

Mitjana: 44 Km./hora (8,18 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:08,2	5,100	06:57,3	10,100	13:46,4	15,100	20:35,5	20,100	27:24,5	25,100	34:13,6
0,200	00:16,4	5,200	07:05,5	10,200	13:54,5	15,200	20:43,6	20,200	27:32,7	25,200	34:21,8
0,300	00:24,5	5,300	07:13,6	10,300	14:02,7	15,300	20:51,8	20,300	27:40,9	25,300	34:30,0
0,400	00:32,7	5,400	07:21,8	10,400	14:10,9	15,400	21:00,0	20,400	27:49,1	25,400	34:38,2
0,500	00:40,9	5,500	07:30,0	10,500	14:19,1	15,500	21:08,2	20,500	27:57,3	25,500	34:46,4
0,600	00:49,1	5,600	07:38,2	10,600	14:27,3	15,600	21:16,4	20,600	28:05,5	25,600	34:54,5
0,700	00:57,3	5,700	07:46,4	10,700	14:35,5	15,700	21:24,5	20,700	28:13,6	25,700	35:02,7
0,800	01:05,5	5,800	07:54,5	10,800	14:43,6	15,800	21:32,7	20,800	28:21,8	25,800	35:10,9
0,900	01:13,6	5,900	08:02,7	10,900	14:51,8	15,900	21:40,9	20,900	28:30,0	25,900	35:19,1
1,000	01:21,8	6,000	08:10,9	11,000	15:00,0	16,000	21:49,1	21,000	28:38,2	26,000	35:27,3
1,100	01:30,0	6,100	08:19,1	11,100	15:08,2	16,100	21:57,3	21,100	28:46,4	26,100	35:35,5
1,200	01:38,2	6,200	08:27,3	11,200	15:16,4	16,200	22:05,5	21,200	28:54,5	26,200	35:43,6
1,300	01:46,4	6,300	08:35,5	11,300	15:24,5	16,300	22:13,6	21,300	29:02,7	26,300	35:51,8
1,400	01:54,5	6,400	08:43,6	11,400	15:32,7	16,400	22:21,8	21,400	29:10,9	26,400	36:00,0
1,500	02:02,7	6,500	08:51,8	11,500	15:40,9	16,500	22:30,0	21,500	29:19,1	26,500	36:08,2
1,600	02:10,9	6,600	09:00,0	11,600	15:49,1	16,600	22:38,2	21,600	29:27,3	26,600	36:16,4
1,700	02:19,1	6,700	09:08,2	11,700	15:57,3	16,700	22:46,4	21,700	29:35,5	26,700	36:24,5
1,800	02:27,3	6,800	09:16,4	11,800	16:05,5	16,800	22:54,5	21,800	29:43,6	26,800	36:32,7
1,900	02:35,5	6,900	09:24,5	11,900	16:13,6	16,900	23:02,7	21,900	29:51,8	26,900	36:40,9
2,000	02:43,6	7,000	09:32,7	12,000	16:21,8	17,000	23:10,9	22,000	30:00,0	27,000	36:49,1
2,100	02:51,8	7,100	09:40,9	12,100	16:30,0	17,100	23:19,1	22,100	30:08,2	27,100	36:57,3
2,200	03:00,0	7,200	09:49,1	12,200	16:38,2	17,200	23:27,3	22,200	30:16,4	27,200	37:05,5
2,300	03:08,2	7,300	09:57,3	12,300	16:46,4	17,300	23:35,5	22,300	30:24,5	27,300	37:13,6
2,400	03:16,4	7,400	10:05,5	12,400	16:54,5	17,400	23:43,6	22,400	30:32,7	27,400	37:21,8
2,500	03:24,5	7,500	10:13,6	12,500	17:02,7	17,500	23:51,8	22,500	30:40,9	27,500	37:30,0
2,600	03:32,7	7,600	10:21,8	12,600	17:10,9	17,600	24:00,0	22,600	30:49,1	27,600	37:38,2
2,700	03:40,9	7,700	10:30,0	12,700	17:19,1	17,700	24:08,2	22,700	30:57,3	27,700	37:46,4
2,800	03:49,1	7,800	10:38,2	12,800	17:27,3	17,800	24:16,4	22,800	31:05,5	27,800	37:54,5
2,900	03:57,3	7,900	10:46,4	12,900	17:35,5	17,900	24:24,5	22,900	31:13,6	27,900	38:02,7
3,000	04:05,5	8,000	10:54,5	13,000	17:43,6	18,000	24:32,7	23,000	31:21,8	28,000	38:10,9
3,100	04:13,6	8,100	11:02,7	13,100	17:51,8	18,100	24:40,9	23,100	31:30,0	28,100	38:19,1
3,200	04:21,8	8,200	11:10,9	13,200	18:00,0	18,200	24:49,1	23,200	31:38,2	28,200	38:27,3
3,300	04:30,0	8,300	11:19,1	13,300	18:08,2	18,300	24:57,3	23,300	31:46,4	28,300	38:35,5
3,400	04:38,2	8,400	11:27,3	13,400	18:16,4	18,400	25:05,5	23,400	31:54,5	28,400	38:43,6
3,500	04:46,4	8,500	11:35,5	13,500	18:24,5	18,500	25:13,6	23,500	32:02,7	28,500	38:51,8
3,600	04:54,5	8,600	11:43,6	13,600	18:32,7	18,600	25:21,8	23,600	32:10,9	28,600	39:00,0
