

Endurance
distance / speed / time chart

Km	MI	hh:mm	Taster / Pleasure										Speed Category 2						Speed Category 1 >									
			Min		Speed Category 3								Max		Min		Speed Category 2				Max		Min		Speed Category 1 >			
			8.0	8.5	9.0	9.5	10.0	10.5	11.0	11.0	11.0	11.5	12.0	12.5	13.0	13.0	13.0	13.5	14.0	14.5	15.0	15.5	16.0					
1	0.6	00:09	00:08	00:08	00:07	00:07	00:06	00:06	00:06	00:05	00:05	00:06	00:05	00:05	00:05	00:04	00:04	00:05	00:04	00:04	00:04	00:04	00:03	00:03				
2	1.2	00:18	00:17	00:16	00:15	00:14	00:13	00:12	00:12	00:11	00:10	00:10	00:10	00:10	00:09	00:09	00:10	00:09	00:08	00:08	00:08	00:07	00:07					
3	1.9	00:27	00:25	00:24	00:22	00:21	00:20	00:18	00:18	00:17	00:16	00:17	00:16	00:15	00:15	00:14	00:13	00:14	00:13	00:13	00:12	00:12	00:11	00:11				
4	2.5	00:36	00:34	00:32	00:30	00:28	00:26	00:25	00:24	00:22	00:21	00:22	00:21	00:20	00:20	00:19	00:18	00:19	00:18	00:17	00:16	00:16	00:15	00:15				
5	3.1	00:46	00:42	00:40	00:37	00:35	00:33	00:31	00:30	00:28	00:27	00:28	00:27	00:26	00:25	00:24	00:23	00:24	00:23	00:22	00:21	00:20	00:19	00:18				
6	3.7	00:55	00:51	00:48	00:45	00:42	00:40	00:37	00:36	00:34	00:32	00:33	00:32	00:31	00:30	00:28	00:27	00:28	00:27	00:26	00:25	00:24	00:23	00:22				
7	4.3	01:04	01:00	00:56	00:52	00:49	00:46	00:44	00:42	00:40	00:38	00:39	00:38	00:36	00:35	00:33	00:32	00:33	00:32	00:31	00:30	00:28	00:27	00:26				
8	5.0	01:13	01:08	01:04	01:00	00:56	00:53	00:50	00:48	00:45	00:43	00:44	00:43	00:41	00:40	00:38	00:36	00:37	00:36	00:35	00:34	00:33	00:30	00:30				
9	5.6	01:23	01:17	01:12	01:07	01:03	01:00	00:56	00:54	00:51	00:49	00:50	00:49	00:46	00:45	00:43	00:41	00:42	00:41	00:40	00:38	00:37	00:34	00:33				
10	6.2	01:32	01:25	01:20	01:15	01:10	01:06	01:03	01:00	00:57	00:54	00:55	00:54	00:52	00:50	00:48	00:46	00:47	00:46	00:44	00:42	00:41	00:38	00:37				
11	6.8	01:41	01:34	01:28	01:22	01:17	01:13	01:09	01:06	01:02	01:00	01:00	01:00	00:57	00:55	00:52	00:50	00:51	00:50	00:48	00:47	00:45	00:42	00:41				
12	7.5	01:50	01:42	01:36	01:30	01:24	01:20	01:15	01:12	01:08	01:05	01:06	01:05	01:02	01:00	00:57	00:55	00:56	00:55	00:53	00:51	00:49	00:46	00:45				
13	8.1	02:00	01:51	01:44	01:37	01:31	01:26	01:22	01:18	01:14	01:10	01:11	01:10	01:07	01:05	01:02	01:00	01:00	01:00	00:57	00:55	00:53	00:50	00:48				
14	8.7	02:09	02:00	01:52	01:45	01:38	01:33	01:28	01:24	01:20	01:16	01:17	01:16	01:13	01:10	01:07	01:04	01:05	01:04	01:02	01:00	00:57	00:54	00:52				
15	9.3	02:18	02:08	02:00	01:52	01:45	01:40	01:34	01:30	01:25	01:21	01:22	01:21	01:18	01:15	01:12	01:09	01:10	01:09	01:06	01:04	01:00	00:58	00:56				
16	9.9	02:27	02:17	02:08	02:00	01:52	01:46	01:41	01:36	01:31	01:27	01:28	01:27	01:23	01:20	01:16	01:13	01:14	01:13	01:11	01:08	01:06	01:01	01:00				
