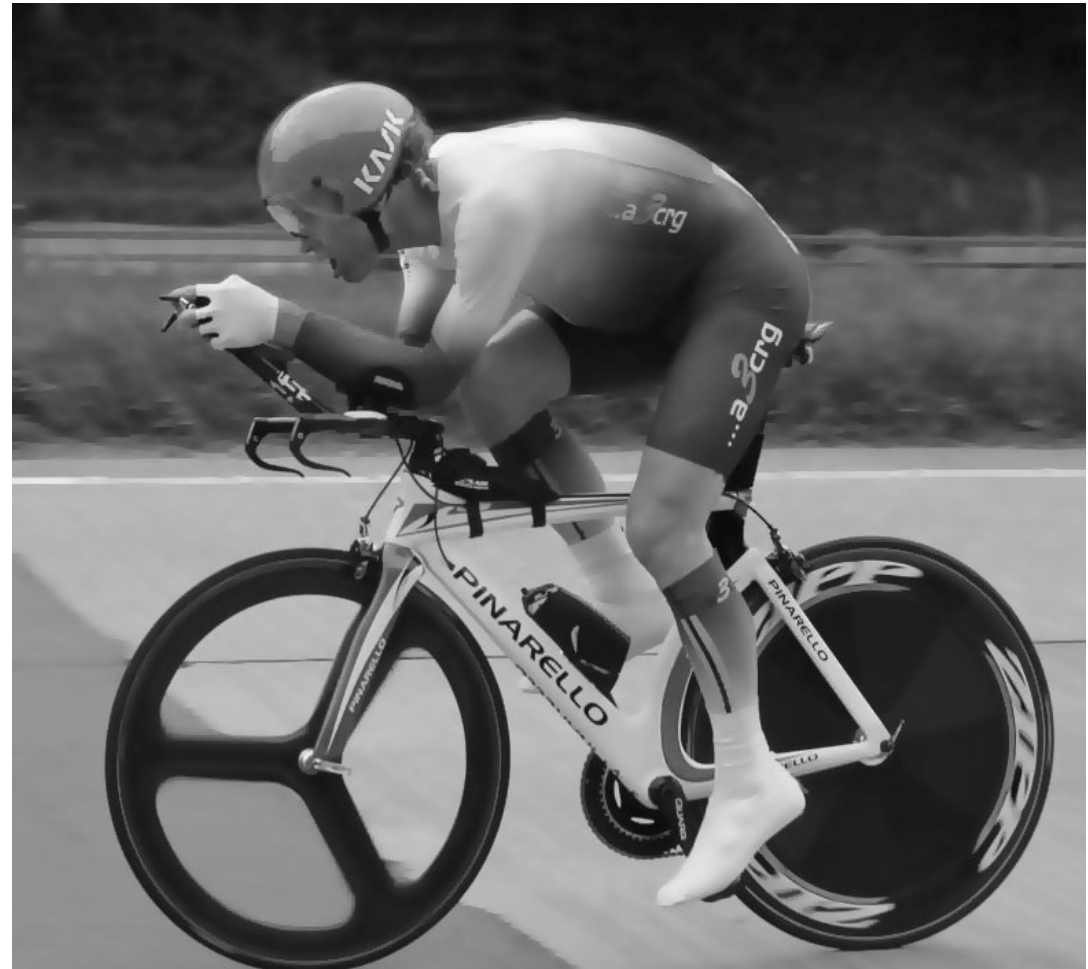




## **VTTA Age Adjustments and Standards 2021**



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**Title** VTTA Age Adjustments and Standards 2021  
**Version** FINAL Revision 5  
**Issue Date** 14/02/2023  
**Author** Jon Fairclough

**Introduction**

This document defines the age adjustment and standard times and distances for male and female solo and tandem bicycle and tricycle riders for use in Veterans Time Trials Association events and competitions. There are tables for each of men and women solo riders on bicycles and tricycles, and then men and women tandem riders on bicycles and tricycles. These tables are designed for printing. There are tables for all solo age adjustments and standards and all tandem age adjustment and standards. These tables are designed for use by computer software. There is a table of ratios used in the standards.

**Note on use of age adjustments**

For solo riders in distance events, the age adjustment for the age, gender and machine of the rider should be subtracted from his or her actual result to produce the age adjusted time.  
For solo riders in time events, the age adjustment for the age, gender and machine of the rider should be added to his or her actual result to produce the age adjusted distance.  
For tandem riders in distance events, the age adjustment for the age, gender and machine of each rider should be subtracted from their actual result to produce their age adjusted time.  
For tandem riders in time events, the age adjustment for the age, gender and machine of each rider should be added to their actual result to produce their age adjusted distance.

**Important notice**

The VTTA may change its age adjustments and standards prior to each racing season. These are the current 2021 standards. Users of this document should check whether these age adjustments and standards are still current before use. The current age adjustments and standards are available on the VTTA website [www.vtta.org.uk](http://www.vtta.org.uk)

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## Ratios

These standards are derived from an analysis of approximately 13000 elite men's solo bike results at a range of distances and times. Standards for women, trikes and tandems are derived using the ratios below.

<b>Ratio</b>	<b>Value %</b>	<b>Comment</b>
elite female/male solo bike speed (kf)	0.890507609	89.05% ratio of elite women's speed to elite male
male solo trike/male solo bike speed (kt)	0.912844000	91.28% ratio of sample of men riding a bike and a trike on the same course within a few years of each other
male solo bike standard/tandem bike standard (ktan)	1.040000000	104.00% ratio of solo distance standard to tandem distance standard needed to align elite performance on plus

MEN'S SOLO BICYCLE AGE ADJUSTMENTS

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	0:00	0:00	0:00	0:00	0:00	0:00	0.00	0.00	68	2:52	4:22	7:28	9:05	15:58	36:37	45.76	96.44
41	0:04	0:06	0:11	0:13	0:22	0:51	1.26	2.71	69	3:02	4:37	7:55	9:38	16:56	38:52	48.09	101.24
42	0:08	0:13	0:22	0:26	0:45	1:42	2.52	5.42	70	3:13	4:54	8:23	10:12	17:56	41:13	50.49	106.16
43	0:13	0:19	0:32	0:40	1:09	2:35	3.80	8.15	71	3:24	5:11	8:52	10:47	18:59	43:42	52.95	111.21
44	0:17	0:26	0:44	0:53	1:32	3:28	5.08	10.90	72	3:36	5:28	9:23	11:25	20:05	46:19	55.49	116.40
45	0:21	0:32	0:55	1:07	1:56	4:23	6.38	13.69	73	3:48	5:47	9:55	12:04	21:15	49:05	58.10	121.73
46	0:26	0:39	1:07	1:21	2:21	5:18	7.70	16.50	74	4:01	6:07	10:28	12:45	22:29	52:00	60.79	127.20
47	0:30	0:46	1:19	1:36	2:46	6:15	9.04	19.36	75	4:14	6:27	11:04	13:28	23:46	55:04	63.56	132.81
48	0:35	0:53	1:31	1:50	3:12	7:14	10.40	22.26	76	4:29	6:49	11:41	14:14	25:07	58:19	66.41	138.57
49	0:40	1:00	1:43	2:06	3:39	8:15	11.79	25.21	77	4:43	7:11	12:20	15:02	26:33	1:01:46	69.35	144.48
50	0:45	1:08	1:56	2:21	4:06	9:17	13.20	28.22	78	4:59	7:35	13:02	15:52	28:03	1:05:25	72.38	150.55
51	0:50	1:16	2:10	2:38	4:35	10:21	14.64	31.29	79	5:16	8:01	13:45	16:45	29:39	1:09:18	75.49	156.77
52	0:55	1:24	2:23	2:54	5:04	11:28	16.12	34.42	80	5:33	8:27	14:31	17:42	31:21	1:13:27	78.70	163.16
53	1:01	1:32	2:37	3:11	5:34	12:36	17.63	37.62	81	5:52	8:55	15:20	18:41	33:08	1:17:51	82.01	169.72
54	1:06	1:41	2:52	3:29	6:05	13:47	19.18	40.90	82	6:11	9:25	16:12	19:45	35:03	1:22:34	85.42	176.45
55	1:12	1:50	3:07	3:48	6:38	15:01	20.76	44.25	83	6:32	9:57	17:07	20:52	37:04	1:27:37	88.93	183.35
56	1:18	1:59	3:23	4:07	7:11	16:18	22.39	47.68	84	6:54	10:30	18:05	22:03	39:14	1:33:03	92.55	190.43
57	1:24	2:08	3:39	4:27	7:46	17:38	24.06	51.20	85	7:17	11:06	19:07	23:19	41:33	1:38:54	96.29	197.70
58	1:31	2:18	3:56	4:47	8:22	19:00	25.77	54.80	86	7:42	11:44	20:13	24:41	44:01	1:45:12	100.15	
59	1:38	2:28	4:14	5:08	9:00	20:27	27.53	58.50	87	8:08	12:25	21:24	26:08	46:40	1:52:03	104.12	
60	1:45	2:39	4:32	5:31	9:39	21:56	29.34	62.29	88	8:37	13:08	22:40	27:41	49:32	1:59:29	108.23	
61	1:52	2:50	4:51	5:54	10:20	23:30	31.20	66.18	89	9:07	13:55	24:02	29:21	52:37	2:07:36	112.47	
62	2:00	3:02	5:11	6:18	11:02	25:08	33.11	70.17	90	9:40	14:45	25:30	31:10	55:58	2:16:31	116.85	
63	2:07	3:14	5:31	6:43	11:46	26:50	35.07	74.27	91	10:15	15:39	27:05	33:07				
64	2:16	3:26	5:53	7:09	12:32	28:37	37.09	78.47	92	10:53	16:38	28:48	35:14				
65	2:24	3:39	6:15	7:36	13:20	30:29	39.16	82.79	93	11:34	17:41	30:40	37:33				
66	2:33	3:53	6:38	8:05	14:10	32:26	41.30	87.22	94	12:19	18:51	32:43	40:05				
67	2:43	4:07	7:03	8:34	15:03	34:28	43.50	91.77	95	13:08	20:07	34:58	42:52			2021	Rev A