3,700	05:02,7	8,700	11:51,8	13,700	18:40,9	18,700	25:30,0	23,700	32:19,1	28,700	39:08,2
3,800	05:10,9	8,800	12:00,0	13,800	18:49,1	18,800	25:38,2	23,800	32:27,3	28,800	39:16,4
3,900	05:19,1	8,900	12:08,2	13,900	18:57,3	18,900	25:46,4	23,900	32:35,5	28,900	39:24,5
4,000	05:27,3	9,000	12:16,4	14,000	19:05,5	19,000	25:54,5	24,000	32:43,6	29,000	39:32,7
4,100	05:35,5	9,100	12:24,5	14,100	19:13,6	19,100	26:02,7	24,100	32:51,8	29,100	39:40,9
4,200	05:43,6	9,200	12:32,7	14,200	19:21,8	19,200	26:10,9	24,200	33:00,0	29,200	39:49,1
4,300	05:51,8	9,300	12:40,9	14,300	19:30,0	19,300	26:19,1	24,300	33:08,2	29,300	39:57,3
4,400	06:00,0	9,400	12:49,1	14,400	19:38,2	19,400	26:27,3	24,400	33:16,4	29,400	40:05,5
4,500	06:08,2	9,500	12:57,3	14,500	19:46,4	19,500	26:35,5	24,500	33:24,5	29,500	40:13,6
4,600	06:16,4	9,600	13:05,5	14,600	19:54,5	19,600	26:43,6	24,600	33:32,7	29,600	40:21,8
4,700	06:24,5	9,700	13:13,6	14,700	20:02,7	19,700	26:51,8	24,700	33:40,9	29,700	40:30,0
4,800	06:32,7	9,800	13:21,8	14,800	20:10,9	19,800	27:00,0	24,800	33:49,1	29,800	40:38,2
4,900	06:40,9	9,900	13:30,0	14,900	20:19,1	19,900	27:08,2	24,900	33:57,3	29,900	40:46,4
5,000	06:49,1	10,000	13:38,2	15,000	20:27,3	20,000	27:16,4	25,000	34:05,5	30,000	40:54,5

Mitjana: 47 Km./hora (7,66 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,7	5,100	06:30,6	10,100	12:53,6	15,100	19:16,6	20,100	25:39,6	25,100	32:02,6
0,200	00:15,3	5,200	06:38,3	10,200	13:01,3	15,200	19:24,3	20,200	25:47,2	25,200	32:10,2
0,300	00:23,0	5,300	06:46,0	10,300	13:08,9	15,300	19:31,9	20,300	25:54,9	25,300	32:17,9
0,400	00:30,6	5,400	06:53,6	10,400	13:16,6	15,400	19:39,6	20,400	26:02,6	25,400	32:25,5
0,500	00:38,3	5,500	07:01,3	10,500	13:24,3	15,500	19:47,2	20,500	26:10,2	25,500	32:33,2
0,600	00:46,0	5,600	07:08,9	10,600	13:31,9	15,600	19:54,9	20,600	26:17,9	25,600	32:40,9
0,700	00:53,6	5,700	07:16,6	10,700	13:39,6	15,700	20:02,6	20,700	26:25,5	25,700	32:48,5
0,800	01:01,3	5,800	07:24,3	10,800	13:47,2	15,800	20:10,2	20,800	26:33,2	25,800	32:56,2
0,900	01:08,9	5,900	07:31,9	10,900	13:54,9	15,900	20:17,9	20,900	26:40,9	25,900	33:03,8
1,000	01:16,6	6,000	07:39,6	11,000	14:02,6	16,000	20:25,5	21,000	26:48,5	26,000	33:11,5
1,100	01:24,3	6,100	07:47,2	11,100	14:10,2	16,100	20:33,2	21,100	26:56,2	26,100	33:19,1
1,200	01:31,9	6,200	07:54,9	11,200	14:17,9	16,200	20:40,9	21,200	27:03,8	26,200	33:26,8
1,300	01:39,6	6,300	08:02,6	11,300	14:25,5	16,300	20:48,5	21,300	27:11,5	26,300	33:34,5
1,400	01:47,2	6,400	08:10,2	11,400	14:33,2	16,400	20:56,2	21,400	27:19,1	26,400	33:42,1
1,500	01:54,9	6,500	08:17,9	11,500	14:40,9	16,500	21:03,8	21,500	27:26,8	26,500	33:49,8
1,600	02:02,6	6,600	08:25,5	11,600	14:48,5	16,600	21:11,5	21,600	27:34,5	26,600	33:57,4
1,700	02:10,2	6,700	08:33,2	11,700	14:56,2	16,700	21:19,1	21,700	27:42,1	26,700	34:05,1
1,800	02:17,9	6,800	08:40,9	11,800	15:03,8	16,800	21:26,8	21,800	27:49,8	26,800	34:12,8
1,900	02:25,5	6,900	08:48,5	11,900	15:11,5	16,900	21:34,5	21,900	27:57,4	26,900	34:20,4
2,000	02:33,2	7,000	08:56,2	12,000	15:19,1	17,000	21:42,1	22,000	28:05,1	27,000	34:28,1
2,100	02:40,9	7,100	09:03,8	12,100	15:26,8	17,100	21:49,8	22,100	28:12,8	27,100	34:35,7
2,200	02:48,5	7,200	09:11,5	12,200	15:34,5	17,200	21:57,4	22,200	28:20,4	27,200	34:43,4
2,300	02:56,2	7,300	09:19,1	12,300	15:42,1	17,300	22:05,1	22,300	28:28,1	27,300	34:51,1
