

Time Standards for the 50 mile Event

REF	GROUP	SEX	AGE	HEADINGS	GOLD	SILVER	BRONZE
5	A	M	18-39	MPH TIME	19 2.38	17.5 2.51	16 3.08
5	B	M	40-49	MPH TIME	18 2.47	17 2.56	16 3.08
5	C	M	50-59	MPH TIME	17.5 2.51	16 3.08	15 3.20
5	D	M	60+/JNR	MPH TIME	16 3.08	15 3.20	14 3.34
5	E	F	18-39	MPH TIME	17 2.56	16 3.08	15 3.20
5	F	F	40+/JNR	MPH TIME	16 3.08	14 3.34	12.5 4.00