WOMEN'S SOLO BICYCLE AGE ADJUSTMENTS

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	2:27	3:41	6:12	7:29	12:38	26:17	26.33	41.57	68	5:41	8:36	14:35	17:41	30:35	1:07:24	66.94	126.16
41	2:32	3:49	6:24	7:43	13:04	27:14	27.44	43.93	69	5:52	8:53	15:05	18:17	31:39	1:09:56	69.01	130.40
42	2:36	3:56	6:36	7:58	13:30	28:12	28.57	46.30	70	6:04	9:11	15:37	18:55	32:47	1:12:35	71.14	134.75
43	2:41	4:03	6:49	8:13	13:56	29:11	29.70	48.68	71	6:17	9:30	16:09	19:35	33:58	1:15:23	73.33	139.22
44	2:46	4:10	7:01	8:28	14:22	30:11	30.84	51.08	72	6:30	9:50	16:44	20:17	35:12	1:18:19	75.59	143.81
45	2:51	4:18	7:14	8:44	14:50	31:12	31.99	53.51	73	6:43	10:11	17:20	21:01	36:31	1:21:25	77.91	148.53
46	2:56	4:25	7:27	8:59	15:17	32:15	33.16	55.97	74	6:58	10:33	17:58	21:47	37:53	1:24:41	80.31	153.38
47	3:01	4:33	7:40	9:16	15:46	33:19	34.34	58.47	75	7:13	10:56	18:38	22:36	39:20	1:28:08	82.77	158.36
48	3:06	4:41	7:54	9:32	16:15	34:25	35.55	61.00	76	7:29	11:21	19:19	23:27	40:51	1:31:47	85.31	163.47
49	3:12	4:49	8:08	9:49	16:45	35:33	36.78	63.58	77	7:46	11:46	20:03	24:21	42:27	1:35:39	87.92	168.73
50	3:17	4:58	8:23	10:07	17:16	36:43	38.03	66.21	78	8:03	12:13	20:50	25:17	44:09	1:39:46	90.62	174.13
51	3:23	5:07	8:38	10:25	17:47	37:55	39.31	68.90	79	8:22	12:41	21:39	26:17	45:57	1:44:07	93.39	179.67
52	3:29	5:16	8:53	10:44	18:20	39:10	40.62	71.64	80	8:41	13:11	22:31	27:21	47:51	1:48:46	96.25	185.37
53	3:35	5:25	9:09	11:03	18:54	40:27	41.96	74.45	81	9:02	13:43	23:25	28:28	49:52	1:53:43	99.20	191.22
54	3:42	5:35	9:25	11:23	19:29	41:47	43.34	77.31	82	9:24	14:16	24:23	29:39	52:00	1:59:01	102.24	197.24
55	3:48	5:45	9:42	11:44	20:05	43:10	44.74	80.25	83	9:47	14:52	25:25	30:54	54:17	2:04:41	105.37	203.41
56	3:55	5:55	10:00	12:05	20:43	44:36	46.19	83.26	84	10:12	15:29	26:30	32:14	56:42	2:10:47	108.60	209.76
57	4:02	6:06	10:18	12:28	21:22	46:05	47.67	86.35	85	10:38	16:10	27:40	33:40	59:18	2:17:21	111.93	216.28
58	4:09	6:17	10:37	12:51	22:03	47:38	49.19	89.51	86	7:42	16:52	28:55	35:11	1:02:04	2:24:26	115.38	
59	4:17	6:28	10:57	13:15	22:45	49:15	50.75	92.76	87	8:08	17:38	30:14	36:49	1:05:03	2:32:07	118.93	
60	4:25	6:40	11:17	13:40	23:29	50:56	52.35	96.09	88	8:37	18:27	31:39	38:34	1:08:16	2:40:28	122.60	
61	4:33	6:53	11:39	14:05	24:14	52:41	54.00	99.50	89	9:07	19:19	33:11	40:26	1:11:44	2:49:35	126.39	
62	4:41	7:06	12:01	14:32	25:02	54:31	55.70	103.01	90	9:40	20:15	34:50	42:28	1:15:29	2:59:36	130.31	
63	4:50	7:19	12:24	15:01	25:52	56:26	57.44	106.62	91	10:15	21:16	36:37	44:39				
64	5:00	7:33	12:48	15:30	26:43	58:26	59.24	110.32	92	10:53	22:22	38:32	47:02				
65	5:09	7:48	13:13	16:00	27:37	1:00:31	61.08	114.12	93	11:34	23:33	40:38	49:38				
66	5:19	8:03	13:39	16:32	28:34	1:02:42	62.98	118.03	94	12:19	24:51	42:56	52:29				
67	5:30	8:19	14:07	17:06	29:33	1:05:00	64.93	122.04	95	13:08	26:17	45:28	55:37			2021	Rev A

MEN'S SOLO TRICYCLE AGE ADJUSTMENTS

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	1:54	2:52	4:49	5:48	9:49	20:25	20.88	32.96
41	1:59	2:59	5:01	6:03	10:14	21:20	22.02	35.39
42	2:03	3:06	5:13	6:17	10:39	22:17	23.17	37.83
43	2:08	3:13	5:25	6:32	11:04	23:14	24.33	40.28
44	2:13	3:20	5:37	6:46	11:30	24:13	25.50	42.75
45	2:18	3:27	5:49	7:02	11:57	25:13	26.68	45.25
46	2:22	3:35	6:02	7:17	12:24	26:14	27.88	47.78
47	2:27	3:42	6:15	7:33	12:51	27:16	29.10	50.35
48	2:33	3:50	6:28	7:49	13:20	28:21	30.34	52.96
49	2:38	3:58	6:42	8:06	13:49	29:27	31.60	55.61
50	2:43	4:07	6:56	8:23	14:19	30:35	32.89	58.32
51	2:49	4:15	7:11	8:41	14:50	31:46	34.20	61.08
52	2:55	4:24	7:26	8:59	15:22	32:58	35.54	63.90
53	3:01	4:33	7:41	9:18	15:55	34:14	36.92	66.79
54	3:07	4:42	7:57	9:37	16:29	35:32	38.33	69.74
55	3:13	4:52	8:14	9:57	17:05	36:52	39.77	72.76
56	3:20	5:02	8:31	10:18	17:42	38:16	41.25	75.85
57	3:27	5:13	8:49	10:40	18:20	39:44	42.77	79.02
58	3:34	5:23	9:08	11:03	18:59	41:14	44.33	82.27
59	3:41	5:35	9:27	11:26	19:41	42:49	45.93	85.61
60	3:49	5:46	9:47	11:50	20:23	44:27	47.58	89.03
61	3:57	5:58	10:08	12:16	21:08	46:10	49.27	92.55
62	4:05	6:11	10:29	12:42	21:54	47:57	51.01	96.15
63	4:14	6:24	10:52	13:09	22:43	49:49	52.80	99.86
64	4:23	6:38	11:15	13:38	23:33	51:46	54.63	103.66
65	4:32	6:52	11:40	14:08	24:26	53:48	56.53	107.57
66	4:42	7:07	12:05	14:39	25:21	55:56	58.47	111.58
67	4:52	7:23	12:32	15:11	26:18	58:11	60.48	115.70

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	5:03	7:39	13:00	15:45	27:19	1:00:31	62.54	119.93
69	5:14	7:56	13:29	16:21	28:22	1:02:59	64.66	124.28
70	5:26	8:14	14:00	16:58	29:28	1:05:35	66.84	128.75
71	5:38	8:32	14:32	17:37	30:37	1:08:18	69.09	133.34
72	5:51	8:52	15:05	18:18	31:50	1:11:10	71.41	138.05
73	6:04	9:12	15:40	19:01	33:06	1:14:11	73.79	142.89
74	6:18	9:34	16:17	19:46	34:26	1:17:22	76.24	147.86
75	6:33	9:56	16:56	20:33	35:51	1:20:45	78.77	152.97
76	6:49	10:20	17:37	21:23	37:20	1:24:18	81.37	158.22
77	7:05	10:45	18:20	22:16	38:54	1:28:05	84.05	163.61
78	7:22	11:11	19:05	23:11	40:33	1:32:05	86.81	169.14
79	7:40	11:39	19:53	24:09	42:18	1:36:21	89.66	174.83
80	7:59	12:08	20:43	25:11	44:09	1:40:52	92.59	180.66
81	8:19	12:39	21:37	26:17	46:07	1:45:42	95.61	186.66
82	8:41	13:11	22:34	27:26	48:13	1:50:52	98.72	192.82
83	9:03	13:46	23:34	28:40	50:26	1:56:24	101.93	199.15
84	9:27	14:23	24:37	29:58	52:48	2:02:21	105.24	205.64
85	9:53	15:02	25:46	31:21	55:20	2:08:45	108.66	212.32
86	10:20	15:43	26:58	32:50	58:02	2:15:40	112.18	
87	10:49	16:28	28:16	34:26	1:00:57	2:23:09	115.82	
88	11:20	17:16	29:39	36:08	1:04:05	2:31:18	119.58	
89	11:53	18:07	31:08	37:58	1:07:28	2:40:12	123.46	
90	12:29	19:02	32:45	39:56	1:11:07	2:49:58	127.48	
91	13:08	20:01	34:29	42:05				
92	13:49	21:05	36:22	44:24				
93	14:34	22:15	38:25	46:56				
94	15:24	23:31	40:39	49:43				
95	16:18	24:54	43:07	52:46				