2,400	03:03,8	7,400	09:26,8	12,400	15:49,8	17,400	22:12,8	22,400	28:35,7	27,400	34:58,7
2,500	03:11,5	7,500	09:34,5	12,500	15:57,4	17,500	22:20,4	22,500	28:43,4	27,500	35:06,4
2,600	03:19,1	7,600	09:42,1	12,600	16:05,1	17,600	22:28,1	22,600	28:51,1	27,600	35:14,0
2,700	03:26,8	7,700	09:49,8	12,700	16:12,8	17,700	22:35,7	22,700	28:58,7	27,700	35:21,7
2,800	03:34,5	7,800	09:57,4	12,800	16:20,4	17,800	22:43,4	22,800	29:06,4	27,800	35:29,4
2,900	03:42,1	7,900	10:05,1	12,900	16:28,1	17,900	22:51,1	22,900	29:14,0	27,900	35:37,0
3,000	03:49,8	8,000	10:12,8	13,000	16:35,7	18,000	22:58,7	23,000	29:21,7	28,000	35:44,7
3,100	03:57,4	8,100	10:20,4	13,100	16:43,4	18,100	23:06,4	23,100	29:29,4	28,100	35:52,3
3,200	04:05,1	8,200	10:28,1	13,200	16:51,1	18,200	23:14,0	23,200	29:37,0	28,200	36:00,0
3,300	04:12,8	8,300	10:35,7	13,300	16:58,7	18,300	23:21,7	23,300	29:44,7	28,300	36:07,7
3,400	04:20,4	8,400	10:43,4	13,400	17:06,4	18,400	23:29,4	23,400	29:52,3	28,400	36:15,3
3,500	04:28,1	8,500	10:51,1	13,500	17:14,0	18,500	23:37,0	23,500	30:00,0	28,500	36:23,0
3,600	04:35,7	8,600	10:58,7	13,600	17:21,7	18,600	23:44,7	23,600	30:07,7	28,600	36:30,6
3,700	04:43,4	8,700	11:06,4	13,700	17:29,4	18,700	23:52,3	23,700	30:15,3	28,700	36:38,3
3,800	04:51,1	8,800	11:14,0	13,800	17:37,0	18,800	24:00,0	23,800	30:23,0	28,800	36:46,0
3,900	04:58,7	8,900	11:21,7	13,900	17:44,7	18,900	24:07,7	23,900	30:30,6	28,900	36:53,6
4,000	05:06,4	9,000	11:29,4	14,000	17:52,3	19,000	24:15,3	24,000	30:38,3	29,000	37:01,3
4,100	05:14,0	9,100	11:37,0	14,100	18:00,0	19,100	24:23,0	24,100	30:46,0	29,100	37:08,9
4,200	05:21,7	9,200	11:44,7	14,200	18:07,7	19,200	24:30,6	24,200	30:53,6	29,200	37:16,6
4,300	05:29,4	9,300	11:52,3	14,300	18:15,3	19,300	24:38,3	24,300	31:01,3	29,300	37:24,3
4,400	05:37,0	9,400	12:00,0	14,400	18:23,0	19,400	24:46,0	24,400	31:08,9	29,400	37:31,9
4,500	05:44,7	9,500	12:07,7	14,500	18:30,6	19,500	24:53,6	24,500	31:16,6	29,500	37:39,6
4,600	05:52,3	9,600	12:15,3	14,600	18:38,3	19,600	25:01,3	24,600	31:24,3	29,600	37:47,2
4,700	06:00,0	9,700	12:23,0	14,700	18:46,0	19,700	25:08,9	24,700	31:31,9	29,700	37:54,9
4,800	06:07,7	9,800	12:30,6	14,800	18:53,6	19,800	25:16,6	24,800	31:39,6	29,800	38:02,6
4,900	06:15,3	9,900	12:38,3	14,900	19:01,3	19,900	25:24,3	24,900	31:47,2	29,900	38:10,2
5,000	06:23,0	10,000	12:46,0	15,000	19:08,9	20,000	25:31,9	25,000	31:54,9	30,000	38:17,9

Mitjana: 48 Km./hora (7,50 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,5	5,100	06:22,5	10,100	12:37,5	15,100	18:52,5	20,100	25:07,5	25,100	31:22,5
0,200	00:15,0	5,200	06:30,0	10,200	12:45,0	15,200	19:00,0	20,200	25:15,0	25,200	31:30,0
0,300	00:22,5	5,300	06:37,5	10,300	12:52,5	15,300	19:07,5	20,300	25:22,5	25,300	31:37,5
0,400	00:30,0	5,400	06:45,0	10,400	13:00,0	15,400	19:15,0	20,400	25:30,0	25,400	31:45,0
0,500	00:37,5	5,500	06:52,5	10,500	13:07,5	15,500	19:22,5	20,500	25:37,5	25,500	31:52,5
0,600	00:45,0	5,600	07:00,0	10,600	13:15,0	15,600	19:30,0	20,600	25:45,0	25,600	32:00,0
0,700	00:52,5	5,700	07:07,5	10,700	13:22,5	15,700	19:37,5	20,700	25:52,5	25,700	32:07,5
0,800	01:00,0	5,800	07:15,0	10,800	13:30,0	15,800	19:45,0	20,800	26:00,0	25,800	32:15,0
0,900	01:07,5	5,900	07:22,5	10,900	13:37,5	15,900	19:52,5	20,900	26:07,5	25,900	32:22,5
