



Veterans' Time Trials
Association

Standard Tables

The Standard Tables were reviewed by the Standards Working Party in 1997 and their recommendations were subsequently investigated and implemented by Keith Butterworth and Les Lowe.

Keith Butterworth produced the revised Standards in April 1998.

Charles Robson computed the Tables for Tandems and Tandem Tricycles from the Solo Tables in 1999 and suggested the format for this booklet

V.T.T.A. Standard Times - Tandem Tricycles

Add relevant Standards together and divide by 2

Men	Ladies	10 Miles	25 Miles	30 Miles	50 Miles	100 Miles	12 Hours	24 Hours
40		24:59	1:04:29	1:17:22	2:13:53	4:47:17	227.82	398.70
41		25:11	1:04:58	1:17:57	2:14:52	4:49:26	226.12	395.70
42		25:23	1:05:27	1:18:32	2:15:52	4:51:33	224.42	392.74
43		25:35	1:05:56	1:19:08	2:16:53	4:53:46	222.74	389.80
44		25:46	1:06:26	1:19:43	2:17:56	4:55:58	221.07	386.87
45		25:59	1:06:56	1:20:19	2:18:57	4:58:10	219.41	383.97
46		26:11	1:07:26	1:20:55	2:19:59	5:00:23	217.77	381.08
47		26:24	1:07:56	1:21:32	2:21:02	5:02:39	216.13	378.24
48	40	26:37	1:08:27	1:22:08	2:22:06	5:04:55	214.51	375.40
49	41	26:49	1:08:57	1:22:45	2:23:09	5:07:12	212.89	372.58
50	42	27:02	1:09:28	1:23:21	2:24:13	5:09:28	211.30	369.79
51	43	27:14	1:09:59	1:23:58	2:25:17	5:11:45	209.72	367.00
52	44	27:27	1:10:30	1:24:36	2:26:21	5:14:05	208.14	364.25
53	45	27:41	1:11:02	1:25:14	2:27:27	5:16:25	206.58	361.53
54	46	27:54	1:11:33	1:25:52	2:28:33	5:18:45	205.03	358.81
55	47	28:08	1:12:05	1:26:29	2:29:38	5:21:05	203.50	356.13
56	48	28:21	1:12:37	1:27:08	2:30:45	5:23:30	201.97	353.45
57	49	28:35	1:13:09	1:27:47	2:31:53	5:25:54	200.45	350.80
58	50	28:48	1:13:42	1:28:26	2:32:59	5:28:18	198.95	348.16
59	51	29:02	1:14:15	1:29:06	2:34:08	5:30:47	197.46	345.55
60	52	29:15	1:14:48	1:29:46	2:35:18	5:33:15	195.98	342.96
61	53	29:29	1:15:22	1:30:26	2:36:27	5:35:44	194.50	340.40
