



VTTA Age Adjustments and Standards

2025



Title VTTA Age Adjustments and Standards
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Introduction

This document defines the age adjustment and standard times and distances for open and female class solo and tandem bicycle and tricycle riders for use in Veterans Time Trials Association events and competitions.

There are tables for each of open and female class solo riders on bicycles and tricycles, and then open and female class tandem riders on bicycles and tricycles, for the age ranges 40 to 99.

The worksheets are protected with no password. To view adjustments and standards for under 40's unprotect and unhide the rows 4 to 32.

The worksheets are shown in a new style that sorts the columns by class/machine/distance for solo or tandem combinations.

There are hidden worksheets suffixed "source" shown in the old style that sort the columns by distance/class/machine - these are for users who want to copy and paste the tables into existing tools

There is a table of ratios used for the calculation of female and trike standards and age adjustments.

There are tables in hidden worksheets designed for printing in the VTTA Handbook.

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 2024 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

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Ratios

These standards are derived from an analysis of approximately 11000 elite solo bike results at a range of distances and times in the last 10 years.

Age adjustments and Standards for women, trikes and tandems are derived using the ratios below.

Ratio	Value	%	Comment
elite female/male solo bike speed (kf)	0.88 to 0.91	0.88 to 0.91	ratio of elite women's speed to elite male - average value - an age dependent function is used to calculate kf
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

