

In general form:

$$T = \frac{\bar{Y}_1 - \bar{Y}_2}{\sqrt{\frac{sd_1^2}{N_1} + \frac{sd_2^2}{N_2}}}$$

In experiment:

$$T = \frac{\text{mean}(\text{menDuration}) - \text{mean}(\text{womenDuration})}{\sqrt{\frac{sd^2(\text{menDuration})}{N_{\text{men}}} + \frac{sd^2(\text{womenDuration})}{N_{\text{women}}}}}$$