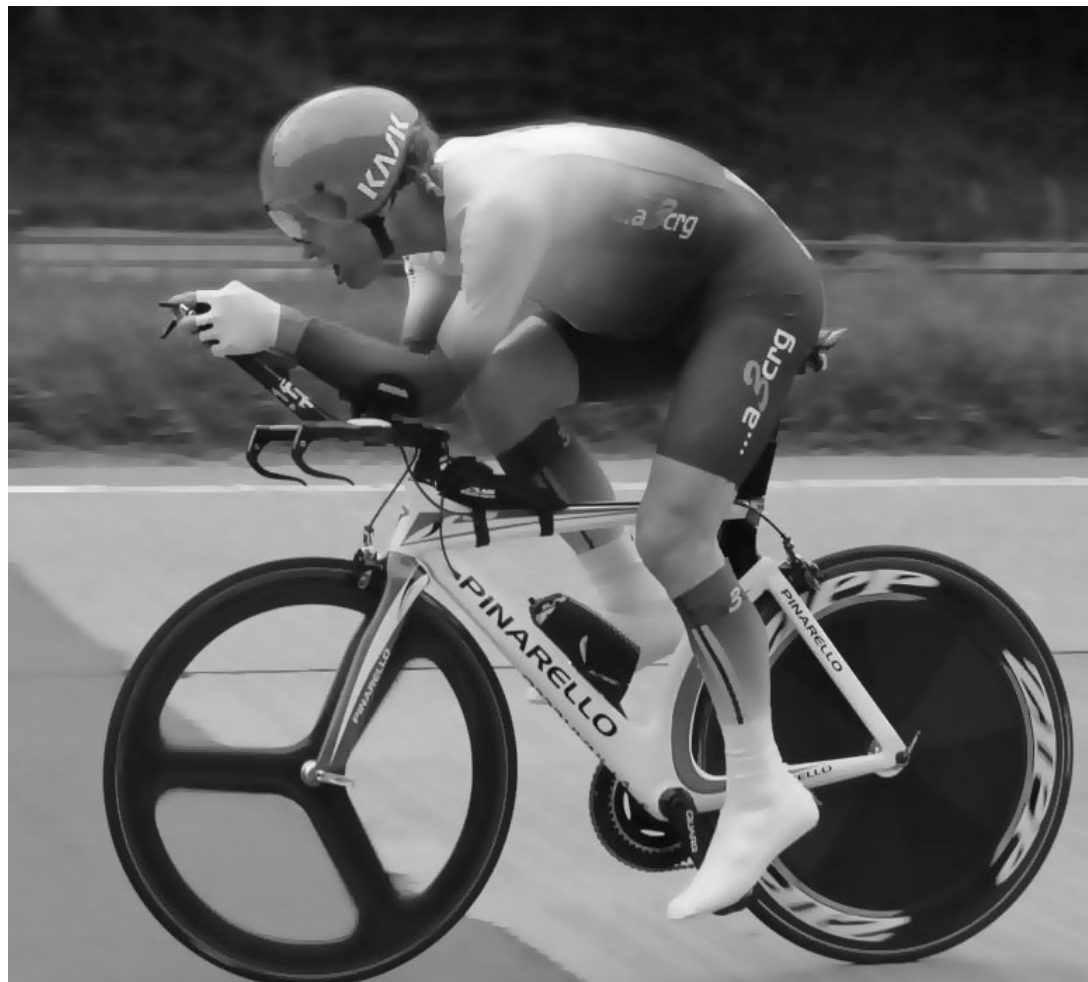




## VTTA Standards 2021



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**Title** VTTA Standards 2021  
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**Author** Jon Fairclough

**Introduction**

This document defines the standard and veterans' handicap 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 standards and all tandem standards. These tables are designed for use by computer software. There is a table of ratios used in the standards.

**Note on use of vets' handicaps**

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

**Important notice**

The VTTA may change its standards prior to each racing season. These are the current 2021 standards.  
Users of this document should check whether these standards are still current for future years or have been superseded.  
The latest standards are always 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

AGE STANDARDS - MENS SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H	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	68	28:58	43:40	1:13:28	1:28:35	2:30:32	5:16:24	175.79	283.51
41	26:10	39:24	1:06:11	1:19:43	2:14:56	4:40:38	220.29	377.24	69	29:08	43:55	1:13:55	1:29:08	2:31:30	5:18:39	173.46	278.71
42	26:14	39:31	1:06:22	1:19:56	2:15:19	4:41:29	219.03	374.53	70	29:19	44:12	1:14:23	1:29:42	2:32:30	5:21:00	171.06	273.79
43	26:19	39:37	1:06:32	1:20:10	2:15:43	4:42:22	217.75	371.80	71	29:30	44:29	1:14:52	1:30:17	2:33:33	5:23:29	168.60	268.74
44	26:23	39:44	1:06:44	1:20:23	2:16:06	4:43:15	216.47	369.05	72	29:42	44:46	1:15:23	1:30:55	2:34:39	5:26:06	166.06	263.55
45	26:27	39:50	1:06:55	1:20:37	2:16:30	4:44:10	215.17	366.26	73	29:54	45:05	1:15:55	1:31:34	2:35:49	5:28:52	163.45	258.22
46	26:32	39:57	1:07:07	1:20:51	2:16:55	4:45:05	213.85	363.45	74	30:07	45:25	1:16:28	1:32:15	2:37:03	5:31:47	160.76	252.75
47	26:36	40:04	1:07:19	1:21:06	2:17:20	4:46:02	212.51	360.59	75	30:20	45:45	1:17:04	1:32:58	2:38:20	5:34:51	157.99	247.14
48	26:41	40:11	1:07:31	1:21:20	2:17:46	4:47:01	211.15	357.69	76	30:35	46:07	1:17:41	1:33:44	2:39:41	5:38:06	155.14	241.38
49	26:46	40:18	1:07:43	1:21:36	2:18:13	4:48:02	209.76	354.74	77	30:49	46:29	1:18:20	1:34:32	2:41:07	5:41:33	152.20	235.47
50	26:51	40:26	1:07:56	1:21:51	2:18:40	4:49:04	208.35	351.73	78	31:05	46:53	1:19:02	1:35:22	2:42:37	5:45:12	149.17	229.40
51	26:56	40:34	1:08:10	1:22:08	2:19:09	4:50:08	206.91	348.66	79	31:22	47:19	1:19:45	1:36:15	2:44:13	5:49:05	146.06	223.18
52	27:01	40:42	1:08:23	1:22:24	2:19:38	4:51:15	205.43	345.53	80	31:39	47:45	1:20:31	1:37:12	2:45:55	5:53:14	142.85	216.79
53	27:07	40:50	1:08:37	1:22:41	2:20:08	4:52:23	203.92	342.33	81	31:58	48:13	1:21:20	1:38:11	2:47:42	5:57:38	139.54	210.23
54	27:12	40:59	1:08:52	1:22:59	2:20:39	4:53:34	202.37	339.05	82	32:17	48:43	1:22:12	1:39:15	2:49:37	6:02:21	136.13	203.50
55	27:18	41:08	1:09:07	1:23:18	2:21:12	4:54:48	200.79	335.70	83	32:38	49:15	1:23:07	1:40:22	2:51:38	6:07:24	132.62	196.60
56	27:24	41:17	1:09:23	1:23:37	2:21:45	4:56:05	199.16	332.27	84	33:00	49:48	1:24:05	1:41:33	2:53:48	6:12:50	129.00	189.52
57	27:30	41:26	1:09:39	1:23:57	2:22:20	4:57:25	197.49	328.75	85	33:23	50:24	1:25:07	1:42:49	2:56:07	6:18:41	125.26	182.25
58	27:37	41:36	1:09:56	1:24:17	2:22:56	4:58:47	195.78	325.15	86	33:48	51:02	1:26:13	1:44:11	2:58:35	6:24:59	121.40	
59	27:44	41:46	1:10:14	1:24:38	2:23:34	5:00:14	194.02	321.45	87	34:14	51:43	1:27:24	1:45:38	3:01:14	6:31:50	117.43	
60	27:51	41:57	1:10:32	1:25:01	2:24:13	5:01:43	192.21	317.66	88	34:43	52:26	1:28:40	1:47:11	3:04:06	6:39:16	113.32	
61	27:58	42:08	1:10:51	1:25:24	2:24:54	5:03:17	190.35	313.77	89	35:13	53:13	1:30:02	1:48:51	3:07:11	6:47:23	109.08	
62	28:06	42:20	1:11:11	1:25:48	2:25:36	5:04:55	188.44	309.78	90	35:46	54:03	1:31:30	1:50:40	3:10:32	6:56:18	104.70	
63	28:13	42:32	1:11:31	1:26:13	2:26:20	5:06:37	186.48	305.68	91	36:21	54:57	1:33:05	1:52:37				
64	28:22	42:44	1:11:53	1:26:39	2:27:06	5:08:24	184.46	301.48	92	36:59	55:56	1:34:48	1:54:44				
65	28:30	42:57	1:12:15	1:27:06	2:27:54	5:10:16	182.39	297.16	93	37:40	56:59	1:36:40	1:57:03				
66	28:39	43:11	1:12:38	1:27:35	2:28:44	5:12:13	180.25	292.73	94	38:25	58:09	1:38:43	1:59:35				
67	28:49	43:25	1:13:03	1:28:04	2:29:37	5:14:15	178.05	288.18	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				

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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				