WOMEN'S SOLO TRICYCLE AGE ADJUSTMENTS

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	4:35	6:55	11:37	13:59	23:40	49:13	45.60	72.05	68	8:07	12:17	20:48	25:10	43:19	1:34:16	82.60	96.44
41	4:41	7:02	11:50	14:15	24:08	50:16	46.62	74.18	69	8:20	12:36	21:21	25:50	44:30	1:37:02	84.49	101.24
42	4:46	7:10	12:03	14:32	24:36	51:19	47.64	76.31	70	8:33	12:56	21:55	26:32	45:44	1:39:56	86.43	106.16
43	4:51	7:18	12:17	14:48	25:05	52:24	48.67	78.46	71	8:47	13:17	22:31	27:15	47:02	1:42:59	88.43	111.21
44	4:56	7:26	12:30	15:05	25:34	53:29	49.71	80.63	72	9:01	13:39	23:09	28:01	48:23	1:46:13	90.48	116.40
45	5:02	7:34	12:44	15:22	26:04	54:36	50.76	82.82	73	9:16	14:02	23:48	28:50	49:49	1:49:36	92.60	121.73
46	5:07	7:43	12:59	15:39	26:34	55:45	51.82	85.04	74	9:32	14:26	24:30	29:40	51:19	1:53:11	94.79	127.20
47	5:13	7:51	13:13	15:57	27:05	56:55	52.90	87.29	75	9:49	14:51	25:13	30:33	52:54	1:56:58	97.04	132.81
48	5:19	8:00	13:28	16:15	27:37	58:07	54.00	89.58	76	10:06	15:18	25:59	31:29	54:34	2:00:58	99.35	138.57
49	5:25	8:09	13:44	16:34	28:10	59:22	55.12	91.91	77	10:24	15:46	26:47	32:28	56:20	2:05:12	101.74	144.48
50	5:31	8:18	14:00	16:53	28:44	1:00:38	56.26	94.28	78	10:44	16:15	27:38	33:30	58:11	2:09:42	104.19	150.55
51	5:37	8:28	14:16	17:13	29:18	1:01:57	57.43	96.71	79	11:04	16:46	28:32	34:36	1:00:09	2:14:29	106.73	156.77
52	5:43	8:38	14:33	17:33	29:54	1:03:19	58.62	99.19	80	11:25	17:19	29:29	35:45	1:02:14	2:19:34	109.34	163.16
53	5:50	8:48	14:50	17:55	30:32	1:04:44	59.84	101.72	81	11:48	17:53	30:29	36:59	1:04:26	2:25:00	112.03	169.72
54	5:57	8:59	15:08	18:17	31:10	1:06:11	61.09	104.31	82	12:12	18:30	31:32	38:17	1:06:47	2:30:48	114.81	176.45
55	6:04	9:10	15:27	18:39	31:50	1:07:42	62.37	106.97	83	12:37	19:09	32:40	39:39	1:09:17	2:37:01	117.67	183.35
56	6:12	9:21	15:46	19:03	32:31	1:09:16	63.69	109.69	84	13:04	19:50	33:51	41:07	1:11:56	2:43:41	120.62	190.43
57	6:19	9:33	16:06	19:27	33:14	1:10:54	65.04	112.48	85	13:33	20:34	35:08	42:41	1:14:47	2:50:53	123.67	197.70
58	6:27	9:45	16:27	19:52	33:58	1:12:36	66.42	115.34	86	14:04	21:21	36:29	44:21	1:17:49	2:58:38	126.81	
59	6:36	9:57	16:49	20:19	34:44	1:14:22	67.84	118.27	87	14:36	22:11	37:56	46:08	1:21:05	3:07:03	130.06	
60	6:44	10:10	17:11	20:46	35:33	1:16:13	69.30	121.29	88	15:11	23:04	39:30	48:03	1:24:36	3:16:12	133.42	
61	6:53	10:24	17:34	21:14	36:23	1:18:08	70.81	124.38	89	15:48	24:02	41:10	50:06	1:28:24	3:26:12	136.89	
62	7:03	10:38	17:59	21:44	37:15	1:20:08	72.35	127.56	90	16:28	25:04	42:58	52:19	1:32:31	3:37:10	140.47	
63	7:12	10:53	18:24	22:15	38:09	1:22:14	73.94	130.83	91	17:12	26:10	44:55	54:43				
64	7:22	11:08	18:50	22:47	39:06	1:24:25	75.57	134.18	92	17:58	27:22	47:02	57:20				
65	7:33	11:24	19:18	23:20	40:05	1:26:43	77.26	137.63	93	18:49	28:40	49:20	1:00:11				
66	7:44	11:41	19:47	23:55	41:07	1:29:07	78.99	141.17	94	19:44	30:06	51:51	1:03:18				
67	7:55	11:59	20:17	24:32	42:11	1:31:37	80.77	144.82	95	20:45	31:39	54:37	1:06:43			2021	Rev A



AGE ADJUSTMENTS (PER RIDER) MEN'S TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	0:00	0:00	0:00	0:00	0:00	0:00	0.00	0.00	68	1:23	2:06	3:35	4:22	7:40	17:35	23.80	50.15
41	0:02	0:03	0:05	0:06	0:11	0:24	0.66	1.41	69	1:27	2:13	3:48	4:37	8:08	18:39	25.01	52.64
42	0:04	0:06	0:11	0:12	0:22	0:49	1.31	2.82	70	1:33	2:21	4:01	4:54	8:36	19:47	26.25	55.20
43	0:06	0:09	0:15	0:19	0:33	1:14	1.98	4.24	71	1:38	2:29	4:15	5:11	9:07	20:59	27.53	57.83
44	0:08	0:12	0:21	0:25	0:44	1:40	2.64	5.67	72	1:44	2:37	4:30	5:29	9:38	22:14	28.85	60.53
45	0:10	0:15	0:26	0:32	0:56	2:06	3.32	7.12	73	1:49	2:47	4:46	5:48	10:12	23:34	30.21	63.30
46	0:12	0:19	0:32	0:39	1:08	2:33	4.00	8.58	74	1:56	2:56	5:01	6:07	10:48	24:58	31.61	66.14
47	0:14	0:22	0:38	0:46	1:20	3:00	4.70	10.07	75	2:02	3:06	5:19	6:28	11:24	26:26	33.05	69.06
48	0:17	0:25	0:44	0:53	1:32	3:28	5.41	11.58	76	2:09	3:16	5:36	6:50	12:03	28:00	34.53	72.06
49	0:19	0:29	0:49	1:00	1:45	3:58	6.13	13.11	77	2:16	3:27	5:55	7:13	12:45	29:39	36.06	75.13
50	0:22	0:33	0:56	1:08	1:58	4:27	6.86	14.67	78	2:24	3:38	6:15	7:37	13:28	31:24	37.64	78.29
51	0:24	0:36	1:02	1:16	2:12	4:58	7.61	16.27	79	2:32	3:51	6:36	8:02	14:14	33:16	39.25	81.52
52	0:26	0:40	1:09	1:24	2:26	5:30	8.38	17.90	80	2:40	4:03	6:58	8:30	15:03	35:15	40.92	84.84
53	0:29	0:44	1:15	1:32	2:40	6:03	9.17	19.56	81	2:49	4:17	7:22	8:58	15:54	37:22	42.65	88.25
54	0:32	0:48	1:23	1:40	2:55	6:37	9.97	21.27	82	2:58	4:31	7:47	9:29	16:49	39:38	44.42	91.75
55	0:35	0:53	1:30	1:49	3:11	7:12	10.80	23.01	83	3:08	4:47	8:13	10:01	17:48	42:03	46.24	95.34
56	0:37	0:57	1:37	1:59	3:27	7:49	11.64	24.79	84	3:19	5:02	8:41	10:35	18:50	44:40	48.13	99.02
57	0:40	1:01	1:45	2:08	3:44	8:28	12.51	26.62	85	3:30	5:20	9:11	11:12	19:57	47:28	50.07	102.80
58	0:44	1:06	1:53	2:18	4:01	9:07	13.40	28.50	86	3:42	5:38	9:42	11:51	21:08	50:30	52.08	
59	0:47	1:11	2:02	2:28	4:19	9:49	14.32	30.42	87	3:54	5:58	10:16	12:33	22:24	53:47	54.14	
60	0:50	1:16	2:11	2:39	4:38	10:32	15.26	32.39	88	4:08	6:18	10:53	13:17	23:47	57:21	56.28	
61	0:54	1:22	2:20	2:50	4:58	11:17	16.22	34.41	89	4:23	6:41	11:32	14:05	25:15	1:01:15	58.48	
62	0:58	1:27	2:29	3:01	5:18	12:04	17.22	36.49	90	4:38	7:05	12:14	14:58	26:52	1:05:32	60.76	
63	1:01	1:33	2:39	3:13	5:39	12:53	18.24	38.62	91	4:55	7:31	13:00	15:54				
64	1:05	1:39	2:49	3:26	6:01	13:44	19.29	40.80	92	5:13	7:59	13:49	16:55				
65	1:09	1:45	3:00	3:39	6:24	14:38	20.36	43.05	93	5:33	8:29	14:43	18:01				
66	1:13	1:52	3:11	3:53	6:48	15:34	21.48	45.35	94	5:55	9:03	15:42	19:14				
67	1:18	1:59	3:23	4:07	7:13	16:33	22.62	47.72	95	6:18	9:39	16:47	20:35				

A tandem combined handicap is derived by adding the two individual handicap from this and/or facing table

AGE ADJUSTMENTS (PER RIDER) WOMEN'S TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	1:11	1:46	2:59	3:36	6:04	12:37	13.69	21.62	68	2:44	4:08	7:00	8:29	14:41	32:21	34.81	65.60
41	1:13	1:50	3:04	3:42	6:16	13:04	14.27	22.84	69	2:49	4:16	7:14	8:47	15:12	33:34	35.89	67.81
42	1:15	1:53	3:10	3:49	6:29	13:32	14.86	24.08	70	2:55	4:24	7:30	9:05	15:44	34:50	36.99	70.07
43	1:17	1:57	3:16	3:57	6:41	14:00	15.44	25.31	71	3:01	4:34	7:45	9:24	16:18	36:11	38.13	72.39
44	1:20	2:00	3:22	4:04	6:54	14:29	16.04	26.56	72	3:07	4:43	8:02	9:44	16:54	37:36	39.31	74.78
45	1:22	2:04	3:28	4:12	7:07	14:59	16.63	27.83	73	3:13	4:53	8:19	10:05	17:32	39:05	40.51	77.24
46	1:24	2:07	3:35	4:19	7:20	15:29	17.24	29.10	74	3:21	5:04	8:37	10:27	18:11	40:39	41.76	79.76
47	1:27	2:11	3:41	4:27	7:34	16:00	17.86	30.40	75	3:28	5:15	8:57	10:51	18:53	42:18	43.04	82.35
48	1:29	2:15	3:48	4:35	7:48	16:31	18.49	31.72	76	3:36	5:27	9:16	11:15	19:36	44:03	44.36	85.00
49	1:32	2:19	3:54	4:43	8:02	17:04	19.13	33.06	77	3:44	5:39	9:37	11:41	20:23	45:55	45.72	87.74
50	1:35	2:23	4:01	4:51	8:17	17:37	19.78	34.43	78	3:52	5:52	10:00	12:08	21:12	47:53	47.12	90.55
51	1:37	2:27	4:09	5:00	8:32	18:12	20.44	35.83	79	4:01	6:05	10:24	12:37	22:03	49:59	48.56	93.43
52	1:40	2:32	4:16	5:09	8:48	18:48	21.12	37.25	80	4:10	6:20	10:48	13:08	22:58	52:12	50.05	96.39
53	1:43	2:36	4:24	5:18	9:04	19:25	21.82	38.71	81	4:20	6:35	11:14	13:40	23:56	54:35	51.58	99.43
54	1:47	2:41	4:31	5:28	9:21	20:03	22.54	40.20	82	4:31	6:51	11:42	14:14	24:58	57:08	53.16	102.56
55	1:49	2:46	4:39	5:38	9:38	20:43	23.26	41.73	83	4:42	7:08	12:12	14:50	26:03	59:51	54.79	105.77
56	1:53	2:50	4:48	5:48	9:57	21:24	24.02	43.30	84	4:54	7:26	12:43	15:28	27:13	1:02:47	56.47	109.08
57	1:56	2:56	4:57	5:59	10:15	22:07	24.79	44.90	85	5:06	7:46	13:17	16:10	28:28	1:05:56	58.20	112.47
58	2:00	3:01	5:06	6:10	10:35	22:52	25.58	46.55	86	5:20	8:06	13:53	16:53	29:48	1:09:20	60.00	
59	2:03	3:06	5:15	6:22	10:55	23:38	26.39	48.24	87	5:34	8:28	14:31	17:40	31:13	1:13:01	61.84	
60	2:07	3:12	5:25	6:34	11:16	24:27	27.22	49.97	88	5:49	8:51	15:12	18:31	32:46	1:17:01	63.75	
61	2:11	3:18	5:36	6:46	11:38	25:17	28.08	51.74	89	6:05	9:16	15:56	19:24	34:26	1:21:24	65.72	
62	2:15	3:24	5:46	6:59	12:01	26:10	28.96	53.57	90	6:23	9:43	16:43	20:23	36:14	1:26:12	67.76	
63	2:19	3:31	5:57	7:12	12:25	27:05	29.87	55.44	91	6:42	10:12	17:35	21:26				
64	2:24	3:37	6:09	7:26	12:49	28:03	30.80	57.37	92	7:02	10:44	18:30	22:35				
65	2:28	3:45	6:21	7:41	13:15	29:03	31.76	59.34	93	7:24	11:18	19:30	23:49				
66	2:33	3:52	6:33	7:56	13:43	30:06	32.75	61.38	94	7:49	11:56	20:36	25:12				
67	2:38	4:00	6:47	8:12	14:11	31:12	33.76	63.46	95	8:15	12:37	21:49	26:42				

