

**TOUR OF PEMBROKESHIRE 2010
AWARD TIMES**



118 mile route

Category	Gold Standard (av speed)	Silver Standard (av speed)	Bronze Standard (av speed)
M14 -17	7:40 (15.5mph)	8:45 (13.5mph)	10:15 (11.5mph)
M18 - 49	7:10 (16.5mph)	8:10 (14.5mph)	9:30 (12.5mph)
M50 - 59	7:40 (15.5mph)	8:45 (13.5mph)	10:15 (11.5mph)
M60+	8:10 (14.5mph)	9:30 (12.5mph)	11:15 (10.5mph)
F14 -17	8:45 (13.5mph)	10:15 (11.5mph)	12:20 (9.5mph)
F18 - 39	8:10 (14.5mph)	9:30 (12.5mph)	11:15 (10.5mph)
F40+	8:45 (13.5mph)	10:15 (11.5mph)	12:20 (9.5mph)

82 mile route

Category	Gold Standard (av speed)	Silver Standard (av speed)	Bronze Standard (av speed)
M14 -17	5:10 (16mph)	5:50 (14mph)	6:50 (12mph)
M18 - 49	4:50 (17mph)	5:30 (15mph)	6:20 (13mph)
M50 - 59	5:10 (16mph)	5:50 (14mph)	6:50 (12mph)
M60+	5:30 (15mph)	6:20 (13mph)	7:30 (11mph)
F14 -17	5:50 (14mph)	6:50 (12mph)	8:10 (10mph)
F18 - 39	5:30 (15mph)	6:20 (13mph)	7:30 (11mph)
F40+	5:50 (14mph)	6:50 (12mph)	8:10 (10mph)



64 mile route

Category	Gold Standard (av speed)	Silver Standard (av speed)	Bronze Standard (av speed)
M14 -17	3:50 (16.5mph)	4:45 (13.5mph)	5:30 (11.5mph)
M18 - 49	3:35 (17.5mph)	4:20 (14.5mph)	5:10 (12.5mph)
M50 - 59	3:50 (16.5mph)	4:45 (13.5mph)	5:30 (11.5mph)
M60+	4:05 (15.5mph)	5:10 (12.5mph)	6:10 (10.5mph)
F14 -17	4:20 (14.5mph)	5:30 (11.5mph)	6:40 (9.5mph)
F18 - 39	4:05 (15.5mph)	5:10 (12.5mph)	6:10 (10.5mph)
F40+	4:20 (14.5mph)	5:30 (11.5mph)	6:40 (9.5mph)