All Solo Adjustments

Distance/ Time Unit	Open Solo Bicycle								Female Solo Bicycle								Open Solo Tricycle								Female Solo Tricycle							
	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr
40	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	2:37	3:56	6:36	7:57	13:29	28:09	28:46	46:90	1:52	2:48	4:42	5:40	9:36	20:03	20:88	34:49	4:43	7:06	11:56	14:23	24:23	50:52	47:59	78:03
41	0:02	0:03	0:05	0:07	0:12	0:26	0:68	1:52	2:37	3:57	6:37	7:59	13:32	28:17	28:73	47:65	1:54	2:52	4:48	5:47	9:49	20:32	21:49	35:84	4:44	7:07	11:57	14:25	24:26	51:01	47:82	78:68
42	0:05	0:07	0:12	0:14	0:25	0:57	1:47	3:28	2:38	3:57	6:38	8:00	13:35	28:26	29:03	48:53	1:57	2:56	4:55	5:56	10:04	21:05	22:21	37:41	4:44	7:08	11:59	14:26	24:29	51:11	48:09	79:44
43	0:08	0:11	0:19	0:23	0:40	1:32	2:36	5:30	2:38	3:58	6:40	8:02	13:38	28:36	29:38	49:54	2:00	3:00	5:03	6:05	10:21	21:44	23:02	39:19	4:45	7:09	12:00	14:28	24:33	51:23	48:39	80:32
44	0:11	0:16	0:27	0:33	0:58	2:12	3:37	7:54	2:39	3:59	6:41	8:04	13:43	28:49	29:78	50:68	2:03	3:06	5:12	6:16	10:40	22:27	23:93	41:18	4:45	7:09	12:02	14:30	24:38	51:37	48:75	81:31
45	0:14	0:21	0:36	0:44	1:17	2:56	4:47	10:00	2:39	4:00	6:44	8:07	13:48	29:04	30:24	51:96	2:07	3:11	5:22	6:28	11:01	23:15	24:93	43:37	4:46	7:11	12:04	14:33	24:43	51:53	49:15	82:42
46	0:18	0:27	0:46	0:56	1:38	3:43	5:66	12:67	2:40	4:01	6:46	8:10	13:54	29:21	30:77	53:40	2:11	3:18	5:33	6:41	11:24	24:07	26:02	45:74	4:47	7:12	12:07	14:37	24:52	52:12	49:61	83:68
47	0:22	0:33	0:57	1:09	2:01	4:35	6:95	15:54	2:41	4:03	6:49	8:14	14:02	29:42	31:36	55:00	2:16	3:24	5:44	6:56	11:49	25:04	27:19	48:30	4:48	7:14	12:11	14:41	24:59	52:35	50:13	85:08
48	0:27	0:40	1:08	1:23	2:25	5:32	8:33	18:60	2:43	4:05	6:53	8:19	14:11	30:07	32:03	56:78	2:21	3:32	5:57	7:11	12:16	26:06	28:44	51:02	4:50	7:17	12:15	14:47	25:09	53:02	50:72	86:63
49	0:31	0:47	1:20	1:38	2:52	6:32	9:79	21:85	2:45	4:08	6:58	8:25	14:22	30:37	32:79	58:73	2:26	3:40	6:10	7:27	12:45	27:12	29:76	53:91	4:52	7:20	12:20	14:53	25:21	53:35	51:39	88:34
50	0:36	0:55	1:34	1:54	3:20	7:36	11:33	25:27	2:47	4:12	7:04	8:32	14:36	31:11	33:63	60:87	2:31	3:48	6:25	7:45	13:15	28:22	31:16	56:95	4:54	7:23	12:27	15:01	25:36	54:12	52:14	90:22
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52	0:47	1:12	2:02	2:29	4:21	9:56	14:65	32:60	2:53	4:20	7:20	8:51	15:11	32:37	35:62	65:76	2:43	4:06	6:56	8:23	14:22	30:56	34:18	63:49	5:00	7:33	12:44	15:22	26:14	55:46	53:92	94:53
53	0:53	1:21	2:18	2:47	4:54	11:13	16:42	36:51	2:56	4:26	7:29	9:03	15:32	33:30	36:77	68:52	2:50	4:16	7:13	8:44	14:59	32:20	35:78	66:97	5:04	7:39	12:55	15:35	26:38	56:44	54:95	96:98
54	0:59	1:30	2:34	3:07	5:29	12:33	18:26	40:56	3:00	4:33	7:41	9:17	15:57	34:30	38:04	71:49	2:57	4:27	7:31	9:05	15:37	33:48	37:46	70:59	5:09	7:46	13:07	15:50	27:05	57:50	56:09	99:62
55	1:06	1:40	2:51	3:28	6:06	13:58	20:17	44:75	3:05	4:40	7:54	9:33	16:26	35:38	39:43	74:70	3:04	4:38	7:50	9:28	16:17	35:21	39:19	74:33	5:15	7:55	13:21	16:08	27:36	59:05	57:35	102:47
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71	3:38	5:32	9:31	11:35	20:32	48:00	59:06	128:00	6:44	10:13	17:23	21:06	36:46	1:22:34	80:26	156:94	5:51	8:52	15:07	18:22	32:06	1:12:38	74:57	149:12	9:14	13:59	23:45	28:47	49:53	1:50:30	94:73	177:07
72	3:51	5:52	10:05	12:17	21:47	51:02	61:97	134:04	6:59	10:35	18:02	21:53	38:12	1:26:01	82:82	162:21	6:05	9:14	15:45	19:08	33:28	1:15:57	77:22	154:59	9:30	14:24	24:28	29:39	51:27	1:54:16	97:06	181:84
73	4:05	6:13	10:41	13:01	23:06	54:13	64:93	140:17	7:14	10:59	18:43	22:43	39:41	1:29:37	85:42	167:56	6:20	9:37	16:24	19:56	34:54	1:19:26	79:92	160:14	9:47	14:50	25:12	30:33	53:04	1:58:13	99:43	186:70
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75	4:34	6:57	11:57	14:34	25:53	1:01:02	71:01	152:67	7:47	11:49	20:09	24:29	42:50	1:37:22	90:77	178:49	6:51	10:25	17:48	21:37	37:58	1:26:55	85:46	171:48	10:23	15:44	26:47	32:29	56:32	2:06:42	104:31	196:63
76	4:49	7:20	12:37	15:23	27:22	1:04:42	74:13	159:05	8:04	12:15	20:55	25:25	44:32	1:41:31	93:52	184:07	7:08	10:50	18:32	22:32	39:36	1:30:56	88:30	177:27	10:42	16:13	27:37	33:30				