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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
40	13:42	20:38	34:39	41:45	1:10:40	2:26:55	101.52	175.96
41	13:45	20:42	34:45	41:52	1:10:52	2:27:22	100.93	174.73
42	13:47	20:45	34:51	41:59	1:11:04	2:27:50	100.35	173.50
43	13:49	20:48	34:57	42:06	1:11:17	2:28:18	99.76	172.26
44	13:51	20:52	35:03	42:13	1:11:29	2:28:47	99.17	171.01
45	13:54	20:56	35:09	42:21	1:11:42	2:29:17	98.57	169.75
46	13:56	20:59	35:15	42:29	1:11:56	2:29:47	97.96	168.47
47	13:59	21:03	35:22	42:36	1:12:09	2:30:17	97.35	167.17
48	14:01	21:07	35:28	42:44	1:12:23	2:30:49	96.72	165.85
49	14:04	21:11	35:35	42:53	1:12:38	2:31:22	96.08	164.51
50	14:06	21:15	35:42	43:01	1:12:53	2:31:55	95.43	163.14
51	14:09	21:19	35:49	43:10	1:13:08	2:32:30	94.76	161.75
52	14:12	21:23	35:57	43:19	1:13:24	2:33:06	94.08	160.32
53	14:15	21:28	36:04	43:28	1:13:40	2:33:43	93.38	158.86
54	14:18	21:32	36:12	43:38	1:13:57	2:34:21	92.67	157.37
55	14:21	21:37	36:20	43:47	1:14:14	2:35:01	91.94	155.84
56	14:24	21:42	36:29	43:58	1:14:32	2:35:42	91.19	154.28
57	14:28	21:47	36:38	44:08	1:14:51	2:36:25	90.42	152.67
58	14:31	21:53	36:47	44:20	1:15:10	2:37:10	89.63	151.03
59	14:35	21:58	36:56	44:31	1:15:31	2:37:56	88.82	149.34
60	14:39	22:04	37:06	44:43	1:15:52	2:38:45	87.98	147.61
61	14:43	22:10	37:16	44:55	1:16:14	2:39:35	87.12	145.83
62	14:47	22:16	37:27	45:08	1:16:37	2:40:28	86.24	144.01
63	14:51	22:23	37:38	45:22	1:17:00	2:41:23	85.34	142.13
64	14:55	22:29	37:50	45:36	1:17:25	2:42:20	84.40	140.21
65	15:00	22:36	38:02	45:51	1:17:51	2:43:21	83.44	138.23
66	15:05	22:44	38:14	46:06	1:18:18	2:44:24	82.46	136.20
67	15:10	22:51	38:27	46:22	1:18:46	2:45:30	81.44	134.11

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	15:15	22:59	38:41	46:39	1:19:16	2:46:39	80.40	131.97
69	15:21	23:08	38:55	46:56	1:19:47	2:47:52	79.32	129.77
70	15:26	23:16	39:10	47:15	1:20:20	2:49:08	78.21	127.50
71	15:32	23:26	39:26	47:34	1:20:54	2:50:29	77.07	125.18
72	15:39	23:35	39:43	47:54	1:21:30	2:51:53	75.90	122.79
73	15:45	23:45	40:00	48:15	1:22:07	2:53:22	74.69	120.34
74	15:52	23:56	40:18	48:37	1:22:47	2:54:57	73.45	117.82
75	15:59	24:07	40:37	49:00	1:23:28	2:56:36	72.16	115.23
76	16:07	24:18	40:57	49:25	1:24:12	2:58:21	70.84	112.57
77	16:15	24:31	41:18	49:51	1:24:58	3:00:13	69.49	109.84
78	16:24	24:44	41:41	50:18	1:25:47	3:02:11	68.09	107.03
79	16:32	24:57	42:04	50:47	1:26:39	3:04:16	66.64	104.14
80	16:42	25:12	42:29	51:17	1:27:33	3:06:30	65.16	101.18
81	16:52	25:27	42:55	51:49	1:28:31	3:08:53		
82	17:02	25:43	43:23	52:23	1:29:33	3:11:25		
83	17:13	26:00	43:53	53:00	1:30:39	3:14:09		
84	17:25	26:18	44:24	53:38	1:31:49	3:17:04		
85	17:38	26:37	44:58	54:19	1:33:03	3:20:13		
86	17:51	26:58	45:33	55:03				
87	18:05	27:20	46:12	55:50				
88	18:21	27:43	46:53	56:40				
89	18:37	28:08	47:37	57:34				
90	18:55	28:35	48:24	58:33				
91	19:14	29:04	49:15	59:36				
92	19:34	29:36	50:11	1:00:44				
93	19:56	30:10	51:11	1:01:59				
94	20:21	30:48	52:17	1:03:21				
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	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	68	16:26	24:46	41:40	50:14	1:25:23	2:59:32	72.25	120.32
41	14:46	22:15	37:22	45:00	1:16:11	2:38:25	90.96	159.00	69	16:32	24:55	41:56	50:34	1:25:57	3:00:52	71.27	118.32
42	14:49	22:18	37:28	45:08	1:16:24	2:38:56	90.43	157.89	70	16:38	25:04	42:12	50:54	1:26:33	3:02:16	70.26	116.27
43	14:51	22:22	37:34	45:16	1:16:38	2:39:27	89.90	156.77	71	16:45	25:14	42:29	51:15	1:27:10	3:03:44	69.22	114.16
44	14:54	22:26	37:41	45:24	1:16:52	2:39:58	89.36	155.65	72	16:51	25:25	42:47	51:37	1:27:49	3:05:17	68.15	111.99
45	14:56	22:30	37:48	45:32	1:17:06	2:40:30	88.81	154.51	73	16:59	25:36	43:06	52:00	1:28:30	3:06:54	67.05	109.75
46	14:59	22:34	37:55	45:40	1:17:21	2:41:03	88.26	153.35	74	17:06	25:47	43:26	52:24	1:29:14	3:08:37	65.92	107.46
47	15:02	22:38	38:02	45:49	1:17:36	2:41:37	87.70	152.18	75	17:14	26:00	43:47	52:50	1:29:59	3:10:26	64.75	105.10
48	15:05	22:42	38:09	45:58	1:17:51	2:42:12	87.13	150.99	76	17:23	26:12	44:09	53:16	1:30:47	3:12:22	63.54	102.68
49	15:07	22:47	38:16	46:07	1:18:07	2:42:47	86.54	149.78	77	17:31	26:26	44:32	53:45	1:31:38	3:14:24	62.30	100.18
50	15:10	22:51	38:24	46:16	1:18:23	2:43:24	85.95	148.55	78	17:41	26:40	44:57	54:15	1:32:31	3:16:33	61.02	97.62
51	15:13	22:56	38:32	46:25	1:18:40	2:44:02	85.34	147.29	79	17:50	26:55	45:22	54:46	1:33:28	3:18:51	59.71	94.99
52	15:17	23:00	38:40	46:35	1:18:57	2:44:41	84.72	146.00	80	18:01	27:10	45:50	55:19	1:34:28	3:21:17	58.35	92.28
53	15:20	23:05	38:48	46:45	1:19:15	2:45:22	84.09	144.68	81	18:12	27:27	46:19	55:55	1:35:31	3:23:54		
54	15:23	23:10	38:57	46:56	1:19:33	2:46:04	83.44	143.33	82	18:23	27:45	46:49	56:32	1:36:39	3:26:41		
55	15:27	23:16	39:06	47:07	1:19:52	2:46:48	82.77	141.95	83	18:35	28:03	47:21	57:12	1:37:51	3:29:40		
56	15:30	23:21	39:15	47:18	1:20:12	2:47:33	82.09	140.54	84	18:48	28:23	47:56	57:54	1:39:07	3:32:52		
57	15:34	23:27	39:25	47:30	1:20:33	2:48:20	81.39	139.09	85	19:02	28:44	48:32	58:39	1:40:29	3:36:19		
58	15:38	23:33	39:35	47:42	1:20:54	2:49:09	80.67	137.60	86	19:17	29:07	49:12	59:27				
59	15:42	23:39	39:45	47:55	1:21:16	2:50:00	79.93	136.07	87	19:32	29:31	49:53	1:00:18				
60	15:46	23:45	39:56	48:08	1:21:39	2:50:53	79.17	134.50	88	19:49	29:56	50:38	1:01:13				
61	15:50	23:51	40:07	48:21	1:22:03	2:51:48	78.39	132.89	89	20:07	30:24	51:26	1:02:13				
62	15:55	23:58	40:19	48:35	1:22:28	2:52:46	77.58	131.24	90	20:26	30:54	52:18	1:03:16				
63	15:59	24:05	40:31	48:50	1:22:54	2:53:46	76.76	129.54	91	20:47	31:25	53:15	1:04:26				
64	16:04	24:13	40:43	49:06	1:23:21	2:54:49	75.91	127.80	92	21:09	32:00	54:15	1:05:41				
65	16:09	24:20	40:57	49:22	1:23:50	2:55:55	75.03	126.01	93	21:34	32:38	55:22	1:07:03				
66	16:14	24:28	41:10	49:39	1:24:20	2:57:04	74.13	124.16	94	22:00	33:19	56:34	1:08:32				
67	16:20	24:37	41:25	49:56	1:24:51	2:58:17	73.21	122.27	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

VETS' HANDICAPS MEN SOLO 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	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	0:23	0:51	1.26	2.71	69	3:02	4:37	7:55	9:38	16:56	38:52	48.09	101.23
42	0:08	0:13	0:22	0:26	0:46	1:43	2.52	5.42	70	3:13	4:54	8:23	10:11	17:56	41:14	50.49	106.16
43	0:13	0:19	0:32	0:39	1:09	2:35	3.80	8.15	71	3:24	5:11	8:52	10:47	18:59	43:43	52.95	111.21
44	0:17	0:26	0:44	0:53	1:33	3:28	5.08	10.90	72	3:36	5:28	9:23	11:24	20:06	46:20	55.49	116.40
45	0:21	0:32	0:55	1:07	1:57	4:23	6.38	13.68	73	3:48	5:47	9:55	12:04	21:16	49:05	58.10	121.73
46	0:26	0:39	1:07	1:21	2:21	5:19	7.70	16.50	74	4:01	6:07	10:28	12:45	22:29	52:00	60.79	127.19
47	0:30	0:46	1:19	1:35	2:47	6:16	9.04	19.35	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	3:13	7:15	10.40	22.26	76	4:29	6:49	11:41	14:13	25:07	58:20	66.42	138.57
49	0:40	1:01	1:43	2:05	3:39	8:15	11.79	25.21	77	4:44	7:11	12:20	15:01	26:33	1:01:46	69.35	144.48
50	0:45	1:08	1:56	2:21	4:07	9:17	13.20	28.22	78	4:59	7:35	13:02	15:52	28:04	1:05:26	72.38	150.54
51	0:50	1:16	2:10	2:37	4:35	10:22	14.65	31.28	79	5:16	8:01	13:45	16:45	29:40	1:09:19	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	12:37	17.63	37.62	81	5:52	8:55	15:20	18:41	33:09	1:17:52	82.01	169.72
54	1:06	1:41	2:52	3:29	6:06	13:48	19.18	40.89	82	6:11	9:25	16:12	19:44	35:03	1:22:35	85.42	176.44
55	1:12	1:50	3:07	3:47	6:38	15:02	20.76	44.24	83	6:32	9:57	17:07	20:52	37:05	1:27:38	88.93	183.35
56	1:18	1:59	3:23	4:06	7:12	16:18	22.39	47.67	84	6:54	10:30	18:05	22:03	39:14	1:33:03	92.56	190.43
57	1:24	2:08	3:39	4:26	7:46	17:38	24.06	51.19	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	8:23	19:01	25.77	54.80	86	7:42	11:44	20:13	24:41	44:01	1:45:13	100.15	
59	1:38	2:28	4:14	5:08	9:00	20:27	27.53	58.49	87	8:08	12:25	21:24	26:08	46:41	1:52:03	104.12	
60	1:45	2:39	4:32	5:30	9:39	21:57	29.34	62.28	88	8:37	13:08	22:40	27:41	49:32	1:59:29	108.23	
61	1:52	2:50	4:51	5:53	10:20	23:31	31.20	66.17	89	9:07	13:55	24:02	29:21	52:37	2:07:37	112.47	
62	2:00	3:02	5:11	6:18	11:02	25:08	33.11	70.16	90	9:40	14:45	25:30	31:09	55:58	2:16:31	116.85	
63	2:08	3:14	5:31	6:43	11:46	26:51	35.07	74.26	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	13:21	30:29	39.17	82.78	93	11:34	17:41	30:40	37:33				
66	2:33	3:53	6:38	8:04	14:11	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	34:29	43.50	91.77	95	13:08	20:07	34:58	42:52			2021	version