1,000	01:15,0	6,000	07:30,0	11,000	13:45,0	16,000	20:00,0	21,000	26:15,0	26,000	32:30,0
1,100	01:22,5	6,100	07:37,5	11,100	13:52,5	16,100	20:07,5	21,100	26:22,5	26,100	32:37,5
1,200	01:30,0	6,200	07:45,0	11,200	14:00,0	16,200	20:15,0	21,200	26:30,0	26,200	32:45,0
1,300	01:37,5	6,300	07:52,5	11,300	14:07,5	16,300	20:22,5	21,300	26:37,5	26,300	32:52,5
1,400	01:45,0	6,400	08:00,0	11,400	14:15,0	16,400	20:30,0	21,400	26:45,0	26,400	33:00,0
1,500	01:52,5	6,500	08:07,5	11,500	14:22,5	16,500	20:37,5	21,500	26:52,5	26,500	33:07,5
1,600	02:00,0	6,600	08:15,0	11,600	14:30,0	16,600	20:45,0	21,600	27:00,0	26,600	33:15,0
1,700	02:07,5	6,700	08:22,5	11,700	14:37,5	16,700	20:52,5	21,700	27:07,5	26,700	33:22,5
1,800	02:15,0	6,800	08:30,0	11,800	14:45,0	16,800	21:00,0	21,800	27:15,0	26,800	33:30,0
1,900	02:22,5	6,900	08:37,5	11,900	14:52,5	16,900	21:07,5	21,900	27:22,5	26,900	33:37,5
2,000	02:30,0	7,000	08:45,0	12,000	15:00,0	17,000	21:15,0	22,000	27:30,0	27,000	33:45,0
2,100	02:37,5	7,100	08:52,5	12,100	15:07,5	17,100	21:22,5	22,100	27:37,5	27,100	33:52,5
2,200	02:45,0	7,200	09:00,0	12,200	15:15,0	17,200	21:30,0	22,200	27:45,0	27,200	34:00,0
2,300	02:52,5	7,300	09:07,5	12,300	15:22,5	17,300	21:37,5	22,300	27:52,5	27,300	34:07,5
2,400	03:00,0	7,400	09:15,0	12,400	15:30,0	17,400	21:45,0	22,400	28:00,0	27,400	34:15,0
2,500	03:07,5	7,500	09:22,5	12,500	15:37,5	17,500	21:52,5	22,500	28:07,5	27,500	34:22,5
2,600	03:15,0	7,600	09:30,0	12,600	15:45,0	17,600	22:00,0	22,600	28:15,0	27,600	34:30,0
2,700	03:22,5	7,700	09:37,5	12,700	15:52,5	17,700	22:07,5	22,700	28:22,5	27,700	34:37,5
2,800	03:30,0	7,800	09:45,0	12,800	16:00,0	17,800	22:15,0	22,800	28:30,0	27,800	34:45,0
2,900	03:37,5	7,900	09:52,5	12,900	16:07,5	17,900	22:22,5	22,900	28:37,5	27,900	34:52,5
3,000	03:45,0	8,000	10:00,0	13,000	16:15,0	18,000	22:30,0	23,000	28:45,0	28,000	35:00,0
3,100	03:52,5	8,100	10:07,5	13,100	16:22,5	18,100	22:37,5	23,100	28:52,5	28,100	35:07,5
3,200	04:00,0	8,200	10:15,0	13,200	16:30,0	18,200	22:45,0	23,200	29:00,0	28,200	35:15,0
3,300	04:07,5	8,300	10:22,5	13,300	16:37,5	18,300	22:52,5	23,300	29:07,5	28,300	35:22,5
3,400	04:15,0	8,400	10:30,0	13,400	16:45,0	18,400	23:00,0	23,400	29:15,0	28,400	35:30,0
3,500	04:22,5	8,500	10:37,5	13,500	16:52,5	18,500	23:07,5	23,500	29:22,5	28,500	35:37,5
3,600	04:30,0	8,600	10:45,0	13,600	17:00,0	18,600	23:15,0	23,600	29:30,0	28,600	35:45,0
3,700	04:37,5	8,700	10:52,5	13,700	17:07,5	18,700	23:22,5	23,700	29:37,5	28,700	35:52,5
3,800	04:45,0	8,800	11:00,0	13,800	17:15,0	18,800	23:30,0	23,800	29:45,0	28,800	36:00,0
3,900	04:52,5	8,900	11:07,5	13,900	17:22,5	18,900	23:37,5	23,900	29:52,5	28,900	36:07,5
4,000	05:00,0	9,000	11:15,0	14,000	17:30,0	19,000	23:45,0	24,000	30:00,0	29,000	36:15,0
4,100	05:07,5	9,100	11:22,5	14,100	17:37,5	19,100	23:52,5	24,100	30:07,5	29,100	36:22,5
4,200	05:15,0	9,200	11:30,0	14,200	17:45,0	19,200	24:00,0	24,200	30:15,0	29,200	36:30,0
4,300	05:22,5	9,300	11:37,5	14,300	17:52,5	19,300	24:07,5	24,300	30:22,5	29,300	36:37,5
4,400	05:30,0	9,400	11:45,0	14,400	18:00,0	19,400	24:15,0	24,400	30:30,0	29,400	36:45,0
4,500	05:37,5	9,500	11:52,5	14,500	18:07,5	19,500	24:22,5	24,500	30:37,5	29,500	36:52,5
4,600	05:45,0	9,600	12:00,0	14,600	18:15,0	19,600	24:30,0	24,600	30:45,0	29,600	37:00,0