All Solo Standards

Distance/ Time Unit	Open Solo Bicycle Standard								Female Solo Bicycle Standard								Open Solo Tricycle Standard								Female Solo Tricycle Standard							
	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr
40	26:04	39:16	1:06:00	1:19:32	2:14:48	4:41:14	217.95	375.60	28:41	43:12	1:12:36	1:27:29	2:28:17	5:09:23	189.49	328.70	27:56	42:04	1:10:42	1:25:12	2:24:24	5:01:17	197.07	341.11	30:47	46:22	1:17:56	1:33:55	2:39:11	5:32:06	170.36	297.57
41	26:06	39:19	1:06:05	1:19:39	2:15:00	4:41:40	217.27	374.08	28:41	43:13	1:12:37	1:27:31	2:28:20	5:09:31	189.22	327.95	27:58	42:08	1:10:48	1:25:19	2:24:37	5:01:46	196.46	339.76	30:48	46:23	1:17:57	1:33:57	2:39:14	5:32:15	170.13	296.92
42	26:09	39:23	1:06:12	1:19:46	2:15:13	4:42:11	216.48	372.32	28:42	43:13	1:12:38	1:27:32	2:28:23	5:09:40	188.92	327.07	28:01	42:12	1:10:55	1:25:28	2:24:52	5:02:19	195.74	338.19	30:48	46:24	1:17:59	1:33:58	2:39:17	5:32:25	169.86	296.16
43	26:12	39:27	1:06:19	1:19:55	2:15:28	4:42:46	215.59	370.30	28:42	43:14	1:12:40	1:27:34	2:28:26	5:09:50	188.57	326.06	28:04	42:16	1:11:03	1:25:37	2:25:09	5:02:58	194.93	336.41	30:49	46:25	1:18:00	1:34:00	2:39:21	5:32:37	169.56	295.28
44	26:15	39:32	1:06:27	1:20:05	2:15:46	4:43:26	214.58	368.06	28:43	43:15	1:12:41	1:27:36	2:28:31	5:10:03	188.17	324.92	28:07	42:22	1:11:12	1:25:48	2:25:28	5:03:41	194.02	334.42	30:49	46:25	1:18:02	1:34:02	2:39:26	5:32:51	169.20	294.29
45	26:18	39:37	1:06:36	1:20:16	2:16:05	4:44:10	213.48	365.60	28:43	43:16	1:12:44	1:27:39	2:28:36	5:10:18	187.71	323.64	28:11	42:27	1:11:22	1:26:00	2:25:49	5:04:29	193.02	332.23	30:50	46:27	1:18:04	1:34:05	2:39:31	5:33:07	168.80	293.18
46	26:22	39:43	1:06:46	1:20:28	2:16:26	4:44:57	212.29	362.93	28:44	43:17	1:12:46	1:27:42	2:28:42	5:10:35	187.18	322.60	28:15	42:34	1:11:33	1:26:13	2:26:12	5:05:21	191.93	329.86	30:51	46:28	1:18:07	1:34:09	2:39:38	5:33:26	168.34	291.92
47	26:26	39:49	1:06:57	1:20:41	2:16:49	4:45:49	211.00	360.06	28:45	43:19	1:12:49	1:27:46	2:28:50	5:10:56	186.59	320.60	28:20	42:40	1:11:44	1:26:28	2:26:37	5:06:18	190.76	327.30	30:52	46:30	1:18:11	1:34:13	2:39:47	5:33:49	167.82	290.52
48	26:31	39:56	1:07:08	1:20:55	2:17:13	4:46:46	209.62	357.00	28:47	43:21	1:12:53	1:27:51	2:28:59	5:11:21	185.92	318.82	28:25	42:48	1:11:57	1:26:43	2:27:04	5:07:20	189.51	324.58	30:54	46:33	1:18:15	1:34:19	2:39:57	5:34:16	167.23	288.97
49	26:35	40:03	1:07:20	1:21:10	2:17:40	4:47:46	208.16	353.75	28:49	43:24	1:12:58	1:27:57	2:29:10	5:11:51	185.16	316.87	28:30	42:56	1:12:10	1:26:59	2:27:33	5:08:26	188.19	321.69	30:56	46:36	1:18:20	1:34:25	2:40:09	5:34:49	166.56	287.26
50	26:40	40:11	1:07:34	1:21:26	2:18:08	4:48:50	206.62	350.33	28:51	43:28	1:13:04	1:28:04	2:29:24	5:12:25	184.32	314.73	28:35	43:04	1:12:25	1:27:17	2:28:03	5:09:36	186.79	318.65	30:58	46:39	1:18:27	1:34:33	2:40:24	5:35:26	165.81	285.38
51	26:46	40:19	1:07:48	1:21:43	2:18:38	4:49:58	205.00	346.75	28:53	43:32	1:13:11	1:28:13	2:29:40	5:13:05	183.38	312.39	28:41	43:13	1:12:40	1:27:35	2:28:36	5:10:51	185.31	315.45	31:01	46:44	1:18:35	1:34:43	2:40:41	5:36:10	164.97	283.31
52	26:51	40:28	1:08:02	1:22:01	2:19:09	4:51:10	203.30	343.00	28:57	43:36	1:13:20	1:28:23	2:29:59	5:13:51	182.33	309.84	28:47	43:22	1:12:56	1:27:55	2:29:10	5:12:10	183.77	312.11	31:04	46:49	1:18:44	1:34:54	2:41:02	5:37:00	164.03	281.07
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68	29:06	43:53	1:13:55	1:29:11	2:31:51	5:20:54	167.28	265.21	31:46	47:55	1:20:42	1:37:22	2:45:49	5:50:32	147.40	237.26	31:15	47:07	1:19:23	1:35:46	2:43:06	5:44:44	151.02	242.38	34:11	51:32	1:26:49	1:44:44	2:58:24	6:17:11	132.15	215.55
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72	29:55	45																														

