

GFC 2006 – TARGET TIMES:

SPORTING Gold / Silver

Up to 39yrs: 2 hrs 6 min / 3 hrs 5 min
40-49: 2 hrs 26 min / 3 hrs 28 min
50-59: 2 hrs 46/ 3 hrs 52 min
60+: 3 hrs 6 min / 4 hrs 26 min

GRAN FONDO Gold / Silver

Up to 39yrs: 6 hrs 02 min / 7 hrs 01 min
40-49: 6 hrs 22 min / 7 hrs 24 min
50-59: 6 hrs 42/ 7 hrs 48 min
60+: 7 hrs 2 min / 8 hrs 22 min

SUPER CHALLENGE Gold / Silver

Up to 39yrs: 7 hrs 02 min / 8 hrs 01 min
40-49: 7 hrs 22 min / 8 hrs 24 min
50-59: 7 hrs 42/ 8 hrs 48 min
60+: 8 hrs 02 min / 9 hrs 12 min

Remember – it's not a race – it's a fitness challenge!

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