VETS' HANDICAPS WOMEN SOLO BICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	2:27	3:42	6:12	7:28	12:39	26:18	26.33	41.56
41	2:32	3:49	6:24	7:43	13:04	27:15	27.45	43.92
42	2:37	3:56	6:36	7:58	13:30	28:13	28.57	46.29
43	2:41	4:03	6:49	8:13	13:56	29:12	29.70	48.67
44	2:46	4:10	7:01	8:28	14:23	30:12	30.84	51.08
45	2:51	4:18	7:14	8:43	14:50	31:13	31.99	53.51
46	2:56	4:25	7:27	8:59	15:18	32:16	33.16	55.97
47	3:01	4:33	7:40	9:15	15:46	33:20	34.34	58.46
48	3:07	4:41	7:54	9:32	16:15	34:26	35.55	61.00
49	3:12	4:50	8:08	9:49	16:45	35:34	36.78	63.58
50	3:18	4:58	8:23	10:07	17:16	36:43	38.04	66.21
51	3:23	5:07	8:38	10:25	17:48	37:56	39.32	68.90
52	3:29	5:16	8:53	10:44	18:20	39:10	40.63	71.64
53	3:35	5:25	9:09	11:03	18:54	40:27	41.97	74.44
54	3:42	5:35	9:25	11:23	19:29	41:47	43.34	77.31
55	3:48	5:45	9:42	11:44	20:06	43:10	44.75	80.25
56	3:55	5:55	10:00	12:05	20:43	44:36	46.19	83.26
57	4:02	6:06	10:18	12:27	21:22	46:06	47.67	86.34
58	4:09	6:17	10:37	12:50	22:03	47:39	49.19	89.51
59	4:17	6:28	10:57	13:14	22:45	49:16	50.75	92.75
60	4:25	6:40	11:17	13:39	23:29	50:56	52.36	96.08
61	4:33	6:53	11:39	14:05	24:15	52:42	54.01	99.50
62	4:41	7:06	12:01	14:32	25:02	54:31	55.70	103.01
63	4:50	7:19	12:24	15:00	25:52	56:26	57.44	106.62
64	5:00	7:33	12:48	15:30	26:44	58:26	59.24	110.32
65	5:09	7:48	13:13	16:00	27:38	1:00:31	61.08	114.12
66	5:19	8:03	13:39	16:32	28:34	1:02:43	62.98	118.03
67	5:30	8:19	14:07	17:06	29:33	1:05:00	64.93	122.04

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	5:41	8:36	14:35	17:40	30:35	1:07:25	66.94	126.16
69	5:52	8:53	15:05	18:17	31:40	1:09:56	69.01	130.40
70	6:04	9:11	15:37	18:55	32:47	1:12:36	71.14	134.75
71	6:17	9:30	16:09	19:35	33:58	1:15:23	73.34	139.22
72	6:30	9:50	16:44	20:17	35:13	1:18:19	75.59	143.81
73	6:43	10:11	17:20	21:01	36:31	1:21:25	77.92	148.53
74	6:58	10:33	17:58	21:47	37:53	1:24:41	80.31	153.37
75	7:13	10:56	18:38	22:36	39:20	1:28:08	82.77	158.35
76	7:29	11:21	19:19	23:27	40:51	1:31:47	85.31	163.47
77	7:46	11:46	20:03	24:20	42:28	1:35:40	87.93	168.72
78	8:03	12:13	20:50	25:17	44:10	1:39:46	90.62	174.12
79	8:22	12:41	21:39	26:17	45:57	1:44:08	93.39	179.67
80	8:41	13:11	22:31	27:20	47:51	1:48:46	96.25	185.37
81	9:02	13:43	23:25	28:27	49:52	1:53:44	99.20	191.22
82	9:24	14:16	24:23	29:38	52:00	1:59:01	102.24	197.23
83	9:47	14:52	25:25	30:54	54:17	2:04:42	105.37	203.41
84	10:12	15:30	26:30	32:14	56:43	2:10:47	108.60	209.75
85	10:38	16:10	27:40	33:40	59:18	2:17:21	111.94	216.27
86	7:42	16:52	28:55	35:11	1:02:05	2:24:26	115.38	
87	8:08	17:38	30:14	36:49	1:05:04	2:32:07	118.93	
88	8:37	18:27	31:39	38:33	1:08:16	2:40:28	122.60	
89	9:07	19:19	33:11	40:26	1:11:44	2:49:36	126.39	
90	9:40	20:15	34:50	42:28	1:15:29	2:59:36	130.31	
91	10:15	21:16	36:37	44:39				
92	10:53	22:22	38:32	47:02				
93	11:34	23:33	40:38	49:38				
94	12:19	24:51	42:56	52:29				
95	13:08	26:17	45:28	55:36				

2021 version

VETS' HANDICAPS MEN SOLO TRICYCLE

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	6:02	10:14	21:21	22.02	35.39
42	2:03	3:06	5:13	6:17	10:39	22:17	23.18	37.82
43	2:08	3:13	5:25	6:31	11:05	23:15	24.33	40.28
44	2:13	3:20	5:37	6:46	11:31	24:13	25.50	42.75
45	2:18	3:27	5:49	7:01	11:57	25:13	26.69	45.25
46	2:22	3:35	6:02	7:17	12:24	26:14	27.88	47.78
47	2:28	3:43	6:15	7:33	12:52	27:17	29.10	50.35
48	2:33	3:50	6:28	7:49	13:20	28:21	30.34	52.95
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	14:20	30:36	32.89	58.32
51	2:49	4:15	7:11	8:40	14:51	31:46	34.20	61.08
52	2:55	4:24	7:26	8:59	15:23	32:59	35.55	63.90
53	3:01	4:33	7:41	9:18	15:56	34:14	36.92	66.78
54	3:07	4:42	7:57	9:37	16:30	35:32	38.33	69.73
55	3:13	4:52	8:14	9:57	17:05	36:53	39.77	72.75
56	3:20	5:02	8:31	10:18	17:42	38:17	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	11:02	19:00	41:15	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	20:24	44:28	47.58	89.03
61	3:57	5:58	10:08	12:15	21:08	46:10	49.27	92.54
62	4:05	6:11	10:29	12:42	21:55	47:57	51.01	96.15
63	4:14	6:24	10:52	13:09	22:43	49:49	52.80	99.85
64	4:23	6:38	11:15	13:38	23:34	51:46	54.64	103.66
65	4:32	6:52	11:40	14:08	24:26	53:49	56.53	107.56
66	4:42	7:07	12:05	14:39	25:21	55:57	58.48	111.57
67	4:52	7:23	12:32	15:11	26:19	58:11	60.48	115.69

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	5:03	7:39	13:00	15:45	27:19	1:00:32	62.54	119.93
69	5:14	7:56	13:29	16:21	28:22	1:03:00	64.66	124.28
70	5:26	8:14	14:00	16:58	29:28	1:05:35	66.84	128.74
71	5:38	8:32	14:32	17:37	30:37	1:08:18	69.09	133.33
72	5:51	8:52	15:05	18:18	31:50	1:11:10	71.41	138.04
73	6:04	9:12	15:40	19:01	33:07	1:14:12	73.79	142.89
74	6:18	9:34	16:17	19:46	34:27	1:17:23	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	1:24:19	81.37	158.21
77	7:05	10:45	18:20	22:15	38:54	1:28:05	84.05	163.60
78	7:22	11:11	19:05	23:11	40:34	1:32:06	86.81	169.14
79	7:40	11:39	19:53	24:09	42:19	1:36:21	89.66	174.82
80	7:59	12:08	20:43	25:11	44:10	1:40:53	92.59	180.66
81	8:19	12:39	21:37	26:16	46:08	1:45:43	95.61	186.66
82	8:41	13:11	22:34	27:26	48:13	1:50:53	98.72	192.82
83	9:03	13:46	23:34	28:39	50:26	1:56:25	101.93	199.14
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	2:08:46	108.66	212.31
86	10:20	15:43	26:58	32:50	58:03	2:15:40	112.19	
87	10:49	16:28	28:16	34:25	1:00:57	2:23:10	115.82	
88	11:20	17:16	29:39	36:08	1:04:05	2:31:19	119.58	
89	11:53	18:07	31:08	37:57	1:07:28	2:40:13	123.47	
90	12:29	19:02	32:45	39:56	1:11:08	2:49:58	127.48	
91	13:08	20:01	34:29	42:04				
92	13:49	21:05	36:22	44:24				
93	14:35	22:15	38:25	46:56				
94	15:24	23:31	40:39	49:42				
95	16:18	24:54	43:07	52:46				

