

Temps de courses théoriques - Theoretical race times

MTBO races	Sprint	Long Distance
H10	10-15'	25-30'
H12	15-20'	35-40'
H14	20-25'	55-65'
H17	20-25'	75-85'
H20	20-25'	85-95'
H21	20-25'	95-105'
H40	20-25'	85-95'
H50	20-25'	75-85'
H60	20-25'	65-75'
H70	15-20'	55-65'
D10	10-15'	25-30'
D12	15-20'	35-40'
D14	15-20'	45-50'
D17	20-25'	55-65'
D20	20-25'	65-75'
D21	20-25'	85-95'
D40	20-25'	65-75'
D50	20-25'	55-65'
D60	15-20'	45-50'
D70	15-20'	35-40'