All Tandem Adjustments

Distance/ Time Unit	Open Tandem Bicycle								Female Tandem Bicycle								Open Tandem Tricycle								Female Tandem Tricycle							
	10	15	25	30	50	100	12	24	10	15	25	30	50	100	12	24	10	15	25	30	50	100	12	24	10	15	25	30	50	100	12	24
	m	m	m	m	m	m	hr	hr	m	m	m	m	m	m	hr	hr	m	m	m	m	m	m	hr	hr	m	m	m	m	m	m	hr	hr
40	0:00	0:00	0:00	0:00	0:00	0:00	0:00	0:00	1:16	1:54	3:11	3:49	6:29	13:31	14:80	24:39	0:54	1:21	2:16	2:44	4:37	9:38	10:86	17:93	2:16	3:25	5:44	6:55	11:43	24:25	24:75	40:58
41	0:01	0:02	0:03	0:04	0:06	0:13	0:35	0:79	1:16	1:54	3:11	3:50	6:30	13:35	14:94	24:78	0:55	1:23	2:19	2:47	4:43	9:52	11:17	18:64	2:17	3:25	5:45	6:56	11:44	24:30	24:87	40:91
42	0:03	0:04	0:06	0:07	0:12	0:28	0:76	1:71	1:16	1:54	3:12	3:51	6:32	13:39	15:10	25:24	0:57	1:25	2:22	2:51	4:50	10:08	11:55	19:45	2:17	3:26	5:46	6:56	11:46	24:35	25:01	41:31
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44	0:06	0:08	0:13	0:16	0:28	1:04	1:75	3:92	1:17	1:55	3:13	3:53	6:36	13:50	15:49	26:35	1:00	1:30	2:30	3:01	5:08	10:47	12:44	21:41	2:17	3:26	5:47	6:58	11:50	24:47	25:35	42:28
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74	2:05	3:10	5:26	6:37	11:45	27:38	35:33	76:12	3:36	5:28	9:20	11:20	19:48	44:50	45:80	89:95	3:10	4:48	8:12	9:58	17:29	39:53	42:98	86:20	4:51	7:20	12:29	15:08	26:18	58:45	52:96	99:64
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All Tandem Standards

