

VTTA standard (Refer to <http://www.vtta.org.uk/newsite/php/StandardsTables.php>)

To work out a riders speed for a certain event you have to divide the rider's time for that event into one hour and then multiply by the event distance.

So as an example a rider who does a 10 mile in 20 minutes has an average speed over the course as:- 60 divided by 20, which is 3, then multiplied by 10 giving 30mph.

A rider who does 10 miles in 30 minutes has an average speed of 60/30 which is 2, multiplied by 10 giving 20mph.

I find dividing everything into seconds helps when doing specific times so one hour is 3600 seconds.

22 minutes and 14 seconds for ten miles would be $22 \times 60 + 14 = 1334$ seconds. Speed would be $3600/1334 = 2.699$ multiply by the distance 10 = 26.987mph

If you are 66 years old your standard for 10 miles is 31:15. Doing the same gives $3600/1875 \times 10 = 19.200$ mph

Your plus is therefore the difference or +7.787mph.

Now doing the same for a 25 mile TT.

1hr 1min 43sec converts to $3600/3703 = 0.972 \times 25 = 24.305$ mph.

Standard for a 66 year old is 1hr 20min 05sec. or $3600/4805 = 0.749 \times 25 = 18.730$ mph.

Your plus is the difference so $24.305 - 18.730 = +5.575$ mph

The average of the 10 & 25 pluses is 6.681mph.

20 minutes 16 seconds for 10 miles is $3600/1216 = 2.961 \times 10 = 29.605$ mph.

Standard for a 49 year old is 27:20 or $3600/1640 = 2.195 \times 10 = 21.951$ mph.

The difference is +7.654mph.

52 minutes 54seconds for 25 miles is $3600/3174 = 1.134 \times 25 = 28.355$ mph.

Standard for a 49 year old is 1hr 10min 35sec or $3600/4235 = 0.850 \times 25 = 21.251$ mph.

The difference is +7.104mph.

The average of the 10 & 25 pluses is 7.379mph.

	Bike Women	Trike Men	Trike Women	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	40		27:46	1:11:39	1:25:58	2:28:45	5:19:12	207.11	362.45
52	44	41		27:59	1:12:11	1:26:37	2:29:51	5:21:35	205.56	359.73
53	45	42		28:12	1:12:43	1:27:16	2:30:58	5:23:57	204.02	357.04
54	46	43		28:25	1:13:16	1:27:55	2:32:06	5:26:24	202.49	354.36
55	47	44		28:38	1:13:49	1:28:34	2:33:15	5:28:51	200.97	351.70
56	48	45		28:52	1:14:22	1:29:14	2:34:23	5:31:18	199.46	349.06
57	49	46		29:06	1:14:55	1:29:54	2:35:32	5:33:45	197.97	346.44
58	50	47		29:20	1:15:29	1:30:35	2:36:42	5:36:17	196.48	343.85
59	51	48	40	29:34	1:16:03	1:31:16	2:37:53	5:38:48	195.01	341.27
60	52	49	41	29:48	1:16:37	1:31:57	2:39:03	5:41:20	193.54	338.71
61	53	50	42	30:02	1:17:11	1:32:37	2:40:14	5:43:51	192.09	336.17
62	54	51	43	30:16	1:17:45	1:33:18	2:41:25	5:46:23	190.65	333.64
63	55	52	44	30:30	1:18:20	1:34:00	2:42:37	5:48:59	189.22	331.14
64	56	53	45	30:45	1:18:55	1:34:42	2:43:50	5:51:34	187.80	328.66
65	57	54	46	31:00	1:19:30	1:35:24	2:45:03	5:54:10	186.39	326.19
66	58	55	47	31:15	1:20:05	1:36:06	2:46:15	5:56:46	185.00	323.75
67	59	56	48	31:30	1:20:41	1:36:49	2:47:30	5:59:27	183.61	321.32
68	60	57	49	31:45	1:21:17	1:37:32	2:48:45	6:02:07	182.23	318.91
69	61	58	50	32:00	1:21:53	1:38:16	2:49:59	6:04:47	180.86	316.51
70	62	59	51	32:15	1:22:30	1:39:00	2:51:16	6:07:32	179.51	314.14
71	63	60	52	32:30	1:23:07	1:39:44	2:52:33	6:10:17	178.16	311.78
72	64	61	53	32:46	1:23:44	1:40:29	2:53:50	6:13:02	176.82	309.45
73	65	62	54	33:02	1:24:22	1:41:14	2:55:09	6:15:51	175.50	307.13
74	66	63	55	33:18	1:25:00	1:42:00	2:56:28	6:18:41	174.18	304.82
75	67	64	56	33:34	1:25:38	1:42:46	2:57:46	6:21:30	172.88	302.54
76	68	65	57	33:50	1:26:17	1:43:32	2:59:07	6:24:24	171.58	300.27
77	69	66	58	34:06	1:26:56	1:44:19	3:00:28	6:27:17	170.29	298.02
78	70	67	59	34:22	1:27:35	1:45:06	3:01:49	6:30:11	169.02	295.78
79	71	68	60	34:38	1:28:14	1:45:53	3:03:11	6:33:07	167.75	293.56
80	72	69	61	34:55	1:28:54	1:46:41	3:04:33	6:36:04	166.49	291.36
81	73	70	62	35:12	1:29:34	1:47:29	3:05:56	6:39:01	165.24	289.17
82	74	71	63	35:29	1:30:14	1:48:17	3:07:20	6:42:00	164.00	287.01
83	75	72	64	35:46	1:30:55	1:49:06	3:08:44	6:45:02	162.77	284.85
84	76	73	65	36:03	1:31:36	1:49:55	3:10:09	6:48:05	161.55	282.72
85	77	74	66	36:20	1:32:17	1:50:44	3:11:35	6:51:07	160.34	280.60
86	78	75	67	36:37	1:32:59	1:51:34	3:13:01	6:54:14	159.14	278.49

87	79	76	68	36:54	1:33:41	1:52:24	3:14:28	6:57:21	157.94	276.40
88	80	77	69	37:12	1:34:23	1:53:14	3:15:55	7:00:33	156.76	274.33
89	81	78	70	37:30	1:35:05	1:54:04	3:17:23	7:03:45	155.58	272.27
90	82	79	71	37:48	1:35:48	1:54:55	3:18:52	7:06:55	154.42	270.23
91	83	80	72	38:06	1:36:31	1:55:46	3:20:21	7:10:07	153.26	268.20
92	84	81	73	38:24	1:37:15	1:56:40	3:21:51	7:13:20	152.11	266.19
93	85	82	74	38:42	1:37:59	1:57:32	3:23:21	7:16:35	150.97	264.19
94	86	83	75	39:01	1:38:43	1:58:25	3:24:53	7:19:51	149.84	262.21