2021 version

VETS' HANDICAPS WOMEN SOLO TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H
40	4:35	6:55	11:37	13:59	23:40	49:13	45.61	72.05
41	4:41	7:03	11:50	14:15	24:08	50:16	46.62	74.17
42	4:46	7:10	12:03	14:31	24:36	51:19	47.64	76.31
43	4:51	7:18	12:17	14:48	25:05	52:24	48.67	78.46
44	4:56	7:26	12:30	15:04	25:34	53:30	49.71	80.62
45	5:02	7:35	12:44	15:21	26:04	54:37	50.76	82.81
46	5:07	7:43	12:59	15:39	26:34	55:45	51.82	85.03
47	5:13	7:51	13:13	15:57	27:05	56:56	52.90	87.28
48	5:19	8:00	13:28	16:15	27:37	58:08	54.00	89.57
49	5:25	8:09	13:44	16:34	28:10	59:22	55.12	91.90
50	5:31	8:19	14:00	16:53	28:44	1:00:39	56.26	94.28
51	5:37	8:28	14:16	17:13	29:19	1:01:58	57.43	96.70
52	5:43	8:38	14:33	17:33	29:55	1:03:20	58.62	99.18
53	5:50	8:48	14:50	17:54	30:32	1:04:44	59.84	101.71
54	5:57	8:59	15:08	18:16	31:10	1:06:12	61.09	104.31
55	6:04	9:10	15:27	18:39	31:50	1:07:42	62.37	106.96
56	6:12	9:21	15:46	19:02	32:31	1:09:17	63.69	109.68
57	6:19	9:33	16:06	19:27	33:14	1:10:55	65.04	112.47
58	6:27	9:45	16:27	19:52	33:59	1:12:37	66.42	115.33
59	6:36	9:57	16:49	20:18	34:45	1:14:23	67.84	118.27
60	6:44	10:11	17:11	20:46	35:33	1:16:13	69.31	121.29
61	6:53	10:24	17:34	21:14	36:23	1:18:09	70.81	124.38
62	7:03	10:38	17:59	21:44	37:15	1:20:09	72.35	127.56
63	7:12	10:53	18:24	22:14	38:09	1:22:14	73.94	130.83
64	7:22	11:09	18:50	22:47	39:06	1:24:26	75.58	134.18
65	7:33	11:25	19:18	23:20	40:05	1:26:43	77.26	137.63
66	7:44	11:41	19:47	23:55	41:07	1:29:07	78.99	141.17
67	7:55	11:59	20:17	24:32	42:12	1:31:38	80.77	144.81

Age	10M	15M	25M	30M	50M	100M	12H	24H
68	8:07	12:17	20:48	25:10	43:19	1:34:16	82.60	96.44
69	8:20	12:36	21:21	25:50	44:30	1:37:02	84.49	101.23
70	8:33	12:56	21:55	26:31	45:44	1:39:56	86.43	106.16
71	8:47	13:17	22:31	27:15	47:02	1:43:00	88.43	111.21
72	9:01	13:39	23:09	28:01	48:24	1:46:13	90.49	116.40
73	9:16	14:02	23:48	28:49	49:50	1:49:37	92.61	121.73
74	9:32	14:26	24:30	29:40	51:20	1:53:11	94.79	127.19
75	9:49	14:51	25:13	30:33	52:55	1:56:58	97.04	132.81
76	10:06	15:18	25:59	31:29	54:35	2:00:58	99.35	138.57
77	10:24	15:46	26:47	32:28	56:20	2:05:13	101.74	144.48
78	10:44	16:15	27:38	33:30	58:12	2:09:43	104.20	150.54
79	11:04	16:46	28:32	34:36	1:00:10	2:14:29	106.73	156.77
80	11:25	17:19	29:29	35:45	1:02:14	2:19:35	109.34	163.16
81	11:48	17:54	30:29	36:59	1:04:27	2:25:00	112.03	169.72
82	12:12	18:30	31:32	38:16	1:06:47	2:30:48	114.81	176.44
83	12:37	19:09	32:40	39:39	1:09:17	2:37:01	117.67	183.35
84	13:04	19:50	33:51	41:07	1:11:57	2:43:42	120.62	190.43
85	13:33	20:34	35:08	42:41	1:14:47	2:50:53	123.67	197.70
86	14:04	21:21	36:29	44:21	1:17:50	2:58:39	126.81	
87	14:36	22:11	37:56	46:08	1:21:06	3:07:04	130.06	
88	15:11	23:05	39:30	48:02	1:24:37	3:16:13	133.42	
89	15:48	24:02	41:10	50:06	1:28:24	3:26:12	136.89	
90	16:28	25:04	42:58	52:19	1:32:31	3:37:10	140.47	
91	17:12	26:10	44:55	54:43				
92	17:58	27:22	47:02	57:20				
93	18:49	28:41	49:20	1:00:10				
94	19:44	30:06	51:51	1:03:17				
95	20:45	31:39	54:37	1:06:43				

2021 version



VETS' HANDICAPS (PER RIDER) MEN 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	1:28	2:13	3:48	4:37	8:08	18:39	25.01	52.64
42	0:04	0:06	0:10	0:13	0:22	0:49	1.31	2.82	70	1:33	2:21	4:01	4:54	8:37	19:47	26.25	55.20
43	0:06	0:09	0:16	0:19	0:33	1:14	1.98	4.24	71	1:38	2:29	4:15	5:11	9:07	20:59	27.54	57.83
44	0:08	0:12	0:21	0:25	0:44	1:40	2.64	5.67	72	1:44	2:38	4:30	5:29	9:39	22:14	28.86	60.53
45	0:10	0:15	0:26	0:32	0:56	2:06	3.32	7.11	73	1:50	2:47	4:45	5:47	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	5:02	6:07	10:47	24:58	31.61	66.14
47	0:15	0:22	0:38	0:46	1:20	3:00	4.70	10.06	75	2:02	3:06	5:19	6:28	11:25	26:26	33.05	69.06
48	0:17	0:26	0:44	0:53	1:32	3:29	5.41	11.57	76	2:09	3:16	5:36	6:50	12:04	28:00	34.54	72.05
49	0:19	0:29	0:50	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	4:28	6.86	14.67	78	2:24	3:39	6:15	7:37	13:28	31:24	37.64	78.28
51	0:24	0:36	1:02	1:15	2:12	4:58	7.62	16.27	79	2:32	3:51	6:36	8:02	14:14	33:16	39.26	81.52
52	0:27	0:40	1:09	1:23	2:26	5:30	8.38	17.90	80	2:40	4:04	6:58	8:30	15:03	35:15	40.93	84.84
53	0:29	0:44	1:16	1:32	2:41	6:03	9.17	19.56	81	2:49	4:17	7:22	8:58	15:55	37:22	42.65	88.25
54	0:32	0:48	1:23	1:40	2:56	6:37	9.97	21.26	82	2:58	4:31	7:46	9:29	16:49	39:38	44.42	91.75
55	0:35	0:53	1:30	1:49	3:11	7:13	10.80	23.01	83	3:08	4:47	8:13	10:01	17:48	42:04	46.25	95.34
56	0:38	0:57	1:37	1:58	3:27	7:50	11.64	24.79	84	3:19	5:03	8:41	10:35	18:50	44:40	48.13	99.02
57	0:41	1:02	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	9:08	13.40	28.49	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	12:32	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	25:16	1:01:15	58.49	
62	0:57	1:27	2:29	3:01	5:18	12:04	17.22	36.49	90	4:38	7:05	12:14	14:57	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	20.37	43.05	93	5:33	8:29	14:43	18:01				
66	1:14	1:52	3:11	3:52	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	7:14	16:33	22.62	47.72	95	6:18	9:39	16:47	20:34				
																2021	version

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

VETS' HANDICAPS (PER RIDER) WOMEN 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	3:35	6:04	12:37	13.69	21.61	68	2:44	4:08	7:00	8:29	14:41	32:22	34.81	65.60
41	1:13	1:50	3:04	3:42	6:16	13:05	14.27	22.84	69	2:49	4:16	7:15	8:46	15:12	33:34	35.89	67.81
42	1:15	1:53	3:10	3:49	6:29	13:33	14.86	24.07	70	2:55	4:25	7:30	9:05	15:44	34:51	36.99	70.07
43	1:17	1:57	3:16	3:56	6:41	14:01	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	14:30	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	4:11	7:07	14:59	16.63	27.82	73	3:14	4:53	8:19	10:05	17:32	39:05	40.52	77.23
46	1:25	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	79.75
47	1:27	2:11	3:41	4:27	7:34	16:00	17.86	30.40	75	3:28	5:15	8:56	10:51	18:53	42:18	43.04	82.34
48	1:30	2:15	3:48	4:35	7:48	16:32	18.49	31.72	76	3:35	5:27	9:16	11:15	19:37	44:04	44.36	85.00
49	1:32	2:19	3:54	4:43	8:02	17:04	19.13	33.06	77	3:43	5:39	9:38	11:41	20:23	45:55	45.72	87.74
50	1:35	2:23	4:01	4:51	8:17	17:38	19.78	34.43	78	3:52	5:52	10:00	12:08	21:12	47:53	47.12	90.54
51	1:38	2:27	4:08	5:00	8:32	18:12	20.44	35.83	79	4:01	6:05	10:23	12:37	22:03	49:59	48.56	93.43
52	1:40	2:32	4:16	5:09	8:48	18:48	21.13	37.25	80	4:10	6:20	10:48	13:07	22:58	52:13	50.05	96.39
53	1:43	2:36	4:23	5:18	9:04	19:25	21.82	38.71	81	4:20	6:35	11:15	13:40	23:56	54:35	51.58	99.43
54	1:46	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	1:50	2:45	4:40	5:38	9:39	20:43	23.27	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	21:25	24.02	43.29	84	4:54	7:26	12:43	15:28	27:13	1:02:47	56.47	109.07
57	1:56	2:56	4:57	5:59	10:16	22:08	24.79	44.90	85	5:06	7:45	13:17	16:09	28:28	1:05:56	58.21	112.46
58	2:00	3:01	5:06	6:10	10:35	22:52	25.58	46.54	86	5:20	8:06	13:53	16:53	29:48	1:09:20	60.00	
59	2:03	3:06	5:15	6:21	10:55	23:39	26.39	48.23	87	5:34	8:28	14:31	17:40	31:14	1:13:01	61.84	
60	2:07	3:12	5:25	6:33	11:16	24:27	27.23	49.96	88	5:49	8:51	15:12	18:30	32:46	1:17:02	63.75	
61	2:11	3:18	5:35	6:46	11:38	25:18	28.08	51.74	89	6:05	9:16	15:56	19:25	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	1:26:13	67.76	
63	2:19	3:31	5:57	7:12	12:25	27:05	29.87	55.44	91	6:42	10:13	17:34	21:26				
64	2:24	3:38	6:09	7:26	12:50	28:03	30.80	57.37	92	7:02	10:44	18:30	22:35				
65	2:28	3:45	6:21	7:41	13:16	29:03	31.76	59.34	93	7:25	11:18	19:30	23:49				
66	2:33	3:52	6:33	7:56	13:43	30:06	32.75	61.37	94	7:49	11:56	20:37	25:11				
67	2:38	4:00	6:46	8:12	14:11	31:12	33.77	63.46	95	8:15	12:37	21:49	26:41				
																2021	version