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A tandem combined handicap is derived by adding the two individual handicaps from this and/or facing table

AGE ADJUSTMENTS (PER RIDER) MEN'S TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	0:55	1:23	2:19	2:47	4:43	9:48	10.86	17.14
41	0:57	1:26	2:24	2:54	4:55	10:14	11.45	18.40
42	0:59	1:29	2:30	3:01	5:07	10:42	12.05	19.67
43	1:01	1:33	2:36	3:08	5:19	11:09	12.65	20.95
44	1:04	1:36	2:42	3:15	5:31	11:37	13.26	22.23
45	1:06	1:39	2:48	3:23	5:44	12:06	13.87	23.53
46	1:08	1:43	2:54	3:30	5:57	12:36	14.50	24.85
47	1:11	1:47	3:00	3:37	6:10	13:05	15.13	26.18
48	1:13	1:50	3:06	3:45	6:24	13:36	15.78	27.54
49	1:16	1:54	3:13	3:53	6:38	14:08	16.43	28.92
50	1:18	1:59	3:20	4:01	6:52	14:41	17.10	30.33
51	1:21	2:02	3:27	4:10	7:07	15:15	17.78	31.76
52	1:24	2:07	3:34	4:19	7:23	15:49	18.48	33.23
53	1:27	2:11	3:41	4:28	7:38	16:26	19.20	34.73
54	1:30	2:15	3:49	4:37	7:55	17:03	19.93	36.26
55	1:33	2:20	3:57	4:47	8:12	17:42	20.68	37.84
56	1:36	2:25	4:05	4:57	8:30	18:22	21.45	39.44
57	1:39	2:30	4:14	5:07	8:48	19:04	22.24	41.09
58	1:43	2:35	4:23	5:18	9:07	19:48	23.05	42.78
59	1:46	2:41	4:32	5:29	9:27	20:33	23.88	44.52
60	1:50	2:46	4:42	5:41	9:47	21:20	24.74	46.30
61	1:54	2:52	4:52	5:53	10:09	22:10	25.62	48.13
62	1:58	2:58	5:02	6:06	10:31	23:01	26.53	50.00
63	2:02	3:04	5:13	6:19	10:54	23:55	27.46	51.93
64	2:06	3:11	5:24	6:33	11:18	24:51	28.41	53.90
65	2:11	3:18	5:36	6:47	11:44	25:49	29.40	55.94
66	2:15	3:25	5:48	7:02	12:10	26:51	30.40	58.02
67	2:20	3:33	6:01	7:17	12:37	27:56	31.45	60.16

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	2:25	2:06	6:14	7:34	13:07	29:03	32.52	62.36
69	2:31	2:13	6:28	7:51	13:37	30:14	33.62	64.63
70	2:36	2:21	6:43	8:09	14:09	31:29	34.76	66.95
71	2:42	2:29	6:59	8:27	14:42	32:47	35.93	69.34
72	2:48	2:37	7:14	8:47	15:17	34:10	37.13	71.79
73	2:55	2:47	7:31	9:08	15:53	35:36	38.37	74.30
74	3:01	2:56	7:49	9:29	16:32	37:08	39.64	76.89
75	3:09	3:06	8:08	9:52	17:12	38:46	40.96	79.54
76	3:16	3:16	8:27	10:16	17:55	40:28	42.31	82.27
77	3:24	3:27	8:48	10:41	18:40	42:17	43.71	85.08
78	3:32	3:38	9:10	11:08	19:28	44:12	45.14	87.95
79	3:41	3:51	9:33	11:36	20:18	46:15	46.62	90.91
80	3:50	4:03	9:57	12:05	21:12	48:25	48.15	93.94
81	4:00	4:17	10:23	12:37	22:08	50:44	49.72	97.06
82	4:10	4:31	10:50	13:10	23:09	53:13	51.33	100.27
83	4:21	4:47	11:19	13:46	24:12	55:52	53.00	103.56
84	4:32	5:02	11:49	14:23	25:21	58:44	54.72	106.93
85	4:45	5:20	12:22	15:03	26:34	1:01:48	56.50	110.41
86	4:58	5:38	12:57	15:46	27:51	1:05:07	58.33	
87	5:12	5:58	13:34	16:32	29:15	1:08:43	60.23	
88	5:26	6:18	14:14	17:21	30:46	1:12:37	62.18	
89	5:42	6:41	14:57	18:13	32:23	1:16:54	64.20	
90	6:00	7:05	15:43	19:10	34:08	1:21:35	66.29	
91	6:18	7:31	16:33	20:12				
92	6:38	7:59	17:27	21:19				
93	7:00	8:29	18:26	22:32				
94	7:24	9:03	19:31	23:52				
95	7:49	9:39	20:42	25:20				

AGE ADJUSTMENTS (PER RIDER) WOMEN'S TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	2:12	3:19	5:35	6:43	11:22	23:37	23.71	37.47
41	2:15	3:23	5:41	6:50	11:35	24:08	24.24	38.57
42	2:17	3:26	5:47	6:59	11:48	24:38	24.77	39.68
43	2:20	3:30	5:54	7:06	12:02	25:09	25.31	40.80
44	2:22	3:34	6:00	7:14	12:16	25:40	25.85	41.93
45	2:25	3:38	6:07	7:23	12:31	26:12	26.40	43.07
46	2:27	3:42	6:14	7:31	12:45	26:46	26.95	44.22
47	2:30	3:46	6:21	7:39	13:00	27:19	27.51	45.39
48	2:33	3:50	6:28	7:48	13:15	27:54	28.08	46.58
49	2:36	3:55	6:36	7:57	13:31	28:30	28.66	47.79
50	2:39	3:59	6:43	8:06	13:48	29:06	29.26	49.03
51	2:42	4:04	6:51	8:16	14:04	29:44	29.86	50.29
52	2:45	4:09	6:59	8:25	14:21	30:24	30.48	51.58
53	2:48	4:13	7:07	8:36	14:39	31:04	31.12	52.89
54	2:51	4:19	7:16	8:47	14:58	31:46	31.77	54.24
55	2:55	4:24	7:25	8:57	15:17	32:30	32.43	55.62
56	2:59	4:29	7:34	9:09	15:36	33:15	33.12	57.04
57	3:02	4:35	7:44	9:20	15:57	34:02	33.82	58.49
58	3:06	4:41	7:54	9:32	16:18	34:51	34.54	59.98
59	3:10	4:47	8:04	9:45	16:40	35:42	35.28	61.50
60	3:14	4:53	8:15	9:58	17:04	36:35	36.04	63.07
61	3:18	5:00	8:26	10:12	17:28	37:30	36.82	64.68
62	3:23	5:06	8:38	10:26	17:53	38:28	37.62	66.33
63	3:27	5:13	8:50	10:41	18:19	39:28	38.45	68.03
64	3:32	5:21	9:02	10:56	18:46	40:31	39.30	69.77
65	3:37	5:28	9:16	11:12	19:14	41:37	40.18	71.57
66	3:43	5:36	9:30	11:29	19:44	42:47	41.07	73.41
67	3:48	5:45	9:44	11:47	20:15	43:59	42.00	75.31

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	3:54	5:54	9:59	12:05	20:48	45:15	42.95	77.25
69	4:00	6:03	10:15	12:24	21:22	46:35	43.93	79.25
70	4:06	6:12	10:31	12:44	21:57	47:58	44.94	81.31
71	4:13	6:23	10:48	13:05	22:35	49:26	45.98	83.42
72	4:20	6:33	11:07	13:27	23:13	50:59	47.05	85.59
73	4:27	6:44	11:25	13:50	23:55	52:36	48.15	87.82
74	4:35	6:56	11:46	14:14	24:38	54:20	49.29	90.12
75	4:43	7:08	12:06	14:40	25:24	56:09	50.46	92.47
76	4:51	7:21	12:28	15:07	26:12	58:04	51.66	94.89
77	5:00	7:34	12:51	15:35	27:02	1:00:06	52.90	97.39
78	5:09	7:48	13:16	16:05	27:56	1:02:15	54.18	99.95
79	5:19	8:03	13:42	16:36	28:52	1:04:33	55.50	102.59
80	5:29	8:19	14:09	17:10	29:52	1:07:00	56.86	105.29
81	5:40	8:35	14:38	17:45	30:56	1:09:36	58.26	108.07
82	5:51	8:53	15:08	18:23	32:03	1:12:23	59.70	110.93
83	6:03	9:12	15:41	19:02	33:15	1:15:22	61.19	113.87
84	6:16	9:31	16:15	19:44	34:32	1:18:34	62.72	116.90
85	6:30	9:52	16:52	20:29	35:54	1:22:01	64.31	120.01
86	6:45	10:15	17:31	21:17	37:21	1:25:45	65.94	
87	7:00	10:39	18:12	22:09	38:55	1:29:47	67.63	
88	7:17	11:04	18:58	23:04	40:36	1:34:11	69.38	
89	7:35	11:32	19:46	24:03	42:26	1:38:59	71.18	
90	7:54	12:02	20:37	25:07	44:24	1:44:14	73.04	
91	8:15	12:34	21:34	26:16				
92	8:37	13:08	22:35	27:31				
93	9:02	13:46	23:41	28:53				
94	9:28	14:27	24:53	30:23				
95	9:58	15:12	26:13	32:01				

