

Time Standards for the 50 mile Event

REF	GROUP	SEX	AGE	HEADINGS	GOLD	SILVER	BRONZE
5	A	M	18-39	MPH	20	18.5	17
				TIME	2.30	2.42	2.56
5	B	M	40-49	MPH	19	17.5	16
				TIME	2.38	2.51	3.02
5	C	M	50-59	MPH	18	16.5	15
				TIME	2.47	3.02	3.20
5	D	M	60+/JNR	MPH	17	15.5	14
				TIME	2.56	3.14	3.34
5	E	F	18-39	MPH	17.5	16	14
				TIME	2.57	3.08	3.24
5	F	F	40+/JNR	MPH	16	14.5	13
				TIME	3.08	3.27	3.51