

Estimated ride times

Age	Time per mile (Men)	54 miles (Men)	Time per mile (Women)	54 miles (Women)
20–30	04:46	4:17:24	05:59	5:23:06
35	04:48	4:19:12	06:01	5:24:54
40	04:55	4:25:30	06:08	5:31:12
45	05:07	4:30:48	06:22	5:43:48
50	05:21	4:48:54	06:45	6:04:30
55	05:35	5:01:30	07:12	6:28:48
60	05:52	5:16:48	07:41	6:55:42
65	06:09	5:32:06	08:18	7:28:12
70	06:29	5:50:56	08:59	8:05:06
75	06:55	6:15:30	09:49	8:55:06
80	07:38	6:52:12	11:04	9:57:36