

Time in Hours & Minutes

Team Cambridge Handicap Tables

	100 Miles	50 Miles	30 Miles	25 Miles	6-18 miles	10 Miles	seconds - 00	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	31	32	33	34	35	36	37	38	39	40	41	42	43	44	45	46	47	48	49	50	51	52	53	54	55	56	57	58	59	1.00	1.01	1.02	1.03	1.04	1.05	1.06	1.07	1.08	1.09	1.10	1.11	1.12	1.13	1.14	1.15	1.16	1.17	1.18									
	31:44	32:40	33:36	34:32	35:28	36:24	37:20	38:16	39:12	40:08	41:04	42:00	42:56	43:52	44:48	45:44	46:40	47:36	48:32	49:28	50:24	51:20	52:16	53:12	54:08	55:04	56:00	56:56	57:52	58:48	59:44	60:40	61:36	62:32	63:28	64:24	65:20	66:16	67:12	68:08	69:04	70:00	70:56	71:52	72:48	73:44	74:40	75:36	76:32	77:28	78:24	79:20	80:16	81:12	82:08	83:04	84:00	84:56	85:52	86:48	87:44	88:40	89:36	90:32	91:28	92:24	93:20	94:16	95:12	96:08	97:04	98:00	98:56	99:52	1:00:48	1:01:44	1:02:40	1:03:36	1:04:32	1:05:28	1:06:24	1:07:20	1:08:16	1:09:12	1:10:08	1:11:04	1:12:00	1:12:56	1:13:52	1:14:48	1:15:44	1:16:40	1:17:36	1:18:32
01	31:45	32:41	33:37	34:33	35:29	36:25	37:21	38:17	39:13	40:09	41:05	42:01	42:57	43:53	44:49	45:45	46:41	47:37	48:33	49:29	50:25	51:21	52:17	53:13	54:09	55:05	56:01	56:57	57:53	58:49	59:45	60:41	61:37	62:33	63:29	64:25	65:21	66:17	67:13	68:09	69:05	70:01	70:57	71:53	72:49	73:45	74:41	75:37	76:33	77:29	78:25	79:21	80:17	81:13	82:09	83:05	84:01	84:57	85:53	86:49	87:45	88:41	89:37	90:33	91:29	92:25	93:21	94:17	95:13	96:09	97:05	98:01	98:57	99:53	1:00:49	1:01:45	1:02:41	1:03:37	1:04:33	1:05:29	1:06:25	1:07:21	1:08:17	1:09:13	1:10:09	1:11:05	1:12:01	1:12:57	1:13:53	1:14:49	1:15:45	1:16:41	1:17:37	1:18:33
02	31:46	32:42	33:38	34:34	35:30	36:26	37:22	38:18	39:14	40:10	41:06	42:02	42:58	43:54	44:50	45:46	46:42	47:38	48:34	49:30	50:26	51:22	52:18	53:14	54:10	55:06	56:02	56:58	57:54	58:50	59:46	60:42	61:38	62:34	63:30	64:26	65:22	66:18	67:14	68:10	69:06	70:02	70:98	71:94	72:90	73:86	74:82	75:78	76:74	77:70	78:66	79:62	80:58	81:54	82:50	83:46	84:42	85:38	86:34	87:30	88:26	89:22	90:18	91:14	92:10	93:06	94:02	94:58	95:54	96:50	97:46	98:42	99:38	1:00:34	1:01:30	1:02:26	1:03:22	1:04:18	1:05:14	1:06:10	1:07:06	1:08:02	1:08:58	1:09:54	1:10:50	1:11:46	1:12:42	1:13:38	1:14:34	1:15:30	1:16:26	1:17:22	1:18:18	
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