2021 Rev A

A tandem combined handicap is derived by adding the two individual handicaps from this and/or facing table





AGE STANDARDS - MENS SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	26:06	39:18	1:06:00	1:19:30	2:14:34	4:39:47	221.55	379.95
41	26:10	39:24	1:06:11	1:19:43	2:14:56	4:40:38	220.29	377.24
42	26:14	39:31	1:06:22	1:19:56	2:15:19	4:41:29	219.03	374.53
43	26:19	39:37	1:06:32	1:20:10	2:15:43	4:42:22	217.75	371.80
44	26:23	39:44	1:06:44	1:20:23	2:16:06	4:43:15	216.47	369.05
45	26:27	39:50	1:06:55	1:20:37	2:16:30	4:44:10	215.17	366.26
46	26:32	39:57	1:07:07	1:20:51	2:16:55	4:45:05	213.85	363.45
47	26:36	40:04	1:07:19	1:21:06	2:17:20	4:46:02	212.51	360.59
48	26:41	40:11	1:07:31	1:21:20	2:17:46	4:47:01	211.15	357.69
49	26:46	40:18	1:07:43	1:21:36	2:18:13	4:48:02	209.76	354.74
50	26:51	40:26	1:07:56	1:21:51	2:18:40	4:49:04	208.35	351.73
51	26:56	40:34	1:08:10	1:22:08	2:19:09	4:50:08	206.91	348.66
52	27:01	40:42	1:08:23	1:22:24	2:19:38	4:51:15	205.43	345.53
53	27:07	40:50	1:08:37	1:22:41	2:20:08	4:52:23	203.92	342.33
54	27:12	40:59	1:08:52	1:22:59	2:20:39	4:53:34	202.37	339.05
55	27:18	41:08	1:09:07	1:23:18	2:21:12	4:54:48	200.79	335.70
56	27:24	41:17	1:09:23	1:23:37	2:21:45	4:56:05	199.16	332.27
57	27:30	41:26	1:09:39	1:23:57	2:22:20	4:57:25	197.49	328.75
58	27:37	41:36	1:09:56	1:24:17	2:22:56	4:58:47	195.78	325.15
59	27:44	41:46	1:10:14	1:24:38	2:23:34	5:00:14	194.02	321.45
60	27:51	41:57	1:10:32	1:25:01	2:24:13	5:01:43	192.21	317.66
61	27:58	42:08	1:10:51	1:25:24	2:24:54	5:03:17	190.35	313.77
62	28:06	42:20	1:11:11	1:25:48	2:25:36	5:04:55	188.44	309.78
63	28:13	42:32	1:11:31	1:26:13	2:26:20	5:06:37	186.48	305.68
64	28:22	42:44	1:11:53	1:26:39	2:27:06	5:08:24	184.46	301.48
65	28:30	42:57	1:12:15	1:27:06	2:27:54	5:10:16	182.39	297.16
66	28:39	43:11	1:12:38	1:27:35	2:28:44	5:12:13	180.25	292.73
67	28:49	43:25	1:13:03	1:28:04	2:29:37	5:14:15	178.05	288.18

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	28:58	43:40	1:13:28	1:28:35	2:30:32	5:16:24	175.79	283.51
69	29:08	43:55	1:13:55	1:29:08	2:31:30	5:18:39	173.46	278.71
70	29:19	44:12	1:14:23	1:29:42	2:32:30	5:21:00	171.06	273.79
71	29:30	44:29	1:14:52	1:30:17	2:33:33	5:23:29	168.60	268.74
72	29:42	44:46	1:15:23	1:30:55	2:34:39	5:26:06	166.06	263.55
73	29:54	45:05	1:15:55	1:31:34	2:35:49	5:28:52	163.45	258.22
74	30:07	45:25	1:16:28	1:32:15	2:37:03	5:31:47	160.76	252.75
75	30:20	45:45	1:17:04	1:32:58	2:38:20	5:34:51	157.99	247.14
76	30:35	46:07	1:17:41	1:33:44	2:39:41	5:38:06	155.14	241.38
77	30:49	46:29	1:18:20	1:34:32	2:41:07	5:41:33	152.20	235.47
78	31:05	46:53	1:19:02	1:35:22	2:42:37	5:45:12	149.17	229.40
79	31:22	47:19	1:19:45	1:36:15	2:44:13	5:49:05	146.06	223.18
80	31:39	47:45	1:20:31	1:37:12	2:45:55	5:53:14	142.85	216.79
81	31:58	48:13	1:21:20	1:38:11	2:47:42	5:57:38	139.54	210.23
82	32:17	48:43	1:22:12	1:39:15	2:49:37	6:02:21	136.13	203.50
83	32:38	49:15	1:23:07	1:40:22	2:51:38	6:07:24	132.62	196.60
84	33:00	49:48	1:24:05	1:41:33	2:53:48	6:12:50	129.00	189.52
85	33:23	50:24	1:25:07	1:42:49	2:56:07	6:18:41	125.26	182.25
86	33:48	51:02	1:26:13	1:44:11	2:58:35	6:24:59	121.40	
87	34:14	51:43	1:27:24	1:45:38	3:01:14	6:31:50	117.43	
88	34:43	52:26	1:28:40	1:47:11	3:04:06	6:39:16	113.32	
89	35:13	53:13	1:30:02	1:48:51	3:07:11	6:47:23	109.08	
90	35:46	54:03	1:31:30	1:50:40	3:10:32	6:56:18	104.70	
91	36:21	54:57	1:33:05	1:52:37				
92	36:59	55:56	1:34:48	1:54:44				
93	37:40	56:59	1:36:40	1:57:03				
94	38:25	58:09	1:38:43	1:59:35				
95	39:14	59:25	1:40:58	2:02:22			2021	version

AGE STANDARDS - WOMEN'S SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	28:33	42:59	1:12:12	1:26:59	2:27:12	5:06:04	195.22	338.38
41	28:38	43:07	1:12:24	1:27:13	2:27:38	5:07:01	194.11	336.02
42	28:42	43:14	1:12:36	1:27:28	2:28:04	5:07:59	192.98	333.65
43	28:47	43:21	1:12:49	1:27:43	2:28:30	5:08:58	191.85	331.27
44	28:52	43:28	1:13:01	1:27:58	2:28:56	5:09:58	190.71	328.87
45	28:57	43:36	1:13:14	1:28:14	2:29:24	5:10:59	189.56	326.44
46	29:02	43:43	1:13:27	1:28:29	2:29:51	5:12:02	188.39	323.98
47	29:07	43:51	1:13:40	1:28:46	2:30:20	5:13:06	187.21	321.48
48	29:12	43:59	1:13:54	1:29:02	2:30:49	5:14:12	186.00	318.95
49	29:18	44:07	1:14:08	1:29:19	2:31:19	5:15:20	184.77	316.37
50	29:23	44:16	1:14:23	1:29:37	2:31:50	5:16:30	183.52	313.74
51	29:29	44:25	1:14:38	1:29:55	2:32:21	5:17:42	182.24	311.05
52	29:35	44:34	1:14:53	1:30:14	2:32:54	5:18:57	180.93	308.31
53	29:41	44:43	1:15:09	1:30:33	2:33:28	5:20:14	179.59	305.50
54	29:48	44:53	1:15:25	1:30:53	2:34:03	5:21:34	178.21	302.64
55	29:54	45:03	1:15:42	1:31:14	2:34:39	5:22:57	176.81	299.70
56	30:01	45:13	1:16:00	1:31:35	2:35:17	5:24:23	175.36	296.69
57	30:08	45:24	1:16:18	1:31:58	2:35:56	5:25:52	173.88	293.60
58	30:15	45:35	1:16:37	1:32:21	2:36:37	5:27:25	172.36	290.44
59	30:23	45:46	1:16:57	1:32:45	2:37:19	5:29:02	170.80	287.19
60	30:31	45:58	1:17:17	1:33:10	2:38:03	5:30:43	169.20	283.86
61	30:39	46:11	1:17:39	1:33:35	2:38:48	5:32:28	167.55	280.45
62	30:47	46:24	1:18:01	1:34:02	2:39:36	5:34:18	165.85	276.94
63	30:56	46:37	1:18:24	1:34:31	2:40:26	5:36:13	164.11	273.33
64	31:06	46:51	1:18:48	1:35:00	2:41:17	5:38:13	162.31	269.63
65	31:15	47:06	1:19:13	1:35:30	2:42:11	5:40:18	160.47	265.83
66	31:25	47:21	1:19:39	1:36:02	2:43:08	5:42:29	158.57	261.92
67	31:36	47:37	1:20:07	1:36:36	2:44:07	5:44:47	156.62	257.91

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	31:47	47:54	1:20:35	1:37:11	2:45:09	5:47:11	154.61	253.79
69	31:58	48:11	1:21:05	1:37:47	2:46:13	5:49:43	152.54	249.55
70	32:10	48:29	1:21:37	1:38:25	2:47:21	5:52:22	150.41	245.20
71	32:23	48:48	1:22:09	1:39:05	2:48:32	5:55:10	148.22	240.73
72	32:36	49:08	1:22:44	1:39:47	2:49:46	5:58:06	145.96	236.14
73	32:49	49:29	1:23:20	1:40:31	2:51:05	6:01:12	143.64	231.42
74	33:04	49:51	1:23:58	1:41:17	2:52:27	6:04:28	141.24	226.57
75	33:19	50:14	1:24:38	1:42:06	2:53:54	6:07:55	138.78	221.59
76	33:35	50:39	1:25:19	1:42:57	2:55:25	6:11:34	136.24	216.48
77	33:52	51:04	1:26:03	1:43:51	2:57:01	6:15:26	133.63	211.22
78	34:09	51:31	1:26:50	1:44:47	2:58:43	6:19:33	130.93	205.82
79	34:28	51:59	1:27:39	1:45:47	3:00:31	6:23:54	128.16	200.28
80	34:47	52:29	1:28:31	1:46:51	3:02:25	6:28:33	125.30	194.58
81	35:08	53:01	1:29:25	1:47:58	3:04:26	6:33:30	122.35	
82	35:30	53:34	1:30:23	1:49:09	3:06:34	6:38:48	119.31	
83	35:53	54:10	1:31:25	1:50:24	3:08:51	6:44:28	116.18	
84	36:18	54:47	1:32:30	1:51:44	3:11:16	6:50:34	112.95	
85	36:44	55:28	1:33:40	1:53:10	3:13:52	6:57:08	109.62	
86	37:12	56:10	1:34:55	1:54:41				
87	37:41	56:56	1:36:14	1:56:19				
88	38:13	57:45	1:37:39	1:58:04				
89	38:47	58:37	1:39:11	1:59:56				
90	39:24	59:33	1:40:50	2:01:58				
91	40:03	1:00:34	1:42:37	2:04:09				
92	40:46	1:01:40	1:44:32	2:06:32				
93	41:32	1:02:51	1:46:38	2:09:08				
94	42:23	1:04:09	1:48:56	2:11:59				
95	43:18	1:05:35	1:51:28	2:15:07				