62	54	29:44	1:15:56	1:31:07	2:37:38	5:38:16	193.05	337.84
63	55	29:58	1:16:30	1:31:48	2:38:49	5:40:49	191.60	335.30
64	56	30:13	1:17:04	1:32:29	2:39:59	5:43:21	190.17	332.79
65	57	30:27	1:17:39	1:33:11	2:41:12	5:45:58	188.74	330.30
66	58	30:41	1:18:14	1:33:53	2:42:25	5:48:33	187.32	327.82
67	59	30:56	1:18:50	1:34:35	2:43:38	5:51:10	185.92	325.36
68	60	31:10	1:19:25	1:35:18	2:44:52	5:53:48	184.53	322.92
69	61	31:26	1:20:01	1:36:01	2:46:06	5:56:28	183.14	320.50
70	62	31:41	1:20:37	1:36:44	2:47:20	5:59:07	181.76	318.09
71	63	31:56	1:21:13	1:37:27	2:48:36	6:01:48	180.40	315.71
72	64	32:11	1:21:50	1:38:11	2:49:52	6:04:32	179.05	313.34
73	65	32:27	1:22:26	1:38:56	2:51:08	6:07:17	177.71	310.99
74	66	32:42	1:23:03	1:39:40	2:52:26	6:10:00	176.37	308.66
75	67	32:57	1:23:41	1:40:25	2:53:43	6:12:49	175.05	306.34
76	68	33:13	1:24:19	1:41:10	2:55:01	6:15:37	173.73	304.04
77	69	33:29	1:24:57	1:41:55	2:56:20	6:18:30	172.44	301.76
78	70	33:45	1:25:35	1:42:40	2:57:39	6:21:23	171.14	299.50
79	71	34:01	1:26:13	1:43:26	2:58:59	6:24:14	169.86	297.25
80	72	34:17	1:26:52	1:44:11	3:00:19	6:27:06	168.59	295.02
81	73	34:34	1:27:32	1:45:00	3:01:40	6:30:00	167.32	292.81
82	74	34:50	1:28:11	1:45:47	3:03:01	6:32:56	166.07	290.61
83	75	35:07	1:28:51	1:46:35	3:04:24	6:35:52	164.82	288.43
84	76	35:23	1:29:30	1:47:22	3:05:47	6:38:50	163.58	286.24
85	77	35:40	1:30:11	1:48:10	3:07:09	6:40:49	162.36	284.12
86	78	35:57	1:30:51	1:48:59	3:08:33	6:44:49	161.14	281.99
87	79	36:14	1:31:32	1:49:48	3:09:58	6:47:51	159.93	279.87
88	80	36:32	1:32:13	1:50:37	3:11:23	6:50:55	158.73	277.77
89	81	36:49	1:32:55	1:51:26	3:12:50	6:53:59	157.54	275.69
90	82	37:06	1:33:36	1:52:17	3:14:16	6:57:05	156.35	273.63
91	83	37:24	1:34:15	1:53:07	3:15:43	7:00:13	155.19	271.57
92	84	37:42	1:35:01	1:53:57	3:17:11	7:03:21	154.02	269.53
93	85	37:59	1:35:43	1:54:49	3:18:39	7:06:32	152.87	267.51
94	86	38:17	1:36:26	1:55:40	3:20:08	7:09:42	151.72	265.51

