



BorntoBike/Bridgtown Cycles RT Time Trial & Track Standards 2018

Men	Platinum	Gold	Silver	Bronze
Flying 200 metres	11.00 sec	12.00 sec	13.00 sec	14.00 sec
Flying 500 metres	30.00 sec	31.00 sec	32.00 sec	34.00 sec
500 metres	35.00 sec	37.00 sec	39.00 sec	42.00 sec
750 metres	52.00 sec	54.00 sec	56.00 sec	58.00 sec
1,000 metres	1.07.00 sec	1.10.00 sec	1.15.00 sec	1.20.00 sec
2,000 metres	2.22.00 sec	2.25.00 sec	2.30.00 sec	2.35.00 sec
3,000 metres	3.32.00 sec	3.35.00 sec	3.40.00 sec	3.50.00 sec
10 Miles	21:00	22:15	23:45	25:30
15 Miles	33:00	34:30	36:30	40:00
25 Miles	55:00	57:00	1:00:00	1:06:00
30 Miles	1:04:00	1:08:00	1:16:00	1:24:00
50 Miles	1:55:00	1:57:00	2:03:00	2:15:00
100 Miles	4:00:00	4:10:00	4:20:00	4:45:00
12 Hours	275 miles	250 miles	225 miles	200 miles
24 Hours	480 miles	460 miles	415 miles	320 miles

Women	Platinum	Gold	Silver	Bronze
Flying 200 metres	13.00 sec	14.00 sec	15.00 sec	16.00 sec
Flying 500 metres	32.00 sec	34.00 sec	36.00 sec	39.00 sec
500 metres	38.00 sec	39.00 sec	41.00 sec	46.00 sec
2,000 metres	2.36.00 sec	2.40.00 sec	2.45.00 sec	2.55.00 sec
10 Miles	22:30	24:00	26:00	30:00
15 Miles	35:00	37:00	40:00	45:00
25 Miles	57:30	1:00:00	1:05:00	1:15:00
30 Miles	1:08:00	1:14:00	1:20:00	1:30:00
50 Miles	2:00:00	2:09:00	2:15:00	2:30:00
100 Miles	4:10:00	4:30:00	4:45:00	5:15:00
12 Hours	240 miles	225 miles	200 miles	180 miles
24 Hours	425 miles	395 miles	360 miles	290 miles

Time Trial Awards - Men

- 10 Mile Time Trial Champion** - Average speed taken from fastest two 10's
- 25 Mile Time Trial Champion** - Average speed taken from fastest two 25's

Time Trial Awards - Women

- 10 Mile Time Trial Champion** - Average speed taken from fastest two 10's
- 25 Mile Time Trial Champion** - Average speed taken from fastest two 25's

Time Trial Awards - BAR (Men & Women)

- Short distance BAR** - Average speed from fastest 10, 25 & 50
- Long distance BAR** - Average speed from fastest 25, 50 & 100
- Ultra distance BAR** - Average speed from fastest 100, 12hr & 24 hr