4,700	05:52,5	9,700	12:07,5	14,700	18:22,5	19,700	24:37,5	24,700	30:52,5	29,700	37:07,5
4,800	06:00,0	9,800	12:15,0	14,800	18:30,0	19,800	24:45,0	24,800	31:00,0	29,800	37:15,0
4,900	06:07,5	9,900	12:22,5	14,900	18:37,5	19,900	24:52,5	24,900	31:07,5	29,900	37:22,5
5,000	06:15,0	10,000	12:30,0	15,000	18:45,0	20,000	25:00,0	25,000	31:15,0	30,000	37:30,0

Mitjana: 48,50 Km./hora (7,42 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,4	5,100	06:18,6	10,100	12:29,7
0,200	00:14,8	5,200	06:26,0	10,200	12:37,1
0,300	00:22,3	5,300	06:33,4	10,300	12:44,5
0,400	00:29,7	5,400	06:40,8	10,400	12:52,0
0,500	00:37,1	5,500	06:48,2	10,500	12:59,4
0,600	00:44,5	5,600	06:55,7	10,600	13:06,8
0,700	00:52,0	5,700	07:03,1	10,700	13:14,2
0,800	00:59,4	5,800	07:10,5	10,800	13:21,6
0,900	01:06,8	5,900	07:17,9	10,900	13:29,1
1,000	01:14,2	6,000	07:25,4	11,000	13:36,5
1,100	01:21,6	6,100	07:32,8	11,100	13:43,9
1,200	01:29,1	6,200	07:40,2	11,200	13:51,3
1,300	01:36,5	6,300	07:47,6	11,300	13:58,8
1,400	01:43,9	6,400	07:55,1	11,400	14:06,2
1,500	01:51,3	6,500	08:02,5	11,500	14:13,6
1,600	01:58,8	6,600	08:09,9	11,600	14:21,0
1,700	02:06,2	6,700	08:17,3	11,700	14:28,5
1,800	02:13,6	6,800	08:24,7	11,800	14:35,9
1,900	02:21,0	6,900	08:32,2	11,900	14:43,3
2,000	02:28,5	7,000	08:39,6	12,000	14:50,7
2,100	02:35,9	7,100	08:47,0	12,100	14:58,1
2,200	02:43,3	7,200	08:54,4	12,200	15:05,6
2,300	02:50,7	7,300	09:01,9	12,300	15:13,0
2,400	02:58,1	7,400	09:09,3	12,400	15:20,4
2,500	03:05,6	7,500	09:16,7	12,500	15:27,8
2,600	03:13,0	7,600	09:24,1	12,600	15:35,3
2,700	03:20,4	7,700	09:31,5	12,700	15:42,7
2,800	03:27,8	7,800	09:39,0	12,800	15:50,1
2,900	03:35,3	7,900	09:46,4	12,900	15:57,5
3,000	03:42,7	8,000	09:53,8	13,000	16:04,9
3,100	03:50,1	8,100	10:01,2	13,100	16:12,4
3,200	03:57,5	8,200	10:08,7	13,200	16:19,8
3,300	04:04,9	8,300	10:16,1	13,300	16:27,2
3,400	04:12,4	8,400	10:23,5	13,400	16:34,6
3,500	04:19,8	8,500	10:30,9	13,500	16:42,1
3,600	04:27,2	8,600	10:38,4	13,600	16:49,5
3,700	04:34,6	8,700	10:45,8	13,700	16:56,9
3,800	04:42,1	8,800	10:53,2	13,800	17:04,3
3,900	04:49,5	8,900	11:00,6	13,900	17:11,8
4,000	04:56,9	9,000	11:08,0	14,000	17:19,2
4,100	05:04,3	9,100	11:15,5	14,100	17:26,6
4,200	05:11,8	9,200	11:22,9	14,200	17:34,0
4,300	05:19,2	9,300	11:30,3	14,300	17:41,4
4,400	05:26,6	9,400	11:37,7	14,400	17:48,9
4,500	05:34,0	9,500	11:45,2	14,500	17:56,3
4,600	05:41,4	9,600	11:52,6	14,600	18:03,7
4,700	05:48,9	9,700	12:00,0	14,700	18:11,1
4,800	05:56,3	9,800	12:07,4	14,800	18:18,6
4,900	06:03,7	9,900	12:14,8	14,900	18:26,0
5,000	06:11,1	10,000	12:22,3	15,000	18:33,4

Mitjana: 49 Km./hora (7,35 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,3	5,100	06:14,7	10,100	12:22,1	15,100	18:29,4	20,100	24:36,8	25,100	30:44,1
0,200	00:14,7	5,200	06:22,0	10,200	12:29,4	15,200	18:36,7	20,200	24:44,1	25,200	30:51,4
0,300	00:22,0	5,300	06:29,4	10,300	12:36,7	15,300	18:44,1	20,300	24:51,4	25,300	30:58,8
0,400	00:29,4	5,400	06:36,7	10,400	12:44,1	15,400	18:51,4	20,400	24:58,8	25,400	31:06,1
0,500	00:36,7	5,500	06:44,1	10,500	12:51,4	15,500	18:58,8	20,500	25:06,1	25,500	31:13,5
0,600	00:44,1	5,600	06:51,4	10,600	12:58,8	15,600	19:06,1	20,600	25:13,5	25,600	31:20,8
0,700	00:51,4	5,700	06:58,8	10,700	13:06,1	15,700	19:13,5	20,700	25:20,8	25,700	31:28,2