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

VETS' HANDICAPS (PER RIDER) MEN 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	10:15	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	11:10	12.65	20.94
44	1:04	1:36	2:42	3:15	5:31	11:38	13.26	22.23
45	1:06	1:40	2:48	3:22	5:44	12:06	13.88	23.53
46	1:08	1:43	2:54	3:30	5:57	12:36	14.50	24.84
47	1:11	1:47	3:00	3:37	6:10	13:06	15.13	26.18
48	1:13	1:51	3:06	3:45	6:24	13:37	15.78	27.54
49	1:16	1:54	3:13	3:53	6:38	14:08	16.43	28.92
50	1:18	1:58	3:20	4:01	6:53	14:41	17.10	30.32
51	1:21	2:02	3:27	4:10	7:07	15:15	17.79	31.76
52	1:24	2:07	3:34	4:19	7:23	15:50	18.48	33.23
53	1:27	2:11	3:41	4:28	7:39	16:26	19.20	34.73
54	1:30	2:16	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	37.83
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	48.12
62	1:58	2:58	5:02	6:06	10:31	23:01	26.52	50.00
63	2:02	3:04	5:13	6:19	10:54	23:55	27.45	51.92
64	2:06	3:11	5:24	6:32	11:18	24:51	28.41	53.90
65	2:11	3:18	5:36	6:47	11:44	25:50	29.39	55.93
66	2:15	3:25	5:48	7:02	12:10	26:51	30.41	58.02
67	2:20	3:33	6:01	7:17	12:38	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	64.62
70	2:36	2:21	6:43	8:09	14:09	31:29	34.76	66.95
71	2:42	2:29	6:58	8:27	14:42	32:47	35.93	69.33
72	2:48	2:38	7:15	8:47	15:17	34:10	37.13	71.78
73	2:55	2:47	7:31	9:08	15:54	35:37	38.37	74.30
74	3:02	2:56	7:49	9:29	16:32	37:09	39.65	76.89
75	3:09	3:06	8:08	9:52	17:13	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	18:41	42:17	43.71	85.07
78	3:32	3:39	9:10	11:08	19:28	44:12	45.14	87.95
79	3:41	3:51	9:33	11:36	20:19	46:15	46.62	90.91
80	3:50	4:04	9:57	12:05	21:12	48:25	48.15	93.94
81	4:00	4:17	10:23	12:37	22:08	50:45	49.72	97.06
82	4:10	4:31	10:50	13:10	23:09	53:13	51.34	100.26
83	4:21	4:47	11:19	13:45	24:13	55:53	53.01	103.55
84	4:32	5:03	11:49	14:23	25:21	58:44	54.73	106.93
85	4:45	5:20	12:22	15:03	26:34	1:01:48	56.50	110.40
86	4:58	5:38	12:57	15:46	27:52	1:05:07	58.34	
87	5:12	5:58	13:34	16:31	29:15	1:08:43	60.23	
88	5:26	6:18	14:14	17:20	30:46	1:12:38	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	7:23	9:03	19:31	23:52				
95	7:49	9:39	20:42	25:19				

2021 version

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

VETS' HANDICAPS (PER RIDER) WOMEN TANDEM TRICYCLE

Age	10M	15M	25M	30M	50M	100M	12H	24H	Age	10M	15M	25M	30M	50M	100M	12H	24H
40	2:12	3:19	5:34	6:43	11:22	23:38	23.72	37.46	68	3:54	4:08	9:59	12:05	20:48	45:15	42.95	77.25
41	2:15	3:23	5:41	6:50	11:35	24:08	24.24	38.57	69	4:00	4:16	10:15	12:24	21:22	46:35	43.93	79.25
42	2:17	3:27	5:47	6:58	11:49	24:38	24.77	39.68	70	4:06	4:25	10:31	12:44	21:57	47:58	44.94	81.30
43	2:20	3:30	5:54	7:06	12:02	25:09	25.31	40.80	71	4:13	4:34	10:48	13:05	22:35	49:26	45.98	83.42
44	2:22	3:34	6:00	7:14	12:16	25:41	25.85	41.92	72	4:20	4:43	11:07	13:27	23:14	50:59	47.05	85.59
45	2:25	3:38	6:07	7:22	12:31	26:13	26.39	43.06	73	4:27	4:53	11:26	13:50	23:55	52:37	48.15	87.82
46	2:27	3:42	6:14	7:31	12:45	26:46	26.95	44.22	74	4:35	5:04	11:45	14:14	24:38	54:20	49.29	90.11
47	2:30	3:46	6:21	7:39	13:00	27:20	27.51	45.39	75	4:43	5:15	12:06	14:40	25:24	56:09	50.46	92.47
48	2:33	3:51	6:28	7:48	13:16	27:54	28.08	46.58	76	4:51	5:27	12:28	15:07	26:12	58:04	51.66	94.90
49	2:36	3:55	6:35	7:57	13:31	28:30	28.66	47.79	77	5:00	5:39	12:52	15:35	27:03	1:00:06	52.90	97.39
50	2:39	3:59	6:43	8:06	13:48	29:07	29.26	49.03	78	5:09	5:52	13:16	16:05	27:56	1:02:16	54.18	99.95
51	2:42	4:04	6:51	8:16	14:04	29:45	29.86	50.29	79	5:19	6:05	13:42	16:36	28:53	1:04:33	55.50	102.58
52	2:45	4:09	6:59	8:26	14:21	30:24	30.48	51.57	80	5:29	6:20	14:09	17:10	29:52	1:07:00	56.86	105.29
53	2:48	4:14	7:07	8:36	14:39	31:04	31.12	52.89	81	5:40	6:35	14:38	17:45	30:56	1:09:36	58.26	108.07
54	2:51	4:19	7:16	8:46	14:58	31:46	31.77	54.24	82	5:51	6:51	15:08	18:22	32:04	1:12:23	59.70	110.93
55	2:55	4:24	7:25	8:57	15:17	32:30	32.43	55.62	83	6:04	7:08	15:41	19:02	33:15	1:15:22	61.19	113.87
56	2:58	4:29	7:34	9:08	15:37	33:15	33.12	57.04	84	6:17	7:26	16:15	19:44	34:32	1:18:34	62.72	116.90
57	3:02	4:35	7:44	9:20	15:57	34:02	33.82	58.49	85	6:30	7:45	16:52	20:29	35:54	1:22:01	64.31	120.01
58	3:06	4:41	7:54	9:32	16:19	34:51	34.54	59.97	86	6:45	8:06	17:31	21:17	37:21	1:25:45	65.94	
59	3:10	4:47	8:04	9:45	16:41	35:42	35.28	61.50	87	7:01	8:28	18:13	22:08	38:56	1:29:47	67.63	
60	3:14	4:53	8:15	9:58	17:04	36:35	36.04	63.07	88	7:17	8:51	18:57	23:04	40:37	1:34:11	69.38	
61	3:18	5:00	8:26	10:12	17:28	37:30	36.82	64.68	89	7:35	9:16	19:46	24:03	42:26	1:38:59	71.18	
62	3:23	5:06	8:38	10:26	17:53	38:28	37.62	66.33	90	7:54	9:43	20:38	25:07	44:25	1:44:14	73.05	
63	3:28	5:13	8:50	10:41	18:19	39:29	38.45	68.03	91	8:15	10:13	21:34	26:16				
64	3:32	5:21	9:03	10:56	18:46	40:32	39.30	69.77	92	8:38	10:44	22:35	27:31				
65	3:37	5:29	9:16	11:12	19:15	41:38	40.17	71.57	93	9:02	11:18	23:41	28:53				
66	3:43	5:37	9:30	11:29	19:44	42:47	41.07	73.41	94	9:29	11:56	24:53	30:23				
67	3:48	5:45	9:44	11:46	20:15	43:59	42.00	75.30	95	9:58	12:37	26:13	32:01			2021	version

