10 Km	01:19:57	01:11:58	01:05:25	00:59:58	00:55:21	00:51:24	00:47:58	00:44:58
10 Mile	02:12:07	01:58:54	01:48:06	01:39:05	01:31:28	01:24:56	01:19:16	01:14:19
Half Marathon	02:55:12	02:37:41	02:23:21	02:11:24	02:01:18	01:52:38	01:45:07	01:38:33
Marathon	06:08:58	05:32:04	05:01:53	04:36:44	04:15:26	03:57:12	03:41:23	03:27:33