17	10.6	02:36	02:25	02:16	02:07	02:00	01:53	01:47	01:42	01:37	01:32	01:33	01:32	01:28	01:25	01:21	01:18	01:19	01:18	01:15	01:12	01:10	01:05	01:03				
18	11.2	02:46	02:34	02:24	02:15	02:07	02:00	01:53	01:48	01:42	01:38	01:39	01:38	01:33	01:30	01:26	01:23	01:24	01:23	01:20	01:17	01:14	01:09	01:07				
19	11.8	02:55	02:42	02:32	02:22	02:14	02:06	02:00	01:54	01:48	01:43	01:44	01:43	01:39	01:35	01:31	01:27	01:28	01:27	01:24	01:21	01:18	01:13	01:11				
20	12.4	03:04	02:51	02:40	02:30	02:21	02:13	02:06	02:00	01:54	01:49	01:50	01:49	01:44	01:40	01:36	01:32	01:33	01:32	01:28	01:25	01:22	01:17	01:15				
21	13.0	03:13	03:00	02:48	02:37	02:28	02:20	02:12	02:06	02:00	01:54	01:55	01:54	01:49	01:45	01:40	01:36	01:37	01:36	01:33	01:30	01:26	01:21	01:18				
22	13.7	03:23	03:08	02:56	02:45	02:35	02:26	02:18	02:12	02:05	02:00	02:00	02:00	01:54	01:50	01:45	01:41	01:42	01:41	01:37	01:34	01:31	01:25	01:22				
23	14.3	03:32	03:17	03:04	02:52	02:42	02:33	02:25	02:18	02:11	02:05	02:06	02:05	02:00	01:55	01:50	01:46	01:47	01:46	01:42	01:38	01:35	01:29	01:26				
24	14.9	03:41	03:25	03:12	03:00	02:49	02:40	02:31	02:24	02:17	02:10	02:11	02:10	02:05	02:00	01:55	01:50	01:51	01:50	01:46	01:42	01:39	01:32	01:30				
25	15.5	03:50	03:34	03:20	03:07	02:56	02:46	02:37	02:30	02:22	02:16	02:17	02:16	02:10	02:05	02:00	01:55	01:56	01:55	01:51	01:47	01:43	01:36	01:33				
26	16.2	04:00	03:42	03:28	03:15	03:03	02:53	02:44	02:36	02:28	02:21	02:22	02:21	02:15	02:10	02:04	02:00	02:00	02:00	01:55	01:51	01:47	01:40	01:37				
27	16.8	04:09	03:51	03:36	03:22	03:10	03:00	02:50	02:42	02:34	02:27	02:28	02:27	02:20	02:15	02:09	02:04	02:05	02:04	02:00	01:55	01:51	01:44	01:41				
28	17.4	04:18	04:00	03:44	03:30	03:17	03:06	02:56	02:48	02:40	02:32	02:33	02:32	02:26	02:20	02:14	02:09	02:10	02:09	02:04	02:00	01:55	01:48	01:45				
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30	18.6	04:36	04:17	04:00	03:45	03:31	03:20	03:09	03:00	02:51	02:43	02:44	02:43	02:36	02:30	02:24	02:18	02:19	02:18	02:13	02:08	02:04	01:56	01:52				
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32	19.9	04:55	04:34	04:16	04:00	03:45	03:33	03:22	03:12	03:02	02:54	02:55	02:54	02:46	02:40	02:33	02:27	02:28	02:27	02:22	02:17	02:12	02:03	02:00				
33	20.5	05:04	04:42	04:24	04:07	03:52	03:40	03:28	03:18	03:08	03:00	03:00	03:00	02:52	02:45	02:38	02:32	02:33	02:32	02:26	02:21	02:16	02:07	02:03				
34	21.1	05:13	04:51	04:32	04:15	04:00	03:46	03:34	03:24	03:14	03:05	03:06	03:05	02:57	02:50	02:43	02:36	02:37	02:36	02:31	02:25	02:20	02:11	02:07				
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36	22.4	05:32	05:08	04:48	04:30	04:14	04:00	03:47	03:36	03:25	03:16	03:17	03:16	03:07	03:00	02:52	02:46	02:47	02:46	02:40	02:34	02:28	02:19	02:15				
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