

**CLUB CHAMPIONSHIPS - HANDICAP TABLE 1 (20KM)
INDIVIDUAL TIME TRIAL 20 KMS**

MEN			WOMEN	
AGE	STANDARD TIME MIN:SEC	HANDICAP MIN:SEC	STANDARD TIME MIN:SEC	HANDICAP MIN:SEC
35	31.45	Scratch	34.56	Scratch
36	31.46	0.01	34.57	0.01
37	31.47	0.02	34.58	0.02
38	31.49	0.04	35.00	0.04
39	31.51	0.06	35.02	0.06
40	31.53	0.08	35.06	0.10
41	31.58	0.13	35.10	0.14
42	32.03	0.18	35.15	0.19
43	32.09	0.24	35.21	0.25
44	32.15	0.30	35.27	0.31
45	32.21	0.36	35.35	0.39
46	32.28	0.43	35.43	0.47
47	32.35	0.50	35.51	0.55
48	32.43	0.58	36.00	1.04
49	32.51	1.06	36.09	1.13
50	33.00	1.15	36.18	1.22
51	33.09	1.24	36.28	1.32
52	33.18	1.33	36.38	1.42
53	33.28	1.43	36.49	1.53
54	33.38	1.53	37.00	2.04
55	33.48	2.03	37.11	2.15
56	33.59	2.14	37.23	2.27
57	34.10	2.25	37.35	2.39
58	34.21	2.36	37.47	2.51
59	34.34	2.49	38.01	3.05
60	34.47	3.02	38.15	3.19
61	35.00	3.15	38.30	3.34
62	35.14	3.29	38.45	3.49
63	35.28	3.43	39.00	4.04
64	35.42	3.57	39.16	4.20
65	35.58	4.13	39.34	4.38
66	36.14	4.29		
67	36.30	4.45		
68	36.46	5.01		
69	37.04	5.19		
70	37.23	5.38		
71	37.42	5.57		
72	38.02	6.17		
73	38.23	6.38		
74	38.45	7.00		
75	39.07	7.22		
76	39.30	7.45		
77	39.53	8.08		
78	40.17	8.32		
79	40.41	8.56		
80	41.07	9.22		
81	41.34	9.49		
82	42.04	10.19		
83	42.34	10.49		
84	43.08	11.23		
85	43.42	11.57		

**CLUB CHAMPIONSHIPS - HANDICAP TABLE 1 (25KM)
INDIVIDUAL TIME TRIAL 25 KMS**

AGE	MEN	WOMEN
	HANDICAP MIN:SEC	HANDICAP MIN:SEC
35	Scratch	Scratch
36	0.01	0.01
37	0.03	0.03
38	0.05	0.05
39	0.08	0.08
40	0.10	0.13
41	0.16	0.18
42	0.22	0.24
43	0.30	0.31
44	0.38	0.39
45	0.46	0.49
46	0.54	0.59
47	1.03	1.09
48	1.13	1.20
49	1.23	1.31
50	1.34	1.43
51	1.45	1.55
52	1.56	2.08
53	2.08	2.21
54	2.21	2.35
55	2.34	2.49
56	2.47	3.04
57	3.01	3.19
58	3.15	3.34
59	3.31	3.51
60	3.47	4.09
61	4.04	4.27
62	4.21	4.46
63	4.39	5.05
64	4.57	5.25
65	5.16	5.48
66	5.36	
67	5.56	
68	6.16	
69	6.39	
70	7.02	
71	7.26	
72	7.51	
73	8.18	
74	8.45	
75	9.13	
76	9.41	
77	10.10	
78	10.40	
79	11.10	
80	11.43	
81	12.16	
82	12.52	
83	13.31	
84	14.13	
85	14.56	

**BIKE MANAWATU
CLUB CHAMPIONSHIPS - HANDICAP TABLE 2
HILL CLIMB 5 KMS**

WOMEN & MEN

AGE	HANDICAP MINS:SECS
35	Scratch
36	0.03
37	0.06
38	0.09
39	0.12
40	0.17
41	0.22
42	0.27
43	0.32
44	0.37
45	0.44
46	0.51
47	0.58
48	1.05
49	1.12
50	1.22
51	1.32
52	1.42
53	1.52
54	2.02
55	2.15
56	2.28
57	2.41
58	2.54
59	3.07

AGE	HANDICAP MINS:SECS
60	3.23
61	3.39
62	3.55
63	4.11
64	4.27
65	4.47
66	5.07
67	5.27
68	5.47
69	6.07
70	6.32
71	6.57
72	7.22
73	7.47
74	8.12
75	8.37
76	9.02
77	9.27
78	9.52
79	10.17

CLUB CHAMPIONSHIPS - HANDICAP TABLE 3 TRACK SPRINT 200 METRES

WOMEN & MEN

AGE	HANDICAP SECONDS
35	Scratch
36	0.04
37	0.08
38	0.12
39	0.16
40	0.20
41	0.26
42	0.32
43	0.38
44	0.44
45	0.50
46	0.58
47	0.66
48	0.74
49	0.82
50	0.90
51	0.98
52	1.06
53	1.14
54	1.22
55	1.30
56	1.38
57	1.46
58	1.54
59	1.62

AGE	HANDICAP SECONDS
60	1.70
61	1.80
62	1.90
63	2.00
64	2.10
65	2.20
66	2.32
67	2.44
68	2.56
69	2.68
70	2.80
71	2.96
72	3.12
73	3.28
74	3.44
75	3.60
76	3.76
77	3.92
78	4.08
79	4.24
80	4.40
81	4.56
82	4.72
83	4.88
84	5.04

CLUB CHAMPIONSHIPS - HANDICAP TABLE 4 TRACK PURSUIT 2000 METRES

WOMEN & MEN

AGE	HANDICAP SECONDS
35	Scratch
36	0.60
37	1.20
38	1.80
39	2.40
40	3.00
41	3.60
42	4.20
43	4.80
44	5.40
45	6.00
46	6.80
47	7.60
48	8.40
49	9.20
50	10.00
51	11.00
52	12.00
53	13.00
54	14.00
55	15.00
56	16.40
57	17.80
58	19.20
59	20.60

AGE	HANDICAP SECONDS
60	22.00
61	23.40
62	24.80
63	26.20
64	27.60
65	29.00
66	30.60
67	32.20
68	33.80
69	35.40
70	37.00
71	38.60
72	40.20
73	41.80
74	43.40
75	45.00
76	47.00
77	49.00
78	51.00
79	53.00
80	55.00
81	
82	
83	
84	