0,800	00:58,8	5,800	07:06,1	10,800	13:13,5	15,800	19:20,8	20,800	25:28,2	25,800	31:35,5
0,900	01:06,1	5,900	07:13,5	10,900	13:20,8	15,900	19:28,2	20,900	25:35,5	25,900	31:42,9
1,000	01:13,5	6,000	07:20,8	11,000	13:28,2	16,000	19:35,5	21,000	25:42,9	26,000	31:50,2
1,100	01:20,8	6,100	07:28,2	11,100	13:35,5	16,100	19:42,9	21,100	25:50,2	26,100	31:57,6
1,200	01:28,2	6,200	07:35,5	11,200	13:42,9	16,200	19:50,2	21,200	25:57,6	26,200	32:04,9
1,300	01:35,5	6,300	07:42,9	11,300	13:50,2	16,300	19:57,6	21,300	26:04,9	26,300	32:12,3
1,400	01:42,9	6,400	07:50,2	11,400	13:57,6	16,400	20:04,9	21,400	26:12,3	26,400	32:19,6
1,500	01:50,2	6,500	07:57,6	11,500	14:04,9	16,500	20:12,3	21,500	26:19,6	26,500	32:27,0
1,600	01:57,6	6,600	08:04,9	11,600	14:12,3	16,600	20:19,6	21,600	26:27,0	26,600	32:34,3
1,700	02:04,9	6,700	08:12,3	11,700	14:19,6	16,700	20:27,0	21,700	26:34,3	26,700	32:41,7
1,800	02:12,2	6,800	08:19,6	11,800	14:26,9	16,800	20:34,3	21,800	26:41,6	26,800	32:49,0
1,900	02:19,6	6,900	08:26,9	11,900	14:34,3	16,900	20:41,6	21,900	26:49,0	26,900	32:56,3
2,000	02:26,9	7,000	08:34,3	12,000	14:41,6	17,000	20:49,0	22,000	26:56,3	27,000	33:03,7
2,100	02:34,3	7,100	08:41,6	12,100	14:49,0	17,100	20:56,3	22,100	27:03,7	27,100	33:11,0
2,200	02:41,6	7,200	08:49,0	12,200	14:56,3	17,200	21:03,7	22,200	27:11,0	27,200	33:18,4
2,300	02:49,0	7,300	08:56,3	12,300	15:03,7	17,300	21:11,0	22,300	27:18,4	27,300	33:25,7
2,400	02:56,3	7,400	09:03,7	12,400	15:11,0	17,400	21:18,4	22,400	27:25,7	27,400	33:33,1
2,500	03:03,7	7,500	09:11,0	12,500	15:18,4	17,500	21:25,7	22,500	27:33,1	27,500	33:40,4
2,600	03:11,0	7,600	09:18,4	12,600	15:25,7	17,600	21:33,1	22,600	27:40,4	27,600	33:47,8
2,700	03:18,4	7,700	09:25,7	12,700	15:33,1	17,700	21:40,4	22,700	27:47,8	27,700	33:55,1
2,800	03:25,7	7,800	09:33,1	12,800	15:40,4	17,800	21:47,8	22,800	27:55,1	27,800	34:02,5
2,900	03:33,1	7,900	09:40,4	12,900	15:47,8	17,900	21:55,1	22,900	28:02,5	27,900	34:09,8
3,000	03:40,4	8,000	09:47,8	13,000	15:55,1	18,000	22:02,5	23,000	28:09,8	28,000	34:17,2
3,100	03:47,8	8,100	09:55,1	13,100	16:02,5	18,100	22:09,8	23,100	28:17,2	28,100	34:24,5
3,200	03:55,1	8,200	10:02,5	13,200	16:09,8	18,200	22:17,2	23,200	28:24,5	28,200	34:31,9
3,300	04:02,5	8,300	10:09,8	13,300	16:17,2	18,300	22:24,5	23,300	28:31,9	28,300	34:39,2
3,400	04:09,8	8,400	10:17,2	13,400	16:24,5	18,400	22:31,9	23,400	28:39,2	28,400	34:46,6
3,500	04:17,1	8,500	10:24,5	13,500	16:31,8	18,500	22:39,2	23,500	28:46,5	28,500	34:53,9
3,600	04:24,5	8,600	10:31,8	13,600	16:39,2	18,600	22:46,5	23,600	28:53,9	28,600	35:01,2
3,700	04:31,8	8,700	10:39,2	13,700	16:46,5	18,700	22:53,9	23,700	29:01,2	28,700	35:08,6
3,800	04:39,2	8,800	10:46,5	13,800	16:53,9	18,800	23:01,2	23,800	29:08,6	28,800	35:15,9
3,900	04:46,5	8,900	10:53,9	13,900	17:01,2	18,900	23:08,6	23,900	29:15,9	28,900	35:23,3
4,000	04:53,9	9,000	11:01,2	14,000	17:08,6	19,000	23:15,9	24,000	29:23,3	29,000	35:30,6
4,100	05:01,2	9,100	11:08,6	14,100	17:15,9	19,100	23:23,3	24,100	29:30,6	29,100	35:38,0
4,200	05:08,6	9,200	11:15,9	14,200	17:23,3	19,200	23:30,6	24,200	29:38,0	29,200	35:45,3
4,300	05:15,9	9,300	11:23,3	14,300	17:30,6	19,300	23:38,0	24,300	29:45,3	29,300	35:52,7
4,400	05:23,3	9,400	11:30,6	14,400	17:38,0	19,400	23:45,3	24,400	29:52,7	29,400	36:00,0
