

VTTA Standards - 11 miles

Age	Men	Men (Trike)	Women	Women (Trike)
40	00:28:40	00:32:14	00:31:05	00:35:04
41	00:28:46	00:32:21	00:31:12	00:35:11
42	00:28:51	00:32:28	00:31:18	00:35:18
43	00:28:57	00:32:34	00:31:24	00:35:25
44	00:29:02	00:32:40	00:31:30	00:35:32
45	00:29:07	00:32:46	00:31:35	00:35:39
46	00:29:12	00:32:52	00:31:41	00:35:45
47	00:29:17	00:32:58	00:31:47	00:35:52
48	00:29:22	00:33:03	00:31:52	00:35:58
49	00:29:27	00:33:09	00:31:57	00:36:04
50	00:29:32	00:33:15	00:32:03	00:36:11
51	00:29:37	00:33:21	00:32:08	00:36:17
52	00:29:42	00:33:26	00:32:14	00:36:23
53	00:29:47	00:33:32	00:32:19	00:36:30
54	00:29:52	00:33:38	00:32:25	00:36:37
55	00:29:57	00:33:45	00:32:31	00:36:44
56	00:30:03	00:33:51	00:32:37	00:36:51
57	00:30:08	00:33:58	00:32:44	00:36:58
58	00:30:14	00:34:04	00:32:50	00:37:06
59	00:30:21	00:34:12	00:32:57	00:37:14
60	00:30:27	00:34:19	00:33:04	00:37:22
61	00:30:34	00:34:27	00:33:12	00:37:31
62	00:30:41	00:34:35	00:33:20	00:37:40
63	00:30:48	00:34:44	00:33:28	00:37:50
64	00:30:56	00:34:53	00:33:37	00:38:00
65	00:31:05	00:35:03	00:33:46	00:38:11
66	00:31:13	00:35:13	00:33:56	00:38:22
67	00:31:23	00:35:24	00:34:06	00:38:34
68	00:31:33	00:35:35	00:34:17	00:38:47
69	00:31:43	00:35:48	00:34:29	00:39:00
70	00:31:54	00:36:00	00:34:41	00:39:15
71	00:32:06	00:36:14	00:34:54	00:39:30
72	00:32:18	00:36:29	00:35:08	00:39:46
73	00:32:32	00:36:44	00:35:23	00:40:03
74	00:32:46	00:37:01	00:35:38	00:40:21
75	00:33:01	00:37:18	00:35:55	00:40:41
76	00:33:17	00:37:37	00:36:13	00:41:02
77	00:33:34	00:37:57	00:36:32	00:41:24
78	00:33:53	00:38:18	00:36:53	00:41:48
79	00:34:12	00:38:41	00:37:15	00:42:13
80	00:34:34	00:39:06	00:37:38	00:42:41
81	00:34:56	00:39:33	00:38:03	00:43:10
82	00:35:21	00:40:01	00:38:31	00:43:42
83	00:35:47	00:40:32	00:39:00	00:44:16
84	00:36:16	00:41:05	00:39:32	00:44:53
85	00:36:47	00:41:42	00:40:07	00:45:33
86	00:37:21	00:42:21	00:40:44	00:46:17
87	00:37:58	00:43:04	00:41:25	00:47:05

88	00:38:38	00:43:51	00:42:10	00:47:57
89	00:39:23	00:44:43	00:42:38	00:48:55
90	00:40:12	00:45:40	00:43:54	00:49:59
91	00:41:07	00:46:44	00:44:55	00:51:09
92	00:42:08	00:47:55	00:46:03	00:52:28
93	00:43:17	00:49:15	00:47:19	00:53:57
94	00:44:35	00:50:46	00:48:46	00:55:38
95	00:46:05	00:52:30	00:50:26	00:57:34
96	00:47:49	00:54:31	00:52:21	00:59:48
97	00:49:51	00:56:53	00:54:37	01:02:26
98	00:52:17	00:59:44	00:57:19	01:05:35
99	00:55:16	01:03:12	01:00:38	01:09:27