

## SODBURY SPORTIVE 2016 – Gold/Silver/Bronze Award Times

100 Mile Route (102.2 miles)		Gold		Silver		Bronze	
		Time	Ave. speed*	Time	Ave. speed*	Time	Ave. speed*
<b>Men</b>							
Seniors	aged 18 to 39	6:05	18.0 mph	7:13	15.0 mph	8:16	13.0 mph
Juniors	aged up to 17	6:15	17.5 mph	7:23	14.6 mph	8:26	12.7 mph
Vets 40	aged 40 to 49	6:15	17.5 mph	7:23	14.6 mph	8:26	12.7 mph
Vets 50	aged 50 to 59	6:25	17.0 mph	7:33	14.3 mph	8:36	12.5 mph
Vets 60	aged 60 to 69	6:35	16.5 mph	7:43	14.0 mph	8:46	12.2 mph
Vets 70	aged 70 +	6:45	16.1 mph	7:53	13.7 mph	8:56	12.0 mph
<b>Ladies</b>							
Seniors	aged 18 to 39	6:14	17.5 mph	7:27	14.5 mph	8:35	12.5 mph
Juniors	aged up to 17	6:24	17.0 mph	7:37	14.2 mph	8:45	12.3 mph
Vets 40	aged 40 to 49	6:24	17.0 mph	7:37	14.2 mph	8:45	12.3 mph
Vets 50	aged 50 to 59	6:34	16.6 mph	7:47	13.8 mph	8:55	12.0 mph
Vets 60	aged 60 to 69	6:44	16.1 mph	7:57	13.5 mph	9:05	11.8 mph
Vets 70	aged 70 +	6:54	15.7 mph	8:07	13.2 mph	9:15	11.6 mph

60 Mile Route (63.3 miles)		Gold		Silver		Bronze	
		Time	Ave. speed*	Time	Ave. speed*	Time	Ave. speed*
<b>Men</b>							
Seniors	aged 18 to 39	3:59	17.0 mph	4:47	14.0 mph	5:33	12.0 mph
Juniors	aged up to 17	4:05	16.6 mph	4:53	13.7 mph	5:39	11.8 mph
Vets 40	aged 40 to 49	4:05	16.6 mph	4:53	13.7 mph	5:39	11.8 mph
Vets 50	aged 50 to 59	4:11	16.1 mph	4:59	13.4 mph	5:45	11.6 mph
Vets 60	aged 60 to 69	4:17	15.7 mph	5:05	13.1 mph	5:51	11.4 mph
Vets 70	aged 70+	4:23	15.4 mph	5:11	12.9 mph	5:57	11.2 mph
<b>Ladies</b>							
Seniors	aged 18 to 39	4:06	16.5 mph	4:57	13.5 mph	5:46	11.5 mph
Juniors	aged up to 17	4:12	16.1 mph	5:03	13.2 mph	5:52	11.3 mph
Vets 40	aged 40 to 49	4:12	16.1 mph	5:03	13.2 mph	5:52	11.3 mph
Vets 50	aged 50 to 59	4:18	15.7 mph	5:09	12.9 mph	5:58	11.1 mph
Vets 60	aged 60 to 69	4:24	15.3 mph	5:15	12.7 mph	6:04	10.9 mph
Vets 70	aged 70+	4:30	14.9 mph	5:21	12.4 mph	6:10	10.7 mph

30 Mile Route (31.2 miles)		Gold		Silver		Bronze	
		Time	Ave. speed*	Time	Ave. speed*	Time	Ave. speed*
<b>Men</b>							
Seniors	aged 18 to 39	2:13	15.0 mph	2:44	12.0 mph	3:15	10.0 mph
Juniors	aged up to 17	2:16	14.6 mph	2:47	11.8 mph	3:18	9.8 mph
Vets 40	aged 40 to 49	2:16	14.6 mph	2:47	11.8 mph	3:18	9.8 mph
Vets 50	aged 50 to 59	2:19	14.3 mph	2:50	11.6 mph	3:21	9.7 mph
Vets 60	aged 60 to 69	2:22	14.0 mph	2:53	11.3 mph	3:24	9.5 mph
Vets 70	aged 70+	2:25	13.7 mph	2:56	11.1 mph	3:27	9.4 mph
<b>Ladies</b>							
Seniors	aged 18 to 39	2:17	14.5 mph	2:51	11.5 mph	3:25	9.5 mph
Juniors	aged up to 17	2:20	14.2 mph	2:54	11.3 mph	3:28	9.4 mph
Vets 40	aged 40 to 49	2:20	14.2 mph	2:54	11.3 mph	3:28	9.4 mph
Vets 50	aged 50 to 59	2:23	13.9 mph	2:57	11.1 mph	3:31	9.2 mph
Vets 60	aged 60 to 69	2:26	13.6 mph	3:00	10.9 mph	3:34	9.1 mph
Vets 70	aged 70+	2:29	13.3 mph	3:03	10.7 mph	3:37	9.0 mph

### Understanding Award Times

Award times are calculated for the "Senior" (18 to 39) age category at the average riding speed as shown plus 8 mins for each feed station (1 for the 30 mile ride, 2 for the 60 mile ride and 3 for the 100 mile ride). Age allowance is then added to each category at the rate of approx. 1 minute per 10 miles.

\*The average speeds shown are approximately the slowest average speed while moving to achieve each award and are for guidance only.