

Time Standards for the 80 mile Event

REF	GROUP	SEX	AGE	HEADINGS	GOLD	SILVER	BRONZE
5	A	M	18-39	MPH TIME	18.5 4.19	17 4.42	16 5.00
5	B	M	40-49	MPH TIME	17 4.42	16 5.00	15 5.20
5	C	M	50-59	MPH TIME	16 5.00	15 5.20	14 5.43
5	D	M	60+/JNR	MPH TIME	15 5.20	14 5.43	13 6.09
5	E	F	18-39	MPH TIME	16 5.00	15 5.20	14 5.43
5	F	F	40+/JNR	MPH TIME	15 5.20	14 5.43	13 6.09