

SODBURY SPORTIVE 2019 – Gold/Silver/Bronze Award Times

100 Ton-Up		Gold		Silver		Bronze	
101.8 miles	Age	Time	Ave. Speed	Time	Ave. Speed	Time	Ave. Speed
Men							
Seniors	18 - 39	6:03	16.8 mph	7:11	14.2 mph	8:14	12.4 mph
Juniors	0 - 17	6:13	16.4 mph	7:21	13.8 mph	8:24	12.1 mph
Vets 40	40 - 49	6:13	16.4 mph	7:21	13.8 mph	8:24	12.1 mph
Vets 50	50 - 59	6:23	15.9 mph	7:31	13.5 mph	8:34	11.9 mph
Vets 60	60 - 69	6:33	15.5 mph	7:41	13.2 mph	8:44	11.7 mph
Vets 70	70 +	6:43	15.1 mph	7:51	13 mph	8:54	11.4 mph
Ladies							
Seniors	18 - 39	6:13	16.4 mph	7:25	13.7 mph	8:33	11.9 mph
Juniors	0 - 17	6:23	15.9 mph	7:35	13.4 mph	8:43	11.7 mph
Vets 40	40 - 49	6:23	15.9 mph	7:35	13.4 mph	8:43	11.7 mph
Vets 50	50 - 59	6:33	15.5 mph	7:45	13.1 mph	8:53	11.5 mph
Vets 60	60 - 69	6:43	15.2 mph	7:55	12.9 mph	9:03	11.3 mph
Vets 70	70 +	6:53	14.8 mph	8:05	12.6 mph	9:13	11.1 mph

75 3Quarter		Gold		Silver		Bronze	
75.5 miles	Age	Time	Ave. Speed	Time	Ave. Speed	Time	Ave. Speed
Men							
Seniors	18 - 39	4:44	15.9 mph	5:42	13.3 mph	6:36	11.5 mph
Juniors	0 - 17	4:52	15.5 mph	5:49	13 mph	6:43	11.2 mph
Vets 40	40 - 49	4:52	15.5 mph	5:49	13 mph	6:43	11.2 mph
Vets 50	50 - 59	4:59	15.1 mph	5:57	12.7 mph	6:51	11 mph
Vets 60	60 - 69	5:07	14.8 mph	6:04	12.4 mph	6:58	10.8 mph
Vets 70	70 +	5:14	14.4 mph	6:12	12.2 mph	7:06	10.6 mph
Ladies							
Seniors	18 - 39	4:53	15.5 mph	5:54	12.8 mph	6:52	11 mph
Juniors	0 - 17	5:00	15.1 mph	6:01	12.5 mph	6:59	10.8 mph
Vets 40	40 - 49	5:00	15.1 mph	6:01	12.5 mph	6:59	10.8 mph
Vets 50	50 - 59	5:08	14.7 mph	6:09	12.3 mph	7:07	10.6 mph
Vets 60	60 - 69	5:15	14.4 mph	6:16	12 mph	7:14	10.4 mph
Vets 70	70 +	5:23	14 mph	6:24	11.8 mph	7:22	10.3 mph

Understanding Award Times

Award times are calculated for the *Senior* (18 to 39) age category at average speeds whilst moving of 15/16/17/18 mph for the 25/50/75/100 rides. Silver speeds are 3 mph lower than gold and bronze speeds are 5 mph less than gold.

The feed stop time allowance is 6 mins per feed stop, with one feed stop during every 25 miles ridden. An age allowance is then added to each category at the rate of approx. 1 minute per 10 miles and per 10 years of age.

The average speeds shown are approximately the slowest average overall speed to achieve each award and are for guidance only.

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50 Swift-Half		Gold		Silver		Bronze	
51.3 miles	Age	Time	Ave. Speed	Time	Ave. Speed	Time	Ave. Speed
Men							
Seniors	18 - 39	3:24	15.1 mph	4:09	12.4 mph	4:52	10.5 mph
Juniors	0 - 17	3:29	14.7 mph	4:14	12.1 mph	4:57	10.4 mph
Vets 40	40 - 49	3:29	14.7 mph	4:14	12.1 mph	4:57	10.4 mph
Vets 50	50 - 59	3:34	14.4 mph	4:19	11.9 mph	5:02	10.2 mph
Vets 60	60 - 69	3:39	14 mph	4:24	11.7 mph	5:07	10 mph
Vets 70	70 +	3:44	13.7 mph	4:29	11.5 mph	5:12	9.9 mph
Ladies							
Seniors	18 - 39	3:31	14.6 mph	4:18	11.9 mph	5:05	10.1 mph
Juniors	0 - 17	3:36	14.3 mph	4:23	11.7 mph	5:10	9.9 mph
Vets 40	40 - 49	3:36	14.3 mph	4:23	11.7 mph	5:10	9.9 mph
Vets 50	50 - 59	3:41	14 mph	4:28	11.5 mph	5:15	9.8 mph
Vets 60	60 - 69	3:46	13.6 mph	4:33	11.3 mph	5:20	9.6 mph
Vets 70	70 +	3:51	13.3 mph	4:38	11.1 mph	5:25	9.5 mph

25 Entrée		Gold		Silver		Bronze	
23.4 miles	Age	Time	Ave. Speed	Time	Ave. Speed	Time	Ave. Speed
Men							
Seniors	18 - 39	1:40	14.1 mph	2:03	11.4 mph	2:26	9.6 mph
Juniors	0 - 17	1:42	13.8 mph	2:06	11.2 mph	2:29	9.4 mph
Vets 40	40 - 49	1:42	13.8 mph	2:06	11.2 mph	2:29	9.4 mph
Vets 50	50 - 59	1:45	13.4 mph	2:08	11 mph	2:31	9.3 mph
Vets 60	60 - 69	1:47	13.1 mph	2:11	10.8 mph	2:34	9.1 mph
Vets 70	70 +	1:50	12.8 mph	2:13	10.6 mph	2:36	9 mph
Ladies							
Seniors	18 - 39	1:43	13.7 mph	2:08	11 mph	2:34	9.1 mph
Juniors	0 - 17	1:45	13.3 mph	2:11	10.8 mph	2:36	9 mph
Vets 40	40 - 49	1:45	13.3 mph	2:11	10.8 mph	2:36	9 mph
Vets 50	50 - 59	1:48	13 mph	2:13	10.5 mph	2:39	8.8 mph
Vets 60	60 - 69	1:50	12.7 mph	2:16	10.4 mph	2:41	8.7 mph
Vets 70	70 +	1:53	12.4 mph	2:18	10.2 mph	2:44	8.6 mph

Understanding Award Times

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