Distance/ Time Unit	Open Tandem Bicycle Standards								Female Tandem Bicycle Standards								Open Tandem Tricycle Standards								Female Tandem Tricycle Standards							
	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr	10 m	15 m	25 m	30 m	50 m	100 m	12 hr	24 hr
40	12:31	18:51	31:41	38:11	1:04:43	2:15:00	113.33	195.31	13:46	20:45	34:51	42:00	1:11:11	2:28:31	98.53	170.93	13:25	20:12	33:57	40:54	1:09:19	2:24:37	102.48	177.38	14:47	22:16	37:25	45:05	1:16:25	2:39:25	88.59	154.74
41	12:32	18:53	31:44	38:14	1:04:48	2:15:13	112.98	194.52	13:47	20:45	34:52	42:01	1:11:12	2:28:34	98.40	170.53	13:26	20:14	34:00	40:58	1:09:25	2:24:51	102.16	176.68	14:47	22:16	37:26	45:06	1:16:26	2:39:29	88.47	154.40
42	12:34	18:55	31:47	38:18	1:04:55	2:15:27	112.57	193.60	13:47	20:45	34:53	42:02	1:11:14	2:28:39	98.24	170.08	13:27	20:16	34:03	41:02	1:09:33	2:25:07	101.79	175.86	14:48	22:17	37:26	45:07	1:16:28	2:39:34	88.33	154.00
43	12:35	18:57	31:50	38:22	1:05:02	2:15:44	112.11	192.56	13:47	20:46	34:53	42:02	1:11:16	2:28:44	98.06	169.55	13:29	20:18	34:07	41:06	1:09:41	2:25:26	101.36	174.93	14:48	22:17	37:27	45:08	1:16:30	2:39:40	88.17	153.55
44	12:36	18:59	31:54	38:27	1:05:11	2:16:03	111.58	191.39	13:47	20:46	34:54	42:03	1:11:18	2:28:50	97.85	168.96	13:30	20:20	34:11	41:12	1:09:50	2:25:47	100.89	173.90	14:48	22:18	37:28	45:09	1:16:32	2:39:46	87.99	153.03
45	12:38	19:02	31:59	38:32	1:05:20	2:16:24	111.01	190.11	13:48	20:47	34:55	42:05	1:11:20	2:28:57	97.61	168.29	13:32	20:23	34:16	41:17	1:10:00	2:26:10	100.37	172.76	14:48	22:18	37:29	45:10	1:16:35	2:39:54	87.78	152.45
46	12:40	19:04	32:03	38:38	1:05:30	2:16:47	110.39	188.72	13:48	20:47	34:56	42:06	1:11:23	2:29:05	97.34	167.54	13:34	20:26	34:21	41:24	1:10:11	2:26:35	99.80	171.53	14:49	22:19	37:30	45:12	1:16:38	2:40:03	87.54	151.80
47	12:42	19:07	32:09	38:44	1:05:41	2:17:12	109.72	187.23	13:49	20:48	34:58	42:08	1:11:27	2:29:16	97.03	166.71	13:36	20:30	34:27	41:31	1:10:23	2:27:02	99.20	170.20	14:50	22:20	37:32	45:14	1:16:42	2:40:14	87.27	151.07
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55	13:03	19:39	33:03	39:51	1:07:38	2:21:42	102.85	172.04	14:00	21:06	35:29	42:46	1:12:36	2:32:06	92.83	156.47	13:59	21:05	35:27	42:44	1:12:32	2:31:58	92.95	156.66	15:02	22:39	38:06	45:56	1:17:58	2:43:22	83.51	142.03
56	13:06	19:45	33:12	40:01	1:07:57	2:22:25	101.82	169.79	14:03	21:10	35:36	42:55	1:12:51	2:32:43	92.04	154.68	14:03	21:10	35:36	42:55	1:12:52	2:32:45	92.02	154.65	15:05	22:44	38:14	46:05	1:18:15	2:44:02	82.80	140.43
57	13:10	19:50	33:21	40:12	1:08:16	2:23:10	100.75	167.46	14:06	21:15	35:44	43:05	1:13:09	2:33:25	91.18	152.77	14:07	21:16	35:46	43:07	1:13:13	2:33:34	91.05	152.57	15:09	22:49	38:24	46:16	1:18:34	2:44:48	82.02	138.73
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68	13:59	21:04	35:29	42:49	1:12:54	2:34:03	86.99	137.91	15:16	23:00	38:45	46:45	1:19:36	2:48:16	76.55	123.38	15:01	22:38	38:07	45:59	1:18:28	2:45:29	78.53	126.04	16:25	24:45	41:41	50:17	1:25:38	3:01:04	68.72	112.09
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73	14:29	21:50	36:49	44:26	1:15:48	2:41:01	79.57	122.42	16:00	24:08	40:40	49:05	1:23:45	2:58:01	68.92	108.18	15:34	23:28	39:34	47:45	1:21:28	2:53:08	71.78	112.04	17:13	25:58</						