2021 version



AGE STANDARDS - MEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	28:00	42:10	1:10:49	1:25:18	2:24:23	5:00:12	200.67	346.99
41	28:05	42:17	1:11:01	1:25:33	2:24:48	5:01:07	199.53	344.56
42	28:09	42:24	1:11:13	1:25:47	2:25:13	5:02:04	198.38	342.12
43	28:14	42:31	1:11:25	1:26:02	2:25:38	5:03:01	197.22	339.67
44	28:19	42:38	1:11:37	1:26:16	2:26:04	5:04:00	196.05	337.20
45	28:24	42:45	1:11:49	1:26:32	2:26:31	5:05:00	194.87	334.70
46	28:28	42:53	1:12:02	1:26:47	2:26:58	5:06:01	193.67	332.17
47	28:33	43:00	1:12:15	1:27:03	2:27:25	5:07:03	192.45	329.60
48	28:39	43:08	1:12:28	1:27:19	2:27:54	5:08:08	191.21	326.99
49	28:44	43:16	1:12:42	1:27:36	2:28:23	5:09:14	189.95	324.34
50	28:49	43:25	1:12:56	1:27:53	2:28:53	5:10:22	188.66	321.63
51	28:55	43:33	1:13:11	1:28:11	2:29:24	5:11:33	187.35	318.87
52	29:01	43:42	1:13:26	1:28:29	2:29:56	5:12:45	186.01	316.05
53	29:07	43:51	1:13:41	1:28:48	2:30:29	5:14:01	184.63	313.16
54	29:13	44:00	1:13:57	1:29:07	2:31:03	5:15:19	183.22	310.21
55	29:19	44:10	1:14:14	1:29:27	2:31:39	5:16:39	181.78	307.19
56	29:26	44:20	1:14:31	1:29:48	2:32:16	5:18:03	180.30	304.10
57	29:33	44:31	1:14:49	1:30:10	2:32:54	5:19:31	178.78	300.93
58	29:40	44:41	1:15:08	1:30:33	2:33:33	5:21:01	177.22	297.68
59	29:47	44:53	1:15:27	1:30:56	2:34:15	5:22:36	175.62	294.34
60	29:55	45:04	1:15:47	1:31:20	2:34:57	5:24:14	173.97	290.92
61	30:03	45:16	1:16:08	1:31:46	2:35:42	5:25:57	172.28	287.40
62	30:11	45:29	1:16:29	1:32:12	2:36:28	5:27:44	170.54	283.80
63	30:20	45:42	1:16:52	1:32:39	2:37:17	5:29:36	168.75	280.09
64	30:29	45:56	1:17:15	1:33:08	2:38:07	5:31:33	166.92	276.29
65	30:38	46:10	1:17:40	1:33:38	2:39:00	5:33:35	165.02	272.38
66	30:48	46:25	1:18:05	1:34:09	2:39:55	5:35:43	163.08	268.37
67	30:58	46:41	1:18:32	1:34:41	2:40:52	5:37:58	161.07	264.25

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	31:09	46:57	1:19:00	1:35:15	2:41:53	5:40:18	159.01	260.02
69	31:20	47:14	1:19:29	1:35:51	2:42:56	5:42:46	156.89	255.67
70	31:32	47:32	1:20:00	1:36:28	2:44:02	5:45:22	154.71	251.20
71	31:44	47:50	1:20:32	1:37:07	2:45:11	5:48:05	152.46	246.61
72	31:57	48:10	1:21:05	1:37:48	2:46:24	5:50:57	150.14	241.90
73	32:10	48:30	1:21:40	1:38:31	2:47:40	5:53:58	147.76	237.06
74	32:24	48:52	1:22:17	1:39:16	2:49:00	5:57:09	145.31	232.09
75	32:39	49:14	1:22:56	1:40:03	2:50:25	6:00:32	142.78	226.98
76	32:55	49:38	1:23:37	1:40:53	2:51:54	6:04:05	140.18	221.73
77	33:11	50:03	1:24:20	1:41:46	2:53:28	6:07:52	137.50	216.34
78	33:28	50:29	1:25:05	1:42:41	2:55:07	6:11:52	134.74	210.81
79	33:46	50:57	1:25:53	1:43:39	2:56:52	6:16:08	131.89	205.12
80	34:05	51:26	1:26:43	1:44:41	2:58:43	6:20:39	128.96	199.29
81	34:25	51:57	1:27:37	1:45:47	3:00:41	6:25:29	125.94	193.29
82	34:47	52:29	1:28:34	1:46:56	3:02:47	6:30:39	122.83	187.13
83	35:09	53:04	1:29:34	1:48:10	3:05:00	6:36:11	119.62	180.80
84	35:33	53:41	1:30:37	1:49:28	3:07:22	6:42:08	116.31	174.31
85	35:59	54:20	1:31:46	1:50:51	3:09:54	6:48:32	112.89	167.63
86	36:26	55:01	1:32:58	1:52:20	3:12:36	6:55:27	109.37	
87	36:55	55:46	1:34:16	1:53:56	3:15:31	7:02:56	105.73	
88	37:26	56:34	1:35:39	1:55:38	3:18:39	7:11:05	101.97	
89	37:59	57:25	1:37:08	1:57:28	3:22:02	7:19:59	98.09	
90	38:35	58:20	1:38:45	1:59:26	3:25:41	7:29:45	94.07	
91	39:14	59:19	1:40:29	2:01:35				
92	39:55	1:00:23	1:42:22	2:03:54				
93	40:40	1:01:33	1:44:25	2:06:26				
94	41:30	1:02:49	1:46:39	2:09:13				
95	42:24	1:04:12	1:49:07	2:12:16			2021	version

AGE STANDARDS - WOMEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	30:41	46:13	1:17:37	1:33:29	2:38:14	5:29:00	175.95	307.90
41	30:47	46:20	1:17:50	1:33:45	2:38:42	5:30:03	174.93	305.77
42	30:52	46:28	1:18:03	1:34:02	2:39:10	5:31:06	173.91	303.64
43	30:57	46:36	1:18:17	1:34:18	2:39:39	5:32:11	172.88	301.49
44	31:02	46:44	1:18:30	1:34:35	2:40:08	5:33:16	171.84	299.32
45	31:08	46:52	1:18:44	1:34:52	2:40:38	5:34:23	170.79	297.13
46	31:13	47:01	1:18:59	1:35:09	2:41:08	5:35:32	169.73	294.91
47	31:19	47:09	1:19:13	1:35:27	2:41:39	5:36:42	168.65	292.66
48	31:25	47:18	1:19:28	1:35:45	2:42:11	5:37:54	167.55	290.37
49	31:31	47:27	1:19:44	1:36:04	2:42:44	5:39:09	166.43	288.04
50	31:37	47:36	1:20:00	1:36:23	2:43:18	5:40:25	165.29	285.67
51	31:43	47:46	1:20:16	1:36:43	2:43:52	5:41:44	164.12	283.24
52	31:49	47:56	1:20:33	1:37:03	2:44:28	5:43:06	162.93	280.76
53	31:56	48:06	1:20:50	1:37:25	2:45:06	5:44:31	161.71	278.23
54	32:03	48:17	1:21:08	1:37:47	2:45:44	5:45:58	160.46	275.64
55	32:10	48:28	1:21:27	1:38:09	2:46:24	5:47:29	159.18	272.98
56	32:18	48:39	1:21:46	1:38:33	2:47:05	5:49:03	157.86	270.26
57	32:25	48:51	1:22:06	1:38:57	2:47:48	5:50:41	156.51	267.47
58	32:33	49:03	1:22:27	1:39:22	2:48:32	5:52:23	155.13	264.61
59	32:42	49:15	1:22:49	1:39:49	2:49:18	5:54:09	153.71	261.68
60	32:50	49:28	1:23:11	1:40:16	2:50:07	5:56:00	152.25	258.66
61	32:59	49:42	1:23:34	1:40:44	2:50:57	5:57:55	150.74	255.57
62	33:09	49:56	1:23:59	1:41:14	2:51:49	5:59:55	149.20	252.39
63	33:18	50:11	1:24:24	1:41:45	2:52:43	6:02:01	147.61	249.12
64	33:28	50:26	1:24:50	1:42:17	2:53:40	6:04:12	145.98	245.77
65	33:39	50:42	1:25:18	1:42:50	2:54:39	6:06:30	144.29	242.32
66	33:50	50:59	1:25:47	1:43:25	2:55:41	6:08:54	142.56	238.78
67	34:01	51:17	1:26:17	1:44:02	2:56:45	6:11:24	140.78	235.13

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	34:13	51:35	1:26:48	1:44:40	2:57:53	6:14:03	138.95	231.39
69	34:26	51:54	1:27:21	1:45:20	2:59:04	6:16:49	137.06	227.55
70	34:39	52:14	1:27:55	1:46:02	3:00:18	6:19:43	135.12	223.59
71	34:53	52:35	1:28:31	1:46:45	3:01:36	6:22:46	133.12	219.53
72	35:07	52:57	1:29:09	1:47:31	3:02:57	6:26:00	131.07	215.36
73	35:22	53:20	1:29:48	1:48:20	3:04:23	6:29:23	128.95	211.06
74	35:38	53:44	1:30:30	1:49:10	3:05:53	6:32:58	126.76	206.65
75	35:55	54:09	1:31:13	1:50:03	3:07:28	6:36:45	124.51	202.12
76	36:12	54:36	1:31:59	1:50:59	3:09:08	6:40:45	122.20	197.46
77	36:30	55:04	1:32:47	1:51:58	3:10:54	6:44:59	119.81	192.66
78	36:50	55:33	1:33:38	1:53:00	3:12:45	6:49:29	117.36	187.74
79	37:10	56:04	1:34:32	1:54:06	3:14:43	6:54:16	114.82	182.67
80	37:31	56:37	1:35:29	1:55:15	3:16:48	6:59:21	112.21	177.47
81	37:54	57:11	1:36:29	1:56:29	3:19:00	7:04:47		
82	38:18	57:48	1:37:32	1:57:47	3:21:21	7:10:35		
83	38:43	58:27	1:38:40	1:59:09	3:23:51	7:16:48		
84	39:10	59:08	1:39:51	2:00:37	3:26:30	7:23:28		
85	39:39	59:52	1:41:08	2:02:11	3:29:21	7:30:40		
86	40:10	1:00:39	1:42:29	2:03:51				
87	40:42	1:01:29	1:43:56	2:05:38				
88	41:17	1:02:22	1:45:30	2:07:33				
89	41:54	1:03:20	1:47:10	2:09:36				
90	42:34	1:04:22	1:48:58	2:11:49				
91	43:18	1:05:28	1:50:55	2:14:13				
92	44:04	1:06:40	1:53:02	2:16:50				
93	44:55	1:07:58	1:55:20	2:19:41				
94	45:50	1:09:24	1:57:51	2:22:48				
95	46:51	1:10:57	2:00:37	2:26:13				