4,500	05:30,6	9,500	11:38,0	14,500	17:45,3	19,500	23:52,7	24,500	30:00,0	29,500	36:07,4
4,600	05:38,0	9,600	11:45,3	14,600	17:52,7	19,600	24:00,0	24,600	30:07,4	29,600	36:14,7
4,700	05:45,3	9,700	11:52,7	14,700	18:00,0	19,700	24:07,4	24,700	30:14,7	29,700	36:22,1
4,800	05:52,7	9,800	12:00,0	14,800	18:07,4	19,800	24:14,7	24,800	30:22,1	29,800	36:29,4
4,900	06:00,0	9,900	12:07,4	14,900	18:14,7	19,900	24:22,1	24,900	30:29,4	29,900	36:36,8
5,000	06:07,4	10,000	12:14,7	15,000	18:22,1	20,000	24:29,4	25,000	30:36,8	30,000	36:44,1

Mitjana: 49,50 Km./hora (7,27 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,3	5,100	06:10,9	10,100	12:14,5
0,200	00:14,5	5,200	06:18,2	10,200	12:21,8
0,300	00:21,8	5,300	06:25,5	10,300	12:29,1
0,400	00:29,1	5,400	06:32,7	10,400	12:36,4
0,500	00:36,4	5,500	06:40,0	10,500	12:43,6
0,600	00:43,6	5,600	06:47,3	10,600	12:50,9
0,700	00:50,9	5,700	06:54,5	10,700	12:58,2
0,800	00:58,2	5,800	07:01,8	10,800	13:05,5
0,900	01:05,5	5,900	07:09,1	10,900	13:12,7
1,000	01:12,7	6,000	07:16,4	11,000	13:20,0
1,100	01:20,0	6,100	07:23,6	11,100	13:27,3
1,200	01:27,3	6,200	07:30,9	11,200	13:34,5
1,300	01:34,5	6,300	07:38,2	11,300	13:41,8
1,400	01:41,8	6,400	07:45,5	11,400	13:49,1
1,500	01:49,1	6,500	07:52,7	11,500	13:56,4
1,600	01:56,4	6,600	08:00,0	11,600	14:03,6
1,700	02:03,6	6,700	08:07,3	11,700	14:10,9
1,800	02:10,9	6,800	08:14,5	11,800	14:18,2
1,900	02:18,2	6,900	08:21,8	11,900	14:25,5
2,000	02:25,5	7,000	08:29,1	12,000	14:32,7
2,100	02:32,7	7,100	08:36,4	12,100	14:40,0
2,200	02:40,0	7,200	08:43,6	12,200	14:47,3
2,300	02:47,3	7,300	08:50,9	12,300	14:54,5
2,400	02:54,5	7,400	08:58,2	12,400	15:01,8
2,500	03:01,8	7,500	09:05,5	12,500	15:09,1
2,600	03:09,1	7,600	09:12,7	12,600	15:16,4
2,700	03:16,4	7,700	09:20,0	12,700	15:23,6
2,800	03:23,6	7,800	09:27,3	12,800	15:30,9
2,900	03:30,9	7,900	09:34,5	12,900	15:38,2
3,000	03:38,2	8,000	09:41,8	13,000	15:45,5
3,100	03:45,5	8,100	09:49,1	13,100	15:52,7
3,200	03:52,7	8,200	09:56,4	13,200	16:00,0
3,300	04:00,0	8,300	10:03,6	13,300	16:07,3
3,400	04:07,3	8,400	10:10,9	13,400	16:14,5
3,500	04:14,5	8,500	10:18,2	13,500	16:21,8
3,600	04:21,8	8,600	10:25,5	13,600	16:29,1
3,700	04:29,1	8,700	10:32,7	13,700	16:36,4
3,800	04:36,4	8,800	10:40,0	13,800	16:43,6
3,900	04:43,6	8,900	10:47,3	13,900	16:50,9
4,000	04:50,9	9,000	10:54,5	14,000	16:58,2
4,100	04:58,2	9,100	11:01,8	14,100	17:05,5
4,200	05:05,5	9,200	11:09,1	14,200	17:12,7
4,300	05:12,7	9,300	11:16,4	14,300	17:20,0
4,400	05:20,0	9,400	11:23,6	14,400	17:27,3
4,500	05:27,3	9,500	11:30,9	14,500	17:34,5
4,600	05:34,5	9,600	11:38,2	14,600	17:41,8
4,700	05:41,8	9,700	11:45,5	14,700	17:49,1
4,800	05:49,1	9,800	11:52,7	14,800	17:56,4
4,900	05:56,4	9,900	12:00,0	14,900	18:03,6
5,000	06:03,6	10,000	12:07,3	15,000	18:10,9

Mitjana: 49,99 i 50 Km./hora (7,2 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,2	5,100	06:07,2	10,100	12:07,2	15,100	18:07,2	20,100	24:07,2	25,100	30:07,2
0,200	00:14,4	5,200	06:14,4	10,200	12:14,4	15,200	18:14,4	20,200	24:14,4	25,200	30:14,4
0,300	00:21,6	5,300	06:21,6	10,300	12:21,6	15,300	18:21,6	20,300	24:21,6	25,300	30:21,6
0,400	00:28,8	5,400	06:28,8	10,400	12:28,8	15,400	18:28,8	20,400	24:28,8	25,400	30:28,8
0,500	00:36,0	5,500	06:36,0	10,500	12:36,0	15,500	18:36,0	20,500	24:36,0	25,500	30:36,0