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



All Tandem Standards

Distance/ Time Unit Gender Machine	10	10	10	10	15	15	15	15	25	25	25	25	30	30	30	30	50	50	50	100	100	100	100	12	12	12	12	24	24	24	24	
	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	hr	hr	hr	hr	hr	hr	hr	hr	
	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T
40	0:12:32	0:13:42	0:13:27	0:14:44	0:18:52	0:20:38	0:20:14	0:22:11	0:31:41	0:34:39	0:34:00	0:37:15	0:38:10	0:41:45	0:40:57	0:44:53	1:04:35	1:10:40	1:09:18	1:15:57	2:14:18	2:26:55	2:24:06	2:37:55	1:15:21	1:01:52	1:04:35	91.49	197.57	175.96	180.43	160.11
41	0:12:34	0:13:45	0:13:29	0:14:46	0:18:55	0:20:42	0:20:18	0:22:15	0:31:46	0:34:45	0:34:05	0:37:22	0:38:16	0:41:52	0:41:04	0:45:00	1:04:46	1:10:52	1:09:30	1:16:11	2:14:42	2:27:22	2:24:32	2:38:25	1:14:55	1:00:93	1:03:75	90.96	196.17	174.73	179.17	159.00
42	0:12:36	0:13:47	0:13:31	0:14:49	0:18:58	0:20:45	0:20:21	0:22:18	0:31:51	0:34:51	0:34:11	0:37:28	0:38:22	0:41:59	0:41:11	0:45:08	1:04:57	1:11:04	1:09:42	1:16:21	2:15:07	2:27:50	2:25:00	2:38:56	1:13:59	1:00:35	1:03:16	90.43	194.75	173.50	177.90	157.89
43	0:12:38	0:13:49	0:13:33	0:14:51	0:19:01	0:20:48	0:20:24	0:22:22	0:31:56	0:34:57	0:34:17	0:37:34	0:38:29	0:42:06	0:41:18	0:45:16	1:05:08	1:11:17	1:09:54	1:16:38	2:15:32	2:28:18	2:25:27	2:39:27	1:13:23	99.76	102.55	89.90	193.33	172.26	176.63	156.77
44	0:12:40	0:13:51	0:13:35	0:14:54	0:19:04	0:20:52	0:20:28	0:22:26	0:32:02	0:35:03	0:34:22	0:37:41	0:38:35	0:42:13	0:41:25	0:45:24	1:05:20	1:11:29	1:10:07	1:16:52	2:15:58	2:28:47	2:25:55	2:39:58	1:12:56	99.17	101.95	89.36	191.90	171.01	175.34	155.65
45	0:12:42	0:13:54	0:13:38	0:14:56	0:19:07	0:20:56	0:20:31	0:22:30	0:32:07	0:35:09	0:34:28	0:37:48	0:38:42	0:42:21	0:41:32	0:45:32	1:05:31	1:11:42	1:10:20	1:17:06	2:16:24	2:29:17	2:26:24	2:40:30	1:11.89	98.57	101.33	88.81	190.46	169.75	174.04	154.51
46	0:12:44	0:13:56	0:13:40	0:14:59	0:19:11	0:20:59	0:20:35	0:22:34	0:32:13	0:35:15	0:34:35	0:37:55	0:38:49	0:42:29	0:41:39	0:45:40	1:05:43	1:11:56	1:10:33	1:17:21	2:16:51	2:29:47	2:26:53	2:41:03	1:11.20	97.96	100.71	88.26	188.99	168.47	172.73	153.35
47	0:12:46	0:13:59	0:13:42	0:15:02	0:19:14	0:21:03	0:20:39	0:22:38	0:32:19	0:35:22	0:34:41	0:38:02	0:38:56	0:42:36	0:41:47	0:45:49	1:05:55	1:12:09	1:10:46	1:17:36	2:17:18	2:30:17	2:27:23	2:41:37	1:10.51	97.35	100.07	87.70	187.51	167.17	171.39	152.18
48	0:12:48	0:14:01	0:13:45	0:15:05	0:19:17	0:21:07	0:20:42	0:22:42	0:32:24	0:35:28	0:34:47	0:38:09	0:39:03	0:42:44	0:41:55	0:45:58	1:06:08	1:12:23	1:10:59	1:17:51	2:17:46	2:30:49	2:27:54	2:42:12	1:09.80	96.72	99.43	87.13	186.00	165.85	170.04	150.99
49	0:12:51	0:14:04	0:13:47	0:15:07	0:19:21	0:21:11	0:20:46	0:22:47	0:32:30	0:35:35	0:34:54	0:38:16	0:39:10	0:42:53	0:42:03	0:46:07	1:06:21	1:12:38	1:11:14	1:18:07	2:18:15	2:31:22	2:28:26	2:42:47	1:09.08	96.08	98.77	86.54	184.46	164.51	168.65	149.78
50	0:12:53	0:14:06	0:13:50	0:15:10	0:19:24	0:21:15	0:20:50	0:22:51	0:32:37	0:35:42	0:35:01	0:38:24	0:39:17	0:43:01	0:42:11	0:46:16	1:06:34	1:12:53	1:11:28	1:18:23	2:18:45	2:31:55	2:28:59	2:43:24	1:08.34	95.43	98.10	85.95	182.90	163.14	167.25	148.55
51	0:12:56	0:14:09	0:13:53	0:15:13	0:19:28	0:21:19	0:20:54	0:22:56	0:32:43	0:35:49	0:35:08	0:38:32	0:39:25	0:43:10	0:42:20	0:46:25	1:06:47	1:13:08	1:11:43	1:18:40	2:19:16	2:32:30	2:29:32	2:44:02	1:07.59	94.76	97.42	85.34	181.30	161.75	165.81	147.29
52	0:12:58	0:14:12	0:13:56	0:15:17	0:19:31	0:21:23	0:20:59	0:23:00	0:32:50	0:35:57	0:35:15	0:38:40	0:39:33	0:43:19	0:42:28	0:46:35	1:07:01	1:13:24	1:11:58	1:18:57	2:19:48	2:33:06	2:30:07	2:44:41	1:06.82	94.08	96.72	84.72	179.68	160.32	164.34	146.00
53	0:13:01	0:14:15	0:13:58	0:15:20	0:19:36	0:21:28	0:21:03	0:23:05	0:32:56	0:36:04	0:35:22	0:38:48	0:39:41	0:43:28	0:42:37	0:46:45	1:07:16	1:13:40	1:12:14	1:19:15	2:20:21	2:33:43	2:30:43	2:45:22	1:06.04	93.38	96.01	84.09	177.01	158.86	162.85	144.68
54	0:13:04	0:14:18	0:14:01	0:15:23	0:19:40	0:21:32	0:21:07	0:23:10	0:33:03	0:36:12	0:35:30	0:38:57	0:39:50	0:43:38	0:42:47	0:46:56	1:07:31	1:13:57	1:12:30	1:19:33	2:20:55	2:34:21	2:31:21	2:46:04	1:05.23	92.67	95.28	83.44	176.31	157.37	161.31	143.33
55	0:13:06	0:14:21	0:14:04	0:15:27	0:19:44	0:21:37	0:21:12	0:23:16	0:33:11	0:36:20	0:35:38	0:39:06	0:39:59	0:43:47	0:42:56	0:47:07	1:07:46	1:14:14	1:12:47	1:19:52	2:21:30	2:35:01	2:32:00	2:46:48	1:04.41	91.94	94.53	82.77	174.57	155.84	159.74	141.95
56	0:13:09	0:14:24	0:14:08	0:15:30	0:19:49	0:21:42	0:21:17	0:23:21	0:33:18	0:36:29	0:35:46	0:39:15	0:40:08	0:43:58	0:43:06	0:47:18	1:08:03	1:14:32	1:13:05	1:20:12	2:22:07	2:35:42	2:32:40	2:47:33	1:03.56	91.19	93.76	82.09	172.78	154.28	158.13	140.54
57	0:13:12	0:14:28	0:14:11	0:15:34	0:19:53	0:21:47	0:21:22	0:23:27	0:33:26	0:36:38	0:35:55	0:39:25	0:40:18	0:44:08	0:43:17	0:47:30	1:08:19	1:14:51	1:13:23	1:20:32	2:22:45	2:36:25	2:33:22	2:48:20	1:02.70	90.42	92.97	81.39	170.95	152.67	156.48	139.09
58	0:13:15	0:14:31	0:14:14	0:15:38	0:19:58	0:21:53	0:21:27	0:23:33	0:33:34	0:36:47	0:36:04	0:39:35	0:40:27	0:44:20	0:43:28	0:47:42	1:08:37	1:15:10	1:13:42	1:20:54	2:23:25	2:37:10	2:34:05	2:49:09	1:01.80	89.63	92.15	80.67	169.08	151.34	154.79	137.60
59	0:13:19	0:14:35	0:14:18	0:15:42	0:20:03	0:21:58	0:21:32	0:23:39	0:33:43	0:36:56	0:36:13	0:39:45	0:40:38	0:44:31	0:43:39	0:47:55	1:08:55	1:15:31	1:14:02	1:21:16	2:24:07	2:37:56	2:34:51	2:50:00	1:00.89	88.82	91.32	79.93	167.16	149.03	153.06	136.07
60	0:13:22	0:14:39	0:14:22	0:15:46	0:20:08	0:22:04	0:21:38	0:23:45	0:33:51	0:37:06	0:36:22	0:39:56	0:40:48	0:44:43	0:43:51	0:48:08	1:09:13	1:15:52	1:14:23	1:21:39	2:24:50	2:38:45	2:35:38	2:50:53	99.95	87.98	90.47	79.17	165.18	147.61	151.28	134.50
61	0:13:25	0:14:43	0:14:25	0:15:50	0:20:13	0:22:10	0:21:44	0:23:51	0:34:00	0:37:16	0:36:32	0:40:07	0:40:59	0:44:55	0:44:03	0:48:21	1:09:33	1:16:14	1:14:44	1:22:03	2:25:35	2:39:25	2:36:27	2:51:48	98.98	87.12	89.59	78.39	163.16	145.83	149.45	132.89
62	0:13:29	0:14:47	0:14:29	0:15:55	0:20:19	0:22:16	0:21:50	0:23:58	0:34:10	0:37:27	0:36:43	0:40:19	0:41:11	0:45:08	0:44:15	0:48:35	1:09:53	1:16:37	1:15:06	1:22:28	2:26:22	2:40:28	2:37:19	2:52:46	97.99	86.24	88.68	77.58	161.09	144.01	147.57	131.24
63	0:13:33	0:14:51	0:14:34	0:15:59	0:20:25	0:22:23	0:21:56	0:24:05	0:34:20	0:37:38	0:36:54	0:40:31	0:41:23	0:45:22	0:44:28	0:48:50	1:10:14	1:17:00	1:15:30	1:22:52	2:27:11	2:41:23	2:38:12	2:53:46	96.97	85.34	87.76	75.76	158.96	142.13	145.65	129.54
64	0:13:37	0:14:55	0:14:38	0:16:04	0:20:31	0:22:29	0:22:03	0:24:13	0:34:30	0:37:50	0:37:05	0:40:43	0:41:35	0:45:36	0:44:42	0:49:06	1:10:37	1:17:25	1:15:54	1:23:21	2:28:02	2:42:20	2:39:09	2:54:49	95.92	84.40	86.80	75.91	156.77	140.21	143.67	127.80
65	0:13:41	0:15:00	0:14:42	0:16:09	0:20:37	0:22:36	0:22:10	0:24:20	0:34:41	0:38:02	0:37:17	0:40:57	0:41:49	0:45:51	0:44:57	0:49:22	1:11:00	1:17:51	1:16:19	1:23:50	2:28:55	2:43:21	2:40:07	2:55:55	94.84	83.44	85.81	75.03	154.52	138.23	141.64	126.01
66	0:13:45	0:15:05	0:14:47	0:16:14	0:20:44	0:22:44	0:22:17	0:24:28	0:34:52	0:38:14	0:37:29	0:41:10	0:42:02	0:46:06	0:45:11	0:49:39	1:11:24	1:18:18	1:16:46	1:24:20	2:29:52	2:44:24	2:41:09	2:57:04	93.73	82.46	84.80	74.13	152.22	136.20	139.55	124.16
67	0:13:50	0:15:10	0:14:52	0:16:20	0:20:50	0:22:51	0:22:24	0:24:37	0:35:04	0:38:27	0:37:42	0:41:25	0:42:16	0:46:22	0:45:27	0:49:56	1:11:49	1:18:46	1:17:13	1:24:51	2:30:50	2:45:30	2:42:13	2:58:17	92.59	81.44	83.76	73.21	149.85	134.11	137.41	122.37
68	0:13:54	0:15:15	0:14:57	0:16:26	0:20:58	0:22:59	0:22:32	0:24:46	0:35:16	0:38:41	0:37:55	0:41:40	0:42:31	0:46:39	0:45:43	0:50:14	1:12:15	1:19:16	1:17:42	1:25:23	2:31:52	2:46:39	2:43:21	2:59:32	91.41	80.40	82.69	72.25	147.43	131.97	135.21	120.32
69	0:13:59	0:15:21	0:15:02	0:16:32	0:21:05	0:23:08	0:22:40	0:24:55	0:35:29	0:38:55	0:38:09	0:41:56	0:42:47	0:46:56	0:46:00	0:50:34	1:12:43	1:19:47	1:18:12	1:26:57	2:32:57	2:47:52	2:44:32	3:00:52	90.20	79.32	81.58	71.27	144.93	129.77</		