2021 version

AGE STANDARDS (PER RIDER) MEN TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	12:32	18:52	31:41	38:10	1:04:35	2:14:18	115.21	197.57
41	12:34	18:55	31:46	38:16	1:04:46	2:14:42	114.55	196.17
42	12:36	18:58	31:51	38:22	1:04:57	2:15:07	113.89	194.75
43	12:38	19:01	31:56	38:29	1:05:08	2:15:32	113.23	193.33
44	12:40	19:04	32:02	38:35	1:05:20	2:15:58	112.56	191.90
45	12:42	19:07	32:07	38:42	1:05:31	2:16:24	111.89	190.46
46	12:44	19:11	32:13	38:49	1:05:43	2:16:51	111.20	188.99
47	12:46	19:14	32:19	38:56	1:05:55	2:17:18	110.51	187.51
48	12:48	19:17	32:24	39:03	1:06:08	2:17:46	109.80	186.00
49	12:51	19:21	32:30	39:10	1:06:21	2:18:15	109.08	184.46
50	12:53	19:24	32:37	39:17	1:06:34	2:18:45	108.34	182.90
51	12:56	19:28	32:43	39:25	1:06:47	2:19:16	107.59	181.30
52	12:58	19:31	32:50	39:33	1:07:01	2:19:48	106.82	179.68
53	13:01	19:36	32:56	39:41	1:07:16	2:20:21	106.04	178.01
54	13:04	19:40	33:03	39:50	1:07:31	2:20:55	105.23	176.31
55	13:06	19:44	33:11	39:59	1:07:46	2:21:30	104.41	174.57
56	13:09	19:49	33:18	40:08	1:08:03	2:22:07	103.56	172.78
57	13:12	19:53	33:26	40:18	1:08:19	2:22:45	102.70	170.95
58	13:15	19:58	33:34	40:27	1:08:37	2:23:25	101.80	169.08
59	13:19	20:03	33:43	40:38	1:08:55	2:24:07	100.89	167.16
60	13:22	20:08	33:51	40:48	1:09:13	2:24:50	99.95	165.18
61	13:25	20:13	34:00	40:59	1:09:33	2:25:35	98.98	163.16
62	13:29	20:19	34:10	41:11	1:09:53	2:26:22	97.99	161.09
63	13:33	20:25	34:20	41:23	1:10:14	2:27:11	96.97	158.96
64	13:37	20:31	34:30	41:35	1:10:37	2:28:02	95.92	156.77
65	13:41	20:37	34:41	41:49	1:11:00	2:28:55	94.84	154.52
66	13:45	20:44	34:52	42:02	1:11:24	2:29:52	93.73	152.22
67	13:50	20:50	35:04	42:16	1:11:49	2:30:50	92.59	149.85

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	13:54	20:58	35:16	42:31	1:12:15	2:31:52	91.41	147.43
69	13:59	21:05	35:29	42:47	1:12:43	2:32:57	90.20	144.93
70	14:04	21:13	35:42	43:03	1:13:12	2:34:05	88.95	142.37
71	14:10	21:21	35:56	43:20	1:13:42	2:35:17	87.67	139.74
72	14:15	21:29	36:11	43:38	1:14:14	2:36:32	86.35	137.04
73	14:21	21:38	36:26	43:57	1:14:48	2:37:51	84.99	134.27
74	14:27	21:48	36:42	44:17	1:15:23	2:39:15	83.59	131.43
75	14:34	21:58	36:59	44:38	1:16:00	2:40:44	82.15	128.51
76	14:41	22:08	37:17	44:59	1:16:39	2:42:17	80.67	125.52
77	14:48	22:19	37:36	45:22	1:17:20	2:43:57	79.14	122.44
78	14:55	22:30	37:56	45:47	1:18:04	2:45:42	77.57	119.29
79	15:03	22:43	38:17	46:12	1:18:50	2:47:34	75.95	116.05
80	15:12	22:55	38:39	46:39	1:19:38	2:49:33	74.28	112.73
81	15:20	23:09	39:02	47:08	1:20:30	2:51:40	72.56	109.32
82	15:30	23:23	39:27	47:38	1:21:25	2:53:56	70.79	105.82
83	15:40	23:38	39:54	48:11	1:22:23	2:56:21	68.96	102.23
84	15:50	23:54	40:22	48:45	1:23:25	2:58:58	67.08	98.55
85	16:01	24:12	40:51	49:21	1:24:32	3:01:46	65.13	94.77
86	16:13	24:30	41:23	50:00	1:25:43	3:04:48	63.13	
87	16:26	24:49	41:57	50:42	1:27:00	3:08:05	61.06	
88	16:40	25:10	42:34	51:27	1:28:22	3:11:39	58.93	
89	16:54	25:33	43:13	52:15	1:29:51	3:15:33	56.72	
90	17:10	25:57	43:55	53:07	1:31:27	3:19:49	54.44	
91	17:27	26:23	44:41	54:03				
92	17:45	26:51	45:30	55:04				
93	18:05	27:21	46:24	56:11				
94	18:26	27:55	47:23	57:24				
95	18:50	28:31	48:28	58:44			2021	version

A tandem combined standard is derived by adding the two individual standards from this and/or facing table

AGE STANDARDS (PER RIDER) WOMEN TANDEM BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	13:42	20:38	34:39	41:45	1:10:40	2:26:55	101.52	175.96	68	15:15	22:59	38:41	46:39	1:19:16	2:46:39	80.40	131.97
41	13:45	20:42	34:45	41:52	1:10:52	2:27:22	100.93	174.73	69	15:21	23:08	38:55	46:56	1:19:47	2:47:52	79.32	129.77
42	13:47	20:45	34:51	41:59	1:11:04	2:27:50	100.35	173.50	70	15:26	23:16	39:10	47:15	1:20:20	2:49:08	78.21	127.50
43	13:49	20:48	34:57	42:06	1:11:17	2:28:18	99.76	172.26	71	15:32	23:26	39:26	47:34	1:20:54	2:50:29	77.07	125.18
44	13:51	20:52	35:03	42:13	1:11:29	2:28:47	99.17	171.01	72	15:39	23:35	39:43	47:54	1:21:30	2:51:53	75.90	122.79
45	13:54	20:56	35:09	42:21	1:11:42	2:29:17	98.57	169.75	73	15:45	23:45	40:00	48:15	1:22:07	2:53:22	74.69	120.34
46	13:56	20:59	35:15	42:29	1:11:56	2:29:47	97.96	168.47	74	15:52	23:56	40:18	48:37	1:22:47	2:54:57	73.45	117.82
47	13:59	21:03	35:22	42:36	1:12:09	2:30:17	97.35	167.17	75	15:59	24:07	40:37	49:00	1:23:28	2:56:36	72.16	115.23
48	14:01	21:07	35:28	42:44	1:12:23	2:30:49	96.72	165.85	76	16:07	24:18	40:57	49:25	1:24:12	2:58:21	70.84	112.57
49	14:04	21:11	35:35	42:53	1:12:38	2:31:22	96.08	164.51	77	16:15	24:31	41:18	49:51	1:24:58	3:00:13	69.49	109.84
50	14:06	21:15	35:42	43:01	1:12:53	2:31:55	95.43	163.14	78	16:24	24:44	41:41	50:18	1:25:47	3:02:11	68.09	107.03
51	14:09	21:19	35:49	43:10	1:13:08	2:32:30	94.76	161.75	79	16:32	24:57	42:04	50:47	1:26:39	3:04:16	66.64	104.14
52	14:12	21:23	35:57	43:19	1:13:24	2:33:06	94.08	160.32	80	16:42	25:12	42:29	51:17	1:27:33	3:06:30	65.16	101.18
53	14:15	21:28	36:04	43:28	1:13:40	2:33:43	93.38	158.86	81	16:52	25:27	42:55	51:49	1:28:31	3:08:53		
54	14:18	21:32	36:12	43:38	1:13:57	2:34:21	92.67	157.37	82	17:02	25:43	43:23	52:23	1:29:33	3:11:25		
55	14:21	21:37	36:20	43:47	1:14:14	2:35:01	91.94	155.84	83	17:13	26:00	43:53	53:00	1:30:39	3:14:09		
56	14:24	21:42	36:29	43:58	1:14:32	2:35:42	91.19	154.28	84	17:25	26:18	44:24	53:38	1:31:49	3:17:04		
57	14:28	21:47	36:38	44:08	1:14:51	2:36:25	90.42	152.67	85	17:38	26:37	44:58	54:19	1:33:03	3:20:13		
58	14:31	21:53	36:47	44:20	1:15:10	2:37:10	89.63	151.03	86	17:51	26:58	45:33	55:03				
59	14:35	21:58	36:56	44:31	1:15:31	2:37:56	88.82	149.34	87	18:05	27:20	46:12	55:50				
60	14:39	22:04	37:06	44:43	1:15:52	2:38:45	87.98	147.61	88	18:21	27:43	46:53	56:40				
61	14:43	22:10	37:16	44:55	1:16:14	2:39:35	87.12	145.83	89	18:37	28:08	47:37	57:34				
62	14:47	22:16	37:27	45:08	1:16:37	2:40:28	86.24	144.01	90	18:55	28:35	48:24	58:33				
63	14:51	22:23	37:38	45:22	1:17:00	2:41:23	85.34	142.13	91	19:14	29:04	49:15	59:36				
64	14:55	22:29	37:50	45:36	1:17:25	2:42:20	84.40	140.21	92	19:34	29:36	50:11	1:00:44				
65	15:00	22:36	38:02	45:51	1:17:51	2:43:21	83.44	138.23	93	19:56	30:10	51:11	1:01:59				
66	15:05	22:44	38:14	46:06	1:18:18	2:44:24	82.46	136.20	94	20:21	30:48	52:17	1:03:21				
67	15:10	22:51	38:27	46:22	1:18:46	2:45:30	81.44	134.11	95	20:47	31:29	53:30	1:04:51			2021	version

