

SODBURY SPORTIVE 2017 – Gold/Silver/Bronze Award Times

| 100 Mile Route (102.2 miles) | | Gold | | Silver | | Bronze | |
|---------------------------------|---------------|------|-------------|--------|-------------|--------|-------------|
| | | Time | Ave. speed* | Time | Ave. speed* | Time | Ave. speed* |
| Men | | | | | | | |
| 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 |
| Ladies | | | | | | | |
| 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* |
| Men | | | | | | | |
| 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 |
| Ladies | | | | | | | |
| 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* |
| Men | | | | | | | |
| 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 |
| Ladies | | | | | | | |
| 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.