All Solo Handicaps

Distance/ Time	10	10	10	10	15	15	15	15	25	25	25	25	25	30	30	30	30	50	50	50	50	100	100	100	100	12	12	12	12	24	24	24	24
Unit	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	hr	hr	hr	hr	hr	hr	hr	hr
Gender	M	F	M	F	M	F	M	F	M	F	M	F	M	M	F	M	F	M	F	M	F	M	F	M	M	F	F	F	F	F	F	F	
Machine	B	B	T	T	B	B	T	T	B	B	T	T	B	B	B	T	T	B	B	B	T	T	B	T	T	B	B	T	T	B	B	T	T
40	0:00.00	0:02.27	0:01.54	0:04.35	0:00.00	0:03.42	0:02.52	0:06.55	0:00.00	0:06.12	0:04.49	0:11.37	0:00.00	0:07.28	0:05.48	0:13.59	0:00.00	0:12.39	0:09.49	0:23.40	0:00.00	0:26.18	0:20.25	0:49.13	0.00	26.33	20.88	45.61	0.00	41.56	32.96	72.05	
41	0:00.04	0:02.32	0:01.59	0:04.41	0:00.06	0:03.49	0:02.59	0:07.03	0:00.11	0:06.24	0:05.01	0:11.50	0:00.13	0:07.43	0:06.02	0:14.15	0:00.23	0:13.04	0:10.14	0:24.08	0:00.51	0:27.15	0:21.21	0:50.16	1.26	27.45	22.02	46.62	2.71	43.92	35.39	74.17	
42	0:00.08	0:02.37	0:02.03	0:04.46	0:00.13	0:03.56	0:03.06	0:07.10	0:00.22	0:06.36	0:05.03	0:12.03	0:00.26	0:07.58	0:06.17	0:14.31	0:00.46	0:13.30	0:10.39	0:24.36	0:01.43	0:28.13	0:22.17	0:51.19	2.52	28.57	23.18	47.64	5.42	46.29	37.82	76.31	
43	0:00.13	0:02.41	0:02.08	0:04.51	0:00.19	0:04.03	0:03.13	0:07.18	0:00.32	0:06.49	0:05.25	0:12.17	0:00.39	0:08.13	0:06.31	0:14.48	0:01.09	0:13.56	0:11.05	0:25.05	0:02.35	0:29.12	0:23.15	0:52.24	3.80	29.70	24.33	48.67	8.15	48.67	40.28	78.46	
44	0:00.17	0:02.46	0:02.13	0:04.56	0:00.26	0:04.10	0:03.20	0:07.26	0:00.44	0:07.01	0:05.37	0:12.30	0:00.53	0:08.28	0:06.46	0:15.04	0:01.33	0:14.23	0:11.31	0:25.34	0:03.28	0:30.12	0:24.13	0:53.30	5.08	30.84	25.50	49.71	10.90	51.08	42.75	80.62	
45	0:00.21	0:02.51	0:02.18	0:05.02	0:00.32	0:04.18	0:03.27	0:07.35	0:00.55	0:07.14	0:05.49	0:12.44	0:01.07	0:08.43	0:07.01	0:15.21	0:01.57	0:14.50	0:11.57	0:26.04	0:04.23	0:31.13	0:25.13	0:54.37	6.38	31.99	26.69	50.76	13.68	53.51	45.25	82.81	
46	0:00.26	0:02.56	0:02.22	0:05.07	0:00.39	0:04.25	0:03.35	0:07.43	0:01.07	0:07.27	0:06.02	0:12.59	0:01.21	0:08.59	0:07.17	0:15.39	0:02.21	0:15.18	0:12.24	0:26.34	0:05.19	0:32.16	0:26.14	0:55.45	7.70	33.16	27.88	51.82	16.50	55.97	47.78	85.03	
47	0:00.30	0:03.01	0:02.28	0:05.13	0:00.46	0:04.33	0:03.43	0:07.51	0:01.19	0:07.40	0:06.15	0:13.13	0:01.35	0:09.15	0:07.33	0:15.57	0:02.47	0:15.46	0:12.52	0:27.05	0:06.16	0:33.20	0:27.17	0:56.56	9.04	34.34	29.10	52.90	19.35	58.46	50.35	87.28	
48	0:00.35	0:03.07	0:02.33	0:05.19	0:00.53	0:04.41	0:03.50	0:08.00	0:01.31	0:07.54	0:06.28	0:13.28	0:01.50	0:09.32	0:07.49	0:16.15	0:03.13	0:16.15	0:13.20	0:27.37	0:07.15	0:34.26	0:28.21	0:58.08	10.40	35.55	30.34	54.00	22.26	61.00	52.95	89.57	
49	0:00.40	0:03.12	0:02.38	0:05.25	0:01.01	0:04.50	0:03.58	0:08.09	0:01.43	0:08.08	0:06.42	0:13.44	0:02.05	0:09.49	0:08.06	0:16.34	0:03.39	0:16.45	0:13.49	0:28.10	0:08.15	0:35.34	0:29.27	0:59.22	11.79	36.78	31.60	55.12	25.21	63.58	55.61	91.90	
50	0:00.45	0:03.18	0:02.43	0:05.31	0:01.08	0:04.58	0:04.07	0:08.19	0:01.56	0:08.23	0:06.56	0:14.00	0:02.21	0:10.07	0:08.23	0:16.53	0:04.07	0:17.16	0:14.20	0:28.44	0:09.17	0:36.43	0:30.36	1:00.39	13.20	38.04	32.89	56.26	28.22	66.21	58.32	94.28	
51	0:00.50	0:03.23	0:02.49	0:05.37	0:01.16	0:05.07	0:04.15	0:08.28	0:02.10	0:08.38	0:07.11	0:14.16	0:02.37	0:10.25	0:08.40	0:17.13	0:04.35	0:17.48	0:14.51	0:29.19	0:10.22	0:37.56	0:31.46	1:01.58	14.65	39.32	34.20	57.43	31.28	68.90	61.08	96.70	
52	0:00.55	0:03.29	0:02.55	0:05.43	0:01.24	0:05.16	0:04.24	0:08.38	0:02.23	0:08.53	0:07.26	0:14.33	0:02.54	0:10.44	0:08.59	0:17.33	0:05.04	0:18.20	0:15.23	0:29.55	0:11.28	0:39.10	0:32.59	1:03.20	16.12	40.63	35.55	58.62	34.42	71.64	63.90	99.18	
53	0:01.01	0:03.35	0:02.01	0:05.50	0:01.32	0:05.25	0:04.33	0:08.48	0:02.37	0:09.09	0:07.41	0:14.50	0:03.11	0:11.03	0:09.18	0:17.54	0:05.34	0:18.54	0:15.56	0:30.32	0:12.37	0:40.27	0:34.14	1:04.44	17.63	41.97	36.92	59.84	37.62	74.44	66.78	101.71	
54	0:01.06	0:03.42	0:03.07	0:05.57	0:01.41	0:05.35	0:04.42	0:08.59	0:02.52	0:09.25	0:07.57	0:15.08	0:03.29	0:11.23	0:09.37	0:18.16	0:06.06	0:19.29	0:16.30	0:31.10	0:13.48	0:41.47	0:35.32	1:06.12	19.18	43.34	38.33	61.09	40.89	77.31	69.73	104.31	
55	0:01.12	0:03.48	0:03.13	0:06.04	0:01.50	0:05.45	0:04.52	0:09.10	0:03.07	0:09.42	0:08.14	0:15.27	0:03.47	0:11.44	0:09.57	0:18.39	0:06.38	0:20.06	0:17.05	0:30.10	0:15.02	0:43.10	0:36.53	1:07.42	20.76	44.75	39.77	62.37	44.24	80.25	72.75	106.96	
56	0:01.18	0:03.55	0:03.20	0:06.12	0:01.59	0:05.55	0:05.02	0:09.21	0:03.23	0:10.00	0:08.31	0:15.46	0:04.06	0:12.05	0:10.18	0:19.02	0:07.12	0:20.43	0:17.42	0:32.31	0:16.18	0:44.36	0:38.17	1:09.17	22.39	46.19	41.25	63.69	47.67	83.26	75.85	109.68	
57	0:01.24	0:04.02	0:03.27	0:06.19	0:02.08	0:06.06	0:05.13	0:09.33	0:03.39	0:10.18	0:08.49	0:16.06	0:04.26	0:12.27	0:10.40	0:19.27	0:07.46	0:21.22	0:18.20	0:33.14	0:17.38	0:46.36	0:39.44	1:10.55	24.06	47.67	42.77	65.04	51.19	86.34	79.02	112.47	
58	0:01.31	0:04.09	0:03.34	0:06.27	0:02.18	0:06.17	0:05.23	0:09.45	0:03.56	0:10.37	0:09.08	0:16.27	0:04.47	0:12.50	0:11.02	0:19.52	0:08.23	0:22.03	0:19.00	0:33.59	0:19.01	0:47.39	0:41.15	1:12.37	25.77	49.19	44.33	66.42	54.80	89.51	82.27	115.33	
59	0:01.38	0:04.17	0:03.41	0:06.36	0:02.28	0:06.28	0:05.35	0:09.57	0:04.14	0:10.57	0:09.28	0:16.49	0:05.08	0:13.14	0:11.26	0:20.18	0:09.00	0:22.45	0:19.41	0:34.45	0:20.27	0:49.16	0:42.49	1:14.23	27.53	50.75	45.93	67.84	58.49	92.75	85.61	118.27	
60	0:01.45	0:04.25	0:03.49	0:06.44	0:02.39	0:06.40	0:05.46	0:10.11	0:04.32	0:11.17	0:09.47	0:17.11	0:05.30	0:13.39	0:11.50	0:20.46	0:09.39	0:23.29	0:20.24	0:35.33	0:21.57	0:50.56	0:44.28	1:16.13	29.34	52.36	47.58	69.31	62.28	96.08	89.03	121.29	
61	0:01.52	0:04.33	0:03.57	0:06.53	0:02.50	0:06.53	0:05.58	0:10.24	0:04.51	0:11.39	0:10.08	0:17.34	0:05.53	0:14.05	0:12.15	0:10.20	0:24.15	0:21.08	0:36.23	0:23.31	0:52.42	0:46.10	1:18.09	31.20	54.01	49.27	70.81	66.17	95.00	92.54	124.38		
62	0:02.00	0:04.41	0:04.05	0:07.03	0:03.02	0:07.06	0:06.11	0:10.38	0:05.11	0:12.01	0:10.29	0:17.59	0:06.18	0:14.32	0:12.42	0:21.44	0:11.02	0:25.02	0:21.55	0:37.15	0:25.08	0:54.31	0:47.57	1:20.09	33.11	55.70	51.01	72.35	70.16	103.01	96.15	127.56	
63	0:02.08	0:04.50	0:04.14	0:07.12	0:03.14	0:07.19	0:06.24	0:10.53	0:05.31	0:12.24	0:10.52	0:18.24	0:06.43	0:15.00	0:13.09	0:22.14	0:11.46	0:25.52	0:22.43	0:38.09	0:26.51	0:56.26	0:49.49	1:22.14	35.07	57.44	52.80	73.94	72.26	106.62	99.85	130.83	
64	0:02.16	0:05.00	0:04.23	0:07.22	0:03.26	0:07.33	0:06.38	0:11.09	0:05.53	0:12.48	0:11.15	0:18.50	0:07.09	0:15.30	0:13.38	0:22.47	0:12.32	0:26.44	0:23.34	0:39.06	0:28.37	0:58.26	0:51.46	1:24.26	37.09	59.24	54.64	75.58	78.47	110.32	103.66	134.18	
65	0:02.24	0:05.09	0:04.32	0:07.33	0:03.39	0:07.48	0:06.52	0:11.25	0:06.15	0:13.13	0:11.40	0:19.18	0:07.36	0:16.00	0:14.08	0:23.20	0:13.21	0:27.38	0:24.26	0:40.05	0:30.29	1:00.31	0:53.49	1:26.43	39.17	61.08	56.53	77.26	82.78	114.12	107.56	137.63	
66	0:02.33	0:05.19	0:04.42	0:07.44	0:03.53	0:08.03	0:07.07	0:11.41	0:06.38	0:13.39	0:12.05	0:19.47	0:08.04	0:16.32	0:14.39	0:23.55	0:14.11	0:28.34	0:25.21	0:41.07	0:32.26	1:02.43	0:55.57	1:29.07	41.30	62.98	58.48	78.99	87.22	118.03	111.57	141.17	
67	0:02.43	0:05.30	0:04.52	0:07.55	0:04.07	0:08.19	0:07.23	0:11.59	0:07.03	0:14.07	0:12.32	0:20.17	0:08.34	0:17.06	0:15.11	0:24.32	0:15.03	0:29.33	0:26.19	0:42.12	0:34.29	1:05.00	0:58.11	1:31.38	43.50	64.93	60.48	80.77	91.77	122.04	115.69	144.81	
68	0:02.52	0:05.41	0:05.03	0:08.07	0:04.22	0:08.39	0:07.39	0:12.17	0:07.28	0:14.35	0:13.00	0:20.48	0:09.05	0:17.40	0:15.45	0:25.10	0:15.58	0:30.35	0:27.19	0:43.19	0:36.37	1:07.25	1:00.32	1:34.16	45.76	66.94	62.54	82.60	96.44	126.16	119.93	148.55	
69	0:03.02	0:05.52	0:05.14	0:08.20	0:04.37	0:08.53	0:07.56	0:12.36	0:07.55	0:15.05	0:13.29	0:21.21	0:09.38	0:18.17	0:16.21	0:25.50	0:16.56	0:31.40	0:28.22	0:44.30	0:38.52	1:09.56	1:03.00	1:37.02	48.09	69.01	64.66	84.49	101.23	130.40	124.28	152.40	
70	0:03.13	0:06.04	0:05.26	0:08.33	0:04.54	0:09.11	0:08.23	0:12.56</																									

