

Male Vet 80

Time required to achieve your Stripe

Distance	Copper	Bronze	Silver	Gold	Platinum	Titanium	Diamond	Zebra
5 Km	00:45:41	00:41:07	00:37:22	00:34:16	00:31:37	00:29:22	00:27:24	00:25:42
5 Mile	01:15:44	01:08:09	01:01:58	00:56:48	00:52:26	00:48:41	00:45:26	00:42:36
10 Km	01:35:20	01:25:48	01:18:00	01:11:30	01:06:00	01:01:17	00:57:12	00:53:38
10 Mile	02:36:15	02:20:37	02:07:50	01:57:11	01:48:10	01:40:27	01:33:45	01:27:53
Half Marathon	03:26:42	03:06:01	02:49:07	02:35:01	02:23:06	02:12:52	02:04:01	01:56:16
Marathon	07:15:17	06:31:45	05:56:08	05:26:27	05:01:21	04:39:49	04:21:10	04:04:51