

TIMING CARD



	SPEED IN KILOMETRES PER HOUR			
DISTANCE TRAVELLED (METRES)	5km/h	4km/h	3km/h	2km/h
1000	12	15	20	30
800	10	12	16	24
700	9	11	14	21
500	6	7½	10	15
400	5	6	8	12
200	2½	3	4	6
100	1¼	1½	2	3

+ 1 minute per 10 metres contour climbed