

# Estimated Road Race finish and lap times

Use this chart to determine the approximate times that riders finish each lap. Times may vary depending on weather, aggressiveness of the group, and other factors.

		slow	medium	fast
Men cat 4	time per lap:	30	28	26
	start time:	9:00	9:00	9:00
1		9:30	9:28	9:26
2		10:00	9:56	9:52
3		10:30	10:24	10:18
4		11:00	10:52	10:44
Med Cat 5	time per lap:	32	30	28
	start time:	9:05	9:05	9:05
1		9:37	9:35	9:33
2		10:09	10:05	10:01
3		10:41	10:35	10:29
	time per lap:	34	32	30
juniors	start time:	9:10	9:10	9:10
1		9:44	9:42	9:40
2		10:18	10:14	10:10

		slow	medium	fast
	time per lap:	29	27	25
Men Cat 1,2	start time:	11:30 AM	11:30 AM	11:30 AM
1		11:59 AM	11:57 AM	11:55 AM
2		12:28 PM	12:24 PM	12:20 PM
3		12:57 PM	12:51 PM	12:45 PM
4		1:26 PM	1:18 PM	1:10 PM
5		1:55 PM	1:45 PM	1:35 PM
6		2:24 PM	2:12 PM	2:00 PM
7		2:53 PM	2:39 PM	2:25 PM
	time per lap:	30	28	26
Men Cat 3	start time:	11:35 AM	11:35 AM	11:35 AM
1		12:05 PM	12:03 PM	12:01 PM
2		12:35 PM	12:31 PM	12:27 PM
3		1:05 PM	12:59 PM	12:53 PM
4		1:35 PM	1:27 PM	1:19 PM
5		2:05 PM	1:55 PM	1:45 PM
6		2:35 PM	2:23 PM	2:11 PM
	time per lap:	31	29	27
Women cat 1,2,3	start time:	11:40 AM	11:40 AM	11:40 AM
1		12:11 PM	12:09 PM	12:07 PM
2		12:42 PM	12:38 PM	12:34 PM
3		1:13 PM	1:07 PM	1:01 PM
4		1:44 PM	1:36 PM	1:28 PM
5		2:15 PM	2:05 PM	1:55 PM