V.T.T.A. Standard Times - Solos

Men	Ladies	10 Miles	25 Miles	30 Miles	50 Miles	100 Miles	12 Hours	24 Hours
40		25:30	1:06:00	1:19:12	2:17:01	4:54:02	225.00	393.75
41		25:42	1:06:30	1:19:48	2:18:03	4:56:14	223.31	390.79
42		25:54	1:07:00	1:20:24	2:19:05	4:58:29	221.63	387.86
43		26:06	1:07:30	1:21:00	2:20:08	5:00:43	219.97	384.95
44		26:18	1:08:00	1:21:36	2:21:10	5:02:56	218.32	382.06
45		26:30	1:08:31	1:22:13	2:22:14	5:05:15	216.69	379.20
46		26:42	1:09:02	1:22:50	2:23:19	5:07:33	215.06	376.36
47		26:54	1:09:33	1:23:27	2:24:23	5:09:51	213.45	373.53
48	40	27:07	1:10:04	1:24:04	2:25:28	5:12:09	211.84	370.73
49	41	27:20	1:10:35	1:24:42	2:26:32	5:14:27	210.26	367.95
50	42	27:33	1:11:07	1:25:20	2:27:38	5:16:49	208.68	365.19
51	43	27:46	1:11:39	1:25:58	2:28:45	5:19:12	207.11	362.45
52	44	27:59	1:12:11	1:26:37	2:29:51	5:21:35	205.56	359.73
53	45	28:12	1:12:43	1:27:16	2:30:58	5:23:57	204.02	357.04
54	46	28:25	1:13:16	1:27:55	2:32:06	5:26:24	202.49	354.36
55	47	28:38	1:13:49	1:28:34	2:33:15	5:28:51	200.97	351.70
56	48	28:52	1:14:22	1:29:14	2:34:23	5:31:18	199.46	349.06
57	49	29:06	1:14:55	1:29:54	2:35:32	5:33:45	197.97	346.44
58	50	29:20	1:15:29	1:30:35	2:36:42	5:36:17	196.48	343.85
59	51	29:34	1:16:03	1:31:16	2:37:53	5:38:48	195.01	341.27
60	52	29:48	1:16:37	1:31:57	2:39:03	5:41:20	193.54	338.71
61	53	30:02	1:17:11	1:32:37	2:40:14	5:43:51	192.09	336.17
62	54	30:16	1:17:45	1:33:18	2:41:25	5:46:23	190.65	333.64
63	55	30:30	1:18:20	1:34:00	2:42:37	5:48:59	189.22	331.14
64	56	30:45	1:18:55	1:34:42	2:43:50	5:51:34	187.80	328.66
65	57	31:00	1:19:30	1:35:24	2:45:03	5:54:10	186.39	326.19
66	58	31:15	1:20:05	1:36:06	2:46:15	5:56:46	185.00	323.75
67	59	31:30	1:20:41	1:36:49	2:47:30	5:59:27	183.61	321.32
68	60	31:45	1:21:17	1:37:32	2:48:45	6:02:07	182.23	318.91
69	61	32:00	1:21:53	1:38:16	2:49:59	6:04:47	180.86	316.51
70	62	32:15	1:22:30	1:39:00	2:51:16	6:07:32	179.51	314.14
71	63	32:30	1:23:07	1:39:44	2:52:33	6:10:17	178.16	311.78
72	64	32:46	1:23:44	1:40:29	2:53:50	6:13:02	176.82	309.45
73	65	33:02	1:24:22	1:41:14	2:55:09	6:15:51	175.50	307.13
74	66	33:18	1:25:00	1:42:00	2:56:28	6:18:41	174.18	304.82
75	67	33:34	1:25:38	1:42:46	2:57:46	6:21:30	172.88	302.54
76	68	33:50	1:26:17	1:43:32	2:59:07	6:24:24	171.58	300.27
77	69	34:06	1:26:56	1:44:19	3:00:28	6:27:17	170.29	298.02
78	70	34:22	1:27:35	1:45:06	3:01:49	6:30:11	169.02	295.78
79	71	34:38	1:28:14	1:45:53	3:03:11	6:33:07	167.75	293.56
80	72	34:55	1:28:54	1:46:41	3:04:33	6:36:04	166.49	291.36
81	73	35:12	1:29:34	1:47:29	3:05:56	6:39:01	165.24	289.17
82	74	35:29	1:30:14	1:48:17	3:07:20	6:42:00	164.00	287.01
83	75	35:46	1:30:55	1:49:06	3:08:44	6:45:02	162.77	284.85
84	76	36:03	1:31:36	1:49:55	3:10:09	6:48:05	161.55	282.72
85	77	36:20	1:32:17	1:50:44	3:11:35	6:51:07	160.34	280.60
86	78	36:37	1:32:59	1:51:34	3:13:01	6:54:14	159.14	278.49
87	79	36:54	1:33:41	1:52:24	3:14:28	6:57:21	157.94	276.40
88	80	37:12	1:34:23	1:53:14	3:15:55	7:00:33	156.76	274.33
89	81	37:30	1:35:05	1:54:04	3:17:23	7:03:45	155.58	272.27
90	82	37:48	1:35:48	1:54:55	3:18:52	7:06:55	154.42	270.33
91	83	38:06	1:36:31	1:55:46	3:20:21	7:10:07	153.26	268.20
92	84	38:24	1:37:15	1:56:40	3:21:51	7:13:20	152.11	266.19
93	85	38:42	1:37:59	1:57:32	3:23:21	7:16:35	150.97	264.19
94	86	39:01	1:38:43	1:58:25	3:24:53	7:19:51	149.84	262.21

