

Category	Juveniles		Junior		Individual		Tricycle		Tandem			Tandem tricycle		
	Boys	Girls	Boys	Girls	Men	Ladies	Men	Ladies	Men	Ladies	Mixed	Men	Ladies	Mixed
Distance	<b>MILESTONES</b>													
10 miles	0:18:30	0:21:00	0:18:00	0:19:30	0:16:00	0:18:00	0:19:00	0:23:00	0:16:00	0:19:00	0:16:30	0:17:00	0:22:00	0:19:00
15 miles	0:30:00		0:28:00	0:30:00	0:26:00	0:28:00	0:31:00	0:36:00	0:25:00	0:30:00	0:27:00	0:26:00	0:34:00	0:29:00
25 miles	0:48:00		0:47:00	0:52:00	0:42:00	0:48:30	0:52:00	1:02:00	0:42:00	0:50:00	0:47:00	0:47:00	1:00:00	0:50:00
30 miles			1:00:00	1:05:00	0:54:00	1:00:00	1:03:00	1:15:00	0:50:00	1:02:00	0:56:00	0:58:00	1:20:00	1:01:00
50 miles					1:30:00	1:41:00	1:48:00	2:15:00	1:26:00	1:44:00	1:38:00	1:42:00	2:20:00	1:44:00
100 miles					3:12:00	3:40:00	3:55:00	4:45:00	3:15:00	4:00:00	3:27:00	3:27:00	4:45:00	4:00:00
12 hour					324 miles	294 miles	276 miles	228 miles	312 miles	276 miles	288 miles	288 miles	216 miles	276 miles
24 hour					552 miles	480 miles	480 miles	408 miles	528 miles	480 miles	480 miles	480 miles	384 miles	460 miles