

Male Vet 75

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:41:11	00:37:04	00:33:42	00:30:53	00:28:31	00:26:28	00:24:43	00:23:10
5 Mile	01:08:16	01:01:27	00:55:52	00:51:12	00:47:16	00:43:53	00:40:58	00:38:24
10 Km	01:25:57	01:17:22	01:10:20	01:04:28	00:59:30	00:55:15	00:51:34	00:48:21
10 Mile	02:21:24	02:07:16	01:55:41	01:46:03	01:37:54	01:30:54	01:24:50	01:19:32
Half Marathon	03:07:15	02:48:31	02:33:12	02:20:26	02:09:38	02:00:22	01:52:21	01:45:19
Marathon	06:34:19	05:54:53	05:22:37	04:55:44	04:32:59	04:13:29	03:56:35	03:41:48