V.T.T.A. Standard Times - Tricycles

Men	Ladies	10 Miles	25 Miles	30 Miles	50 Miles	100 Miles	12 Hours	24 Hours
40		27:46	1:11:39	1:25:58	2:28:45	5:19:12	207.11	362.45
41		27:59	1:12:11	1:26:37	2:29:51	5:21:35	205.56	359.73
42		28:12	1:12:43	1:27:16	2:30:58	5:23:57	204.02	357.04
43		28:25	1:13:16	1:27:55	2:32:06	5:26:24	202.49	354.36
44		28:38	1:13:49	1:28:34	2:33:15	5:28:51	200.97	351.70
45		28:52	1:14:22	1:29:14	2:34:23	5:31:18	199.46	349.06
46		29:06	1:14:55	1:29:54	2:35:32	5:33:45	197.97	346.44
47		29:20	1:15:29	1:30:35	2:36:42	5:36:17	196.48	343.85
48	40	29:34	1:16:03	1:31:16	2:37:53	5:38:48	195.01	341.27
49	41	29:48	1:16:37	1:31:57	2:39:03	5:41:20	193.54	338.71
50	42	30:02	1:17:11	1:32:37	2:40:14	5:43:51	192.09	336.17
51	43	30:16	1:17:45	1:33:18	2:41:25	5:46:23	190.65	333.64
52	44	30:30	1:18:20	1:34:00	2:42:37	5:48:59	189.22	331.14
53	45	30:45	1:18:55	1:34:42	2:43:50	5:51:34	187.80	328.66
54	46	31:00	1:19:30	1:35:24	2:45:03	5:54:10	186.39	326.19
55	47	31:15	1:20:05	1:36:06	2:46:15	5:56:46	185.00	323.75
56	48	31:30	1:20:41	1:36:49	2:47:30	5:59:27	183.61	321.32
57	49	31:45	1:21:17	1:37:32	2:48:45	6:02:07	182.23	318.91
58	50	32:00	1:21:53	1:38:16	2:49:59	6:04:47	180.86	316.51
59	51	32:15	1:22:30	1:39:00	2:51:16	6:07:32	179.51	314.14
60	52	32:30	1:23:07	1:39:44	2:52:33	6:10:17	178.16	311.78
61	53	32:46	1:23:44	1:40:29	2:53:50	6:13:02	176.82	309.45
62	54	33:02	1:24:22	1:41:14	2:55:09	6:15:51	175.50	307.13
63	55	33:18	1:25:00	1:42:00	2:56:28	6:18:41	174.18	304.82
64	56	33:34	1:25:38	1:42:46	2:57:46	6:21:30	172.88	302.54
65	57	33:50	1:26:17	1:43:32	2:59:07	6:24:24	171.58	300.27
66	58	34:06	1:26:56	1:44:19	3:00:28	6:27:17	170.29	298.02
67	59	34:22	1:27:35	1:45:06	3:01:49	6:30:11	169.02	295.78
68	60	34:38	1:28:14	1:45:53	3:03:11	6:33:07	167.75	293.56
69	61	34:55	1:28:54	1:46:41	3:04:33	6:36:04	166.49	291.36
70	62	35:12	1:29:34	1:47:29	3:05:56	6:39:01	165.24	289.17
71	63	35:29	1:30:14	1:48:17	3:07:20	6:42:00	164.00	287.01
72	64	35:46	1:30:55	1:49:06	3:08:44	6:45:02	162.77	284.85
73	65	36:03	1:31:36	1:49:55	3:10:09	6:48:05	161.55	282.72
74	66	36:20	1:32:17	1:50:44	3:11:35	6:51:07	160.34	280.60
75	67	36:37	1:32:59	1:51:34	3:13:01	6:54:14	159.14	278.49
76	68	36:54	1:33:41	1:52:24	3:14:28	6:57:21	157.94	276.40
77	69	37:12	1:34:23	1:53:14	3:15:55	7:00:33	156.76	274.33
78	70	37:30	1:35:05	1:54:04	3:17:23	7:03:45	155.58	272.27
79	71	37:48	1:35:48	1:54:55	3:18:52	7:06:55	154.42	270.23
80	72	38:06	1:36:31	1:55:46	3:20:21	7:10:07	153.26	268.20
81	73	38:24	1:37:15	1:56:40	3:21:51	7:13:20	152.11	266.19
82	74	38:42	1:37:59	1:57:32	3:23:21	7:16:35	150.97	264.19
83	75	39:01	1:38:43	1:58:25	3:24:53	7:19:51	149.84	262.21
84	76	39:19	1:39:27	1:59:18	3:26:25	7:23:09	148.71	260.24
85	77	39:38	1:40:12	2:00:11	3:27:57	7:26:28	147.60	258.29
86	78	39:57	1:40:57	2:01:05	3:29:30	7:29:48	146.49	256.35
87	79	40:16	1:41:42	2:02:00	3:31:04	7:33:10	145.39	254.43
88	80	40:35	1:42:28	2:02:54	3:32:39	7:36:34	144.30	252.52
89	81	40:54	1:43:14	2:03:49	3:34:15	7:39:59	143.22	250.63
90	82	41:13	1:44:00	2:04:45	3:35:51	7:43:25	142.14	248.75
91	83	41:33	1:44:47	2:05:41	3:37:28	7:46:54	141.08	246.88
92	84	41:53	1:45:34	2:06:37	3:39:05	7:50:23	140.02	245.03
93	85	42:12	1:46:21	2:07:34	3:40:43	7:53:55	138.97	243.19
94	86	42:32	1:47:09	2:08:31	3:42:22	7:57:27	137.93	241.37

