

Distans Meter	m/min	83	92	100	108	117	183	200	217	233	250	267	283
	kM/h	5	5,5	6	6,5	7	11	12	13	14	15	16	17
4000		48:00	43:38	40:00	36:55	34:17	21:49	20:00	18:28	17:09	16:00	15:00	14:07
4100		49:12	44:44	41:00	37:51	35:09	22:22	20:30	18:55	17:34	16:24	15:22	14:28
4200		50:24	45:49	42:00	38:46	36:00	22:55	21:00	19:23	18:00	16:48	15:45	14:49
4300		51:36	46:55	43:00	39:42	36:51	23:27	21:30	19:51	18:26	17:12	16:07	15:11
4400		52:48	48:00	44:00	40:37	37:43	24:00	22:00	20:18	18:51	17:36	16:30	15:32
4500		54:00	49:05	45:00	41:32	38:34	24:33	22:30	20:46	19:17	18:00	16:52	15:53
4600		55:12	50:11	46:00	42:28	39:26	25:05	23:00	21:14	19:43	18:24	17:15	16:14
4700		56:24	51:16	47:00	43:23	40:17	25:38	23:30	21:42	20:09	18:48	17:37	16:35
4800		57:36	52:22	48:00	44:18	41:09	26:11	24:00	22:09	20:34	19:12	18:00	16:56
4900		58:48	53:27	49:00	45:14	42:00	26:44	24:30	22:37	21:00	19:36	18:22	17:18
5000		00:00	54:33	50:00	46:09	42:51	27:16	25:00	23:05	21:26	20:00	18:45	17:39
5100		01:12	55:38	51:00	47:05	43:43	27:49	25:30	23:32	21:51	20:24	19:07	18:00
5200		02:24	56:44	52:00	48:00	44:34	28:22	26:00	24:00	22:17	20:48	19:30	18:21
5300		03:36	57:49	53:00	48:55	45:26	28:55	26:30	24:28	22:43	21:12	19:52	18:42
5400		04:48	58:55	54:00	49:51	46:17	29:27	27:00	24:55	23:09	21:36	20:15	19:04
5500		06:00	00:00	55:00	50:46	47:09	30:00	27:30	25:23	23:34	22:00	20:37	19:25
5600		07:12	01:05	56:00	51:42	48:00	30:33	28:00	25:51	24:00	22:24	21:00	19:46
5700		08:24	02:11	57:00	52:37	48:51	31:05	28:30	26:18	24:26	22:48	21:23	20:07
5800		09:36	03:16	58:00	53:32	49:43	31:38	29:00	26:46	24:51	23:12	21:45	20:28
5900		10:48	04:22	59:00	54:28	50:34	32:11	29:30	27:14	25:17	23:36	22:07	20:49
6000		12:00	05:27	00:00	55:23	51:26	32:44	30:00	27:42	25:43	24:00	22:30	21:11
6100		13:12	06:33	01:00	56:18	52:17	33:16	30:30	28:09	26:09	24:24	22:52	21:32
6200		14:24	07:38	02:00	57:14	53:09	33:49	31:00	28:37	26:34	24:48	23:15	21:53
6300		15:36	08:44	03:00	58:09	54:00	34:22	31:30	29:05	27:00	25:12	23:37	22:14
6400		16:48	09:49	04:00	59:05	54:51	34:55	32:00	29:32	27:26	25:36	24:00	22:35
6500		18:00	10:55	05:00	00:00	55:43	35:27	32:30	30:00	27:51	26:00	24:22	22:56
6600		19:12	12:00	06:00	00:55	56:34	36:00	33:00	30:28	28:17	26:24	24:45	23:18
6700		20:24	13:05	07:00	01:51	57:26	36:33	33:30	30:55	28:43	26:48	25:07	23:39
6800		21:36	14:11	08:00	02:46	58:17	37:05	34:00	31:23	29:09	27:12	25:30	24:00
6900		22:48	15:16	09:00	03:42	59:09	37:38	34:30	31:51	29:34	27:36	25:53	24:21
7000		24:00	16:22	10:00	04:37	00:00	38:11	35:00	32:18	30:00	28:00	26:15	24:42
7100		25:12	17:27	11:00	05:32	00:51	38:44	35:30	32:46	30:26	28:24	26:37	25:04
7200		26:24	18:33	12:00	06:28	01:43	39:16	36:00	33:14	30:51	28:48	27:00	25:25
7300		27:36	19:38	13:00	07:23	02:34	39:49	36:30	33:42	31:17	29:12	27:22	25:46
7400		28:48	20:44	14:00	08:18	03:26	40:22	37:00	34:09	31:43	29:36	27:45	26:07
7500		30:00	21:49	15:00	09:14	04:17	40:55	37:30	34:37	32:09	30:00	28:07	26:28
7600		31:12	22:55	16:00	10:09	05:09	41:27	38:00	35:05	32:34	30:24	28:30	26:49
7700		32:24	24:00	17:00	11:05	06:00	42:00	38:30	35:32	33:00	30:48	28:52	27:11
7800		33:36	25:05	18:00	12:00	06:51	42:33	39:00	36:00	33:26	31:12	29:15	27:32
7900		34:48	26:11	19:00	12:55	07:43	43:05	39:30	36:28	33:51	31:36	29:37	27:53
8000		36:00	27:16	20:00	13:51	08:34	43:38	40:00	36:55	34:17	32:00	30:00	28:14
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8200		38:24	29:27	22:00	15:42	10:17	44:44	41:00	37:51	35:09	32:48	30:45	28:56
8300		39:36	30:33	23:00	16:37	11:09	45:16	41:30	38:18	35:34	33:12	31:07	29:18
8400		40:48	31:38	24:00	17:32	12:00	45:49	42:00	38:46	36:00	33:36	31:30	29:39
8500		42:00	32:44	25:00	18:28	12:51	46:22	42:30	39:14	36:26	34:00	31:52	30:00
8600		43:12	33:49	26:00	19:23	13:43	46:55	43:00	39:42	36:51	34:24	32:15	30:21
8700		44:24	34:55	27:00	20:18	14:34	47:27	43:30	40:09	37:17	34:48	32:37	30:42
8800		45:36	36:00	28:00	21:14	15:26	48:00	44:00	40:37	37:43	35:12	33:00	31:04
8900		46:48	37:05	29:00	22:09	16:17	48:33	44:30	41:05	38:09	35:36	33:22	31:25
9000		48:00	38:11	30:00	23:05	17:09	49:05	45:00	41:32	38:34	36:00	33:45	31:46