

BC protocol benchmarks

							Trk	Rd	MTB
Boys	Roller rev-out	> 49 mph (78.9 km/h)	> 50.5 mph (81.3 km/h)	> 52 mph (83.7 km/h)	> 53.5 mph (86.1 km/h)	> 55 mph (88.5 km/h)	X	X	X
	10 m roller TT	< 20 min 7 sec	< 19 min 1 sec	< 18 min 36 sec	< 17 min 50 sec	< 17 min 5 sec	X	X	X
	Figure of '8'	< 2 min 59 sec	< 2 min 56 sec	< 2 min 53 sec	< 2 min 50 sec	< 2 min 47 sec	X	X	X
	50m standing start	< 7.5 sec	< 7.3 sec	< 7 sec	< 6.8 sec	< 6.6 sec	X	X	X
	3hr club run (avg speed)	> 16 mph (25.8 km/h)	> 16.5 mph (26.6 km/h)	> 17 mph (27.4 km/h)	> 17.5 mph (28.2 km/h)	> 18 mph (29.0 km/h)		X	X
	Stand-up & sit-down wheelie	> 20 m	> 40 m	> 60 m	> 80 m	> 100 m			X
	Manual	> 10 m	> 20 m	> 40 m	> 60 m	> 80 m			X
	Bunny hop	> 20 cm	> 30 cm	> 40 cm	> 50 cm	> 60 cm			X
Speed trials	< 1 min 6 sec (1 - 2 errors)	< 1 min (1 - 2 errors)	< 54 sec (1 - 2 errors)	< 50 sec (0 errors)	< 44 sec (0 errors)		X	X	
Girls	Roller rev-out	> 45 mph	> 46.5 mph	> 48 mph	> 50 mph	> 52 mph	X	X	X
	10 m roller TT	< 21 min 45 sec	< 21 min 7 sec	< 20 min 30 sec	< 19 min 52 sec	< 19 min 15 sec	X	X	X
	Figure of '8'	< 3 min 24 sec	< 3 min 18 sec	< 3 min 12 sec	< 3 min 6 sec	< 3 min	X		X
	50m standing start	< 7.8 sec	< 7.6 sec	< 7.4 sec	< 7.1 sec	< 6.9 sec	X	X	X
	3hr club run (avg speed)	> 16 mph (25.8 km/h)	> 16.5 mph (26.6 km/h)	> 17 mph (27.4 km/h)	> 17.5 mph (28.2 km/h)	> 18 mph (29.0 km/h)		X	X
	Stand-up & sit-down wheelie	> 10 m	> 20 m	> 40 m	> 60 m	> 80 m			X
	Manual	> 5 m	> 10 m	> 25 m	> 40 m	> 55 m			X
	Bunny hop	> 10 cm	> 15 cm	> 20 cm	> 25 cm	> 30 cm			X
Speed trials	< 1 min 15 sec (1 - 2 errors)	< 1 min 10 sec (1 - 2 errors)	< 1 min 5 sec (1 - 2 errors)	< 1 min 12 sec (0 errors)	< 1 min 6 sec (0 errors)		X	X	