V.T.T.A. Standard Times - Tandems

Add relevant Standards together and divide by 2

Men	Ladies	10 Miles	25 Miles	30 Miles	50 Miles	100 Miles	12 Hours	24 Hours
40		22:57	59:24	1:11:17	2:03:19	4:24:38	247.50	433.13
41		23:08	59:51	1:11:49	2:04:15	4:26:37	245.64	429.87
42		23:19	1:00:18	1:12:22	2:05:11	4:28:38	243.79	426.65
43		23:29	1:00:45	1:12:54	2:06:07	4:30:39	241.97	423.45
44		23:40	1:01:12	1:13:26	2:07:03	4:32:38	240.15	420.27
45		23:51	1:01:40	1:14:00	2:08:01	4:34:44	238.36	417.12
46		24:02	1:02:08	1:14:33	2:08:59	4:36:48	236.57	414.00
47		24:13	1:02:36	1:15:06	2:09:57	4:38:52	234.80	410.88
48	40	24:24	1:03:04	1:15:40	2:10:55	4:40:56	233.02	407.80
49	41	24:36	1:03:32	1:16:14	2:11:53	4:43:00	231.29	404.75
50	42	24:48	1:04:00	1:16:48	2:12:52	4:45:08	229.55	401.71
51	43	24:59	1:04:29	1:17:22	2:13:53	4:47:17	227.82	398.70
52	44	25:11	1:04:58	1:17:57	2:14:52	4:49:26	226.12	395.70
53	45	25:23	1:05:27	1:18:32	2:15:52	4:51:33	224.42	392.74
54	46	25:35	1:05:56	1:19:08	2:16:53	4:53:46	222.74	389.80
55	47	25:46	1:06:26	1:19:43	2:17:56	4:55:58	221.07	386.87
56	48	25:59	1:06:56	1:20:19	2:18:57	4:58:10	219.41	383.97
57	49	26:11	1:07:26	1:20:55	2:19:59	5:00:23	217.77	381.08
58	50	26:24	1:07:56	1:21:32	2:21:02	5:02:39	216.13	378.24
59	51	26:37	1:08:27	1:22:08	2:22:06	5:04:55	214.51	375.40
60	52	26:49	1:08:57	1:22:45	2:23:09	5:07:12	212.89	372.58
61	53	27:02	1:09:28	1:23:21	2:24:13	5:09:28	211.30	369.79
62	54	27:14	1:09:59	1:23:58	2:25:17	5:11:45	209.72	367.00
63	55	27:27	1:10:30	1:24:36	2:26:21	5:14:05	208.14	364.25
64	56	27:41	1:11:02	1:25:14	2:27:27	5:16:25	206.58	361.53
65	57	27:54	1:11:33	1:25:52	2:28:33	5:18:45	205.03	358.81
66	58	28:08	1:12:05	1:26:29	2:29:38	5:21:05	203.50	356.13
67	59	28:21	1:12:37	1:27:08	2:30:45	5:23:30	201.97	353.45
68	60	28:35	1:13:09	1:27:47	2:31:53	5:25:54	200.45	350.80
69	61	28:48	1:13:42	1:28:26	2:32:59	5:28:18	198.95	348.16
70	62	29:02	1:14:15	1:29:06	2:34:08	5:30:47	197.46	345.55
71	63	29:15	1:14:48	1:29:46	2:35:18	5:33:15	195.98	342.96
72	64	29:29	1:15:22	1:30:26	2:36:27	5:35:44	194.50	340.40
73	65	29:44	1:15:56	1:31:07	2:37:38	5:38:16	193.05	337.84
74	66	29:58	1:16:30	1:31:48	2:38:49	5:40:49	191.60	335.30
75	67	30:13	1:17:04	1:32:29	2:39:59	5:43:21	190.17	332.79
76	68	30:27	1:17:39	1:33:11	2:41:12	5:45:58	188.74	330.30
77	69	30:41	1:18:14	1:33:53	2:42:25	5:48:33	187.32	327.82
78	70	30:56	1:18:50	1:34:35	2:43:38	5:51:10	185.92	325.36
79	71	31:10	1:19:25	1:35:18	2:44:52	5:53:48	184.53	322.92
80	72	31:26	1:20:01	1:36:01	2:46:06	5:56:28	183.14	320.50
81	73	31:41	1:20:37	1:36:44	2:47:20	5:59:07	181.76	318.09
82	74	31:56	1:21:13	1:37:27	2:48:36	6:01:48	180.40	315.71
83	75	32:11	1:21:50	1:38:11	2:49:52	6:04:32	179.05	313.34
84	76	32:27	1:22:26	1:38:56	2:51:08	6:07:17	177.71	310.99
85	77	32:42	1:23:03	1:39:40	2:52:26	6:10:00	176.37	308.66
86	78	32:57	1:23:41	1:40:25	2:53:43	6:12:49	175.05	306.34
87	79	33:13	1:24:19	1:41:10	2:55:01	6:15:37	173.73	304.04
88	80	33:29	1:24:57	1:41:55	2:56:20	6:18:30	172.44	301.76
89	81	33:45	1:25:35	1:42:40	2:57:39	6:21:23	171.14	299.50
90	82	34:01	1:26:13	1:43:26	2:58:59	6:24:14	169.86	297.25
91	83	34:17	1:26:52	1:44:11	3:00:19	6:27:06	168.59	295.02
92	84	34:34	1:27:32	1:45:00	3:01:40	6:30:00	167.32	292.81
93	85	34:50	1:28:11	1:45:47	3:03:01	6:32:56	166.07	290.61
94	86	35:07	1:28:51	1:46:35	3:04:24	6:35:52	164.82	288.43