A tandem combined standard is derived by adding the two individual standards from this and/or facing table

AGE STANDARDS (PER RIDER) MEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	13:27	20:14	34:00	40:57	1:09:18	2:24:06	104.35	180.43
41	13:29	20:18	34:05	41:04	1:09:30	2:24:32	103.75	179.17
42	13:31	20:21	34:11	41:11	1:09:42	2:25:00	103.16	177.90
43	13:33	20:24	34:17	41:18	1:09:54	2:25:27	102.55	176.63
44	13:35	20:28	34:22	41:25	1:10:07	2:25:55	101.95	175.34
45	13:38	20:31	34:28	41:32	1:10:20	2:26:24	101.33	174.04
46	13:40	20:35	34:35	41:39	1:10:33	2:26:53	100.71	172.73
47	13:42	20:39	34:41	41:47	1:10:46	2:27:23	100.07	171.39
48	13:45	20:42	34:47	41:55	1:10:59	2:27:54	99.43	170.04
49	13:47	20:46	34:54	42:03	1:11:14	2:28:26	98.77	168.65
50	13:50	20:50	35:01	42:11	1:11:28	2:28:59	98.10	167.25
51	13:53	20:54	35:08	42:20	1:11:43	2:29:32	97.42	165.81
52	13:56	20:59	35:15	42:28	1:11:58	2:30:07	96.72	164.34
53	13:58	21:03	35:22	42:37	1:12:14	2:30:43	96.01	162.85
54	14:01	21:07	35:30	42:47	1:12:30	2:31:21	95.28	161.31
55	14:04	21:12	35:38	42:56	1:12:47	2:32:00	94.53	159.74
56	14:08	21:17	35:46	43:06	1:13:05	2:32:40	93.76	158.13
57	14:11	21:22	35:55	43:17	1:13:23	2:33:22	92.97	156.48
58	14:14	21:27	36:04	43:28	1:13:42	2:34:05	92.15	154.79
59	14:18	21:32	36:13	43:39	1:14:02	2:34:51	91.32	153.06
60	14:22	21:38	36:22	43:51	1:14:23	2:35:38	90.47	151.28
61	14:25	21:44	36:32	44:03	1:14:44	2:36:27	89.59	149.45
62	14:29	21:50	36:43	44:15	1:15:06	2:37:19	88.68	147.57
63	14:34	21:56	36:54	44:28	1:15:30	2:38:12	87.75	145.65
64	14:38	22:03	37:05	44:42	1:15:54	2:39:09	86.80	143.67
65	14:42	22:10	37:17	44:57	1:16:19	2:40:07	85.81	141.64
66	14:47	22:17	37:29	45:11	1:16:46	2:41:09	84.80	139.55
67	14:52	22:24	37:42	45:27	1:17:13	2:42:13	83.76	137.41

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	14:57	22:32	37:55	45:43	1:17:42	2:43:21	82.69	135.21
69	15:02	22:40	38:09	46:00	1:18:12	2:44:32	81.58	132.95
70	15:08	22:49	38:24	46:18	1:18:44	2:45:46	80.45	130.63
71	15:14	22:58	38:39	46:37	1:19:17	2:47:05	79.28	128.24
72	15:20	23:07	38:55	46:57	1:19:52	2:48:27	78.07	125.79
73	15:27	23:17	39:12	47:17	1:20:29	2:49:54	76.84	123.27
74	15:33	23:27	39:30	47:39	1:21:07	2:51:26	75.56	120.69
75	15:40	23:38	39:49	48:02	1:21:48	2:53:03	74.25	118.03
76	15:48	23:49	40:08	48:26	1:22:31	2:54:46	72.89	115.30
77	15:56	24:01	40:29	48:51	1:23:16	2:56:34	71.50	112.50
78	16:04	24:14	40:50	49:17	1:24:04	2:58:30	70.06	109.62
79	16:13	24:27	41:13	49:45	1:24:54	3:00:32	68.59	106.66
80	16:22	24:41	41:38	50:15	1:25:47	3:02:43	67.06	103.63
81	16:31	24:56	42:03	50:46	1:26:44	3:05:02	65.49	100.51
82	16:42	25:12	42:31	51:20	1:27:44	3:07:31	63.87	97.31
83	16:53	25:28	42:59	51:55	1:28:48	3:10:10	62.20	94.02
84	17:04	25:46	43:30	52:33	1:29:56	3:13:01	60.48	90.64
85	17:16	26:05	44:03	53:13	1:31:09	3:16:06	58.70	87.17
86	17:29	26:25	44:37	53:55	1:32:27	3:19:25	56.87	
87	17:43	26:46	45:15	54:41	1:33:51	3:23:01	54.98	
88	17:58	27:09	45:55	55:30	1:35:21	3:26:55	53.02	
89	18:14	27:33	46:38	56:23				
90	18:31	28:00	47:24	57:20				
91	18:50	28:28	48:14	58:21				
92	19:10	28:59	49:08	59:28				
93	19:31	29:33	50:07	1:00:41				
94	19:55	30:09	51:12	1:02:01				
95	20:21	30:49	52:23	1:03:29				

2021 version

A tandem combined standard is derived by adding the two individual standards from this and/or facing table

AGE STANDARDS (PER RIDER) WOMEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	14:44	22:11	37:15	44:53	1:15:57	2:37:55	91.49	160.11
41	14:46	22:15	37:22	45:00	1:16:11	2:38:25	90.96	159.00
42	14:49	22:18	37:28	45:08	1:16:24	2:38:56	90.43	157.89
43	14:51	22:22	37:34	45:16	1:16:38	2:39:27	89.90	156.77
44	14:54	22:26	37:41	45:24	1:16:52	2:39:58	89.36	155.65
45	14:56	22:30	37:48	45:32	1:17:06	2:40:30	88.81	154.51
46	14:59	22:34	37:55	45:40	1:17:21	2:41:03	88.26	153.35
47	15:02	22:38	38:02	45:49	1:17:36	2:41:37	87.70	152.18
48	15:05	22:42	38:09	45:58	1:17:51	2:42:12	87.13	150.99
49	15:07	22:47	38:16	46:07	1:18:07	2:42:47	86.54	149.78
50	15:10	22:51	38:24	46:16	1:18:23	2:43:24	85.95	148.55
51	15:13	22:56	38:32	46:25	1:18:40	2:44:02	85.34	147.29
52	15:17	23:00	38:40	46:35	1:18:57	2:44:41	84.72	146.00
53	15:20	23:05	38:48	46:45	1:19:15	2:45:22	84.09	144.68
54	15:23	23:10	38:57	46:56	1:19:33	2:46:04	83.44	143.33
55	15:27	23:16	39:06	47:07	1:19:52	2:46:48	82.77	141.95
56	15:30	23:21	39:15	47:18	1:20:12	2:47:33	82.09	140.54
57	15:34	23:27	39:25	47:30	1:20:33	2:48:20	81.39	139.09
58	15:38	23:33	39:35	47:42	1:20:54	2:49:09	80.67	137.60
59	15:42	23:39	39:45	47:55	1:21:16	2:50:00	79.93	136.07
60	15:46	23:45	39:56	48:08	1:21:39	2:50:53	79.17	134.50
61	15:50	23:51	40:07	48:21	1:22:03	2:51:48	78.39	132.89
62	15:55	23:58	40:19	48:35	1:22:28	2:52:46	77.58	131.24
63	15:59	24:05	40:31	48:50	1:22:54	2:53:46	76.76	129.54
64	16:04	24:13	40:43	49:06	1:23:21	2:54:49	75.91	127.80
65	16:09	24:20	40:57	49:22	1:23:50	2:55:55	75.03	126.01
66	16:14	24:28	41:10	49:39	1:24:20	2:57:04	74.13	124.16
67	16:20	24:37	41:25	49:56	1:24:51	2:58:17	73.21	122.27

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	16:26	24:46	41:40	50:14	1:25:23	2:59:32	72.25	120.32
69	16:32	24:55	41:56	50:34	1:25:57	3:00:52	71.27	118.32
70	16:38	25:04	42:12	50:54	1:26:33	3:02:16	70.26	116.27
71	16:45	25:14	42:29	51:15	1:27:10	3:03:44	69.22	114.16
72	16:51	25:25	42:47	51:37	1:27:49	3:05:17	68.15	111.99
73	16:59	25:36	43:06	52:00	1:28:30	3:06:54	67.05	109.75
74	17:06	25:47	43:26	52:24	1:29:14	3:08:37	65.92	107.46
75	17:14	26:00	43:47	52:50	1:29:59	3:10:26	64.75	105.10
76	17:23	26:12	44:09	53:16	1:30:47	3:12:22	63.54	102.68
77	17:31	26:26	44:32	53:45	1:31:38	3:14:24	62.30	100.18
78	17:41	26:40	44:57	54:15	1:32:31	3:16:33	61.02	97.62
79	17:50	26:55	45:22	54:46	1:33:28	3:18:51	59.71	94.99
80	18:01	27:10	45:50	55:19	1:34:28	3:21:17	58.35	92.28
81	18:12	27:27	46:19	55:55	1:35:31	3:23:54		
82	18:23	27:45	46:49	56:32	1:36:39	3:26:41		
83	18:35	28:03	47:21	57:12	1:37:51	3:29:40		
84	18:48	28:23	47:56	57:54	1:39:07	3:32:52		
85	19:02	28:44	48:32	58:39	1:40:29	3:36:19		
86	19:17	29:07	49:12	59:27				
87	19:32	29:31	49:53	1:00:18				
88	19:49	29:56	50:38	1:01:13				
89	20:07	30:24	51:26	1:02:13				
90	20:26	30:54	52:18	1:03:16				
91	20:47	31:25	53:15	1:04:26				
92	21:09	32:00	54:15	1:05:41				
93	21:34	32:38	55:22	1:07:03				
94	22:00	33:19	56:34	1:08:32				
95	22:29	34:03	57:54	1:10:11				

2021 version

A tandem combined standard is derived by adding the two individual standards from this and/or facing table



All Tandem Standards

Table with columns for Distance/Time, Unit, Gender, Machine, and 48 distance markers (10, 15, 20, 25, 30, 50, 100). Each cell contains time values in minutes and seconds (MM:SS). Rows represent different machines and distance markers.