All Tandem Handicaps

Distance/ Time	10	10	10	10	15	15	15	15	25	25	25	25	30	30	30	30	50	50	50	50	100	100	100	100	12	12	12	12	24	24	24	24
Unit	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	m	hr	hr	hr	hr	hr	hr	hr	hr
Gender	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F	M	F
Machine	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T	B	B	T	T
40	0:00:00	0:01:11	0:00:55	0:02:12	0:00:00	0:01:46	0:01:23	0:03:19	0:00:00	0:02:59	0:02:19	0:05:34	0:00:00	0:03:35	0:02:47	0:06:43	0:00:00	0:06:04	0:04:43	0:11:22	0:00:00	0:12:37	0:09:48	0:23:38	0:00	0:13:69	0:10:86	23:72	0:00	21:61	17:14	37:46
41	0:00:02	0:01:13	0:00:57	0:02:15	0:00:03	0:01:50	0:01:26	0:03:23	0:00:05	0:03:04	0:02:24	0:05:41	0:00:06	0:03:42	0:02:54	0:06:50	0:00:11	0:06:16	0:04:55	0:11:35	0:00:24	0:13:05	0:10:15	0:24:08	0:06	14:27	11:45	24:24	1:41	22:84	18:40	38:57
42	0:00:04	0:01:15	0:00:59	0:02:17	0:00:06	0:01:53	0:01:29	0:03:27	0:00:10	0:03:10	0:02:30	0:05:47	0:00:13	0:03:49	0:03:01	0:06:58	0:00:22	0:06:29	0:05:07	0:11:49	0:00:49	0:13:33	0:10:42	0:24:38	1:31	14:86	12:05	24:77	2:82	24:07	19:67	39:68
43	0:00:06	0:01:17	0:01:01	0:02:20	0:00:09	0:01:57	0:01:33	0:03:30	0:00:16	0:03:16	0:02:36	0:05:54	0:00:19	0:03:56	0:03:08	0:07:06	0:00:33	0:06:41	0:05:19	0:12:02	0:01:14	0:14:01	0:11:10	0:25:09	1:98	15:44	12:65	25:31	4:24	25:31	20:94	40:80
44	0:00:08	0:01:20	0:01:04	0:02:22	0:00:12	0:02:00	0:01:36	0:03:34	0:00:21	0:03:22	0:02:42	0:06:00	0:00:25	0:04:04	0:03:15	0:07:14	0:00:44	0:06:54	0:05:31	0:12:16	0:01:40	0:14:30	0:11:38	0:25:41	2:64	16:04	13:26	25:85	5:67	26:56	22:23	41:92
45	0:00:10	0:01:22	0:01:06	0:02:25	0:00:15	0:02:04	0:01:40	0:03:38	0:00:26	0:03:28	0:02:48	0:06:07	0:00:32	0:04:11	0:03:22	0:07:22	0:00:56	0:07:07	0:05:44	0:12:31	0:02:06	0:14:59	0:12:06	0:26:13	3:32	16:63	13:88	26:39	7:11	27:82	23:53	43:06
46	0:00:12	0:01:25	0:01:08	0:02:27	0:00:19	0:02:07	0:01:43	0:03:42	0:00:32	0:03:35	0:02:54	0:06:14	0:00:39	0:04:19	0:03:30	0:07:31	0:01:08	0:07:20	0:05:57	0:12:45	0:02:33	0:15:29	0:12:36	0:26:46	4:00	17:24	14:50	26:95	8:58	29:10	24:84	44:22
47	0:00:15	0:01:27	0:01:11	0:02:30	0:00:22	0:02:11	0:01:47	0:03:46	0:00:38	0:03:41	0:03:00	0:06:21	0:00:46	0:04:27	0:03:37	0:07:39	0:01:20	0:07:34	0:06:10	0:13:00	0:03:00	0:16:00	0:13:06	0:27:20	4:70	17:86	15:13	27:11	10:56	30:40	26:18	45:39
48	0:00:17	0:01:30	0:01:13	0:02:33	0:00:26	0:02:15	0:01:51	0:03:51	0:00:44	0:03:48	0:03:06	0:06:28	0:00:53	0:04:35	0:03:45	0:07:48	0:01:32	0:07:48	0:06:24	0:13:16	0:03:29	0:16:32	0:13:37	0:27:54	5:41	18:49	15:78	28:08	11:57	31:72	27:54	46:58
49	0:00:19	0:01:32	0:01:16	0:02:36	0:00:29	0:02:19	0:01:54	0:03:55	0:00:50	0:03:54	0:03:13	0:06:35	0:01:00	0:04:43	0:03:53	0:07:57	0:01:45	0:08:02	0:06:38	0:13:31	0:03:58	0:17:04	0:14:08	0:28:30	6:13	19:13	16:43	28:66	13:11	33:06	28:92	47:79
50	0:00:22	0:01:35	0:01:18	0:02:39	0:00:33	0:02:23	0:01:58	0:03:59	0:00:56	0:04:01	0:03:20	0:06:43	0:01:08	0:04:51	0:04:01	0:08:06	0:01:58	0:08:17	0:06:53	0:13:48	0:04:28	0:17:38	0:14:41	0:29:07	6:86	19:78	17:10	29:26	14:67	34:43	30:32	49:03
51	0:00:24	0:01:38	0:01:21	0:02:42	0:00:36	0:02:27	0:02:02	0:04:04	0:01:02	0:04:08	0:03:27	0:06:51	0:01:15	0:05:00	0:04:10	0:08:16	0:02:12	0:08:32	0:07:07	0:14:04	0:04:58	0:18:12	0:15:15	0:29:45	7:62	20:44	17:79	29:86	16:27	35:83	31:76	50:29
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