0,600	00:43,2	5,600	06:43,2	10,600	12:43,2	15,600	18:43,2	20,600	24:43,2	25,600	30:43,2
0,700	00:50,4	5,700	06:50,4	10,700	12:50,4	15,700	18:50,4	20,700	24:50,4	25,700	30:50,4
0,800	00:57,6	5,800	06:57,6	10,800	12:57,6	15,800	18:57,6	20,800	24:57,6	25,800	30:57,6
0,900	01:04,8	5,900	07:04,8	10,900	13:04,8	15,900	19:04,8	20,900	25:04,8	25,900	31:04,8
1,000	01:12,0	6,000	07:12,0	11,000	13:12,0	16,000	19:12,0	21,000	25:12,0	26,000	31:12,0
1,100	01:19,2	6,100	07:19,2	11,100	13:19,2	16,100	19:19,2	21,100	25:19,2	26,100	31:19,2
1,200	01:26,4	6,200	07:26,4	11,200	13:26,4	16,200	19:26,4	21,200	25:26,4	26,200	31:26,4
1,300	01:33,6	6,300	07:33,6	11,300	13:33,6	16,300	19:33,6	21,300	25:33,6	26,300	31:33,6
1,400	01:40,8	6,400	07:40,8	11,400	13:40,8	16,400	19:40,8	21,400	25:40,8	26,400	31:40,8
1,500	01:48,0	6,500	07:48,0	11,500	13:48,0	16,500	19:48,0	21,500	25:48,0	26,500	31:48,0
1,600	01:55,2	6,600	07:55,2	11,600	13:55,2	16,600	19:55,2	21,600	25:55,2	26,600	31:55,2
1,700	02:02,4	6,700	08:02,4	11,700	14:02,4	16,700	20:02,4	21,700	26:02,4	26,700	32:02,4
1,800	02:09,6	6,800	08:09,6	11,800	14:09,6	16,800	20:09,6	21,800	26:09,6	26,800	32:09,6
1,900	02:16,8	6,900	08:16,8	11,900	14:16,8	16,900	20:16,8	21,900	26:16,8	26,900	32:16,8
2,000	02:24,0	7,000	08:24,0	12,000	14:24,0	17,000	20:24,0	22,000	26:24,0	27,000	32:24,0
2,100	02:31,2	7,100	08:31,2	12,100	14:31,2	17,100	20:31,2	22,100	26:31,2	27,100	32:31,2
2,200	02:38,4	7,200	08:38,4	12,200	14:38,4	17,200	20:38,4	22,200	26:38,4	27,200	32:38,4
2,300	02:45,6	7,300	08:45,6	12,300	14:45,6	17,300	20:45,6	22,300	26:45,6	27,300	32:45,6
2,400	02:52,8	7,400	08:52,8	12,400	14:52,8	17,400	20:52,8	22,400	26:52,8	27,400	32:52,8
2,500	03:00,0	7,500	09:00,0	12,500	15:00,0	17,500	21:00,0	22,500	27:00,0	27,500	33:00,0
2,600	03:07,2	7,600	09:07,2	12,600	15:07,2	17,600	21:07,2	22,600	27:07,2	27,600	33:07,2
2,700	03:14,4	7,700	09:14,4	12,700	15:14,4	17,700	21:14,4	22,700	27:14,4	27,700	33:14,4
2,800	03:21,6	7,800	09:21,6	12,800	15:21,6	17,800	21:21,6	22,800	27:21,6	27,800	33:21,6
2,900	03:28,8	7,900	09:28,8	12,900	15:28,8	17,900	21:28,8	22,900	27:28,8	27,900	33:28,8
3,000	03:36,0	8,000	09:36,0	13,000	15:36,0	18,000	21:36,0	23,000	27:36,0	28,000	33:36,0
3,100	03:43,2	8,100	09:43,2	13,100	15:43,2	18,100	21:43,2	23,100	27:43,2	28,100	33:43,2
3,200	03:50,4	8,200	09:50,4	13,200	15:50,4	18,200	21:50,4	23,200	27:50,4	28,200	33:50,4
3,300	03:57,6	8,300	09:57,6	13,300	15:57,6	18,300	21:57,6	23,300	27:57,6	28,300	33:57,6
3,400	04:04,8	8,400	10:04,8	13,400	16:04,8	18,400	22:04,8	23,400	28:04,8	28,400	34:04,8
3,500	04:12,0	8,500	10:12,0	13,500	16:12,0	18,500	22:12,0	23,500	28:12,0	28,500	34:12,0
3,600	04:19,2	8,600	10:19,2	13,600	16:19,2	18,600	22:19,2	23,600	28:19,2	28,600	34:19,2
3,700	04:26,4	8,700	10:26,4	13,700	16:26,4	18,700	22:26,4	23,700	28:26,4	28,700	34:26,4
3,800	04:33,6	8,800	10:33,6	13,800	16:33,6	18,800	22:33,6	23,800	28:33,6	28,800	34:33,6
3,900	04:40,8	8,900	10:40,8	13,900	16:40,8	18,900	22:40,8	23,900	28:40,8	28,900	34:40,8
4,000	04:48,0	9,000	10:48,0	14,000	16:48,0	19,000	22:48,0	24,000	28:48,0	29,000	34:48,0
4,100	04:55,2	9,100	10:55,2	14,100	16:55,2	19,100	22:55,2	24,100	28:55,2	29,100	34:55,2
4,200	05:02,4	9,200	11:02,4	14,200	17:02,4	19,200	23:02,4	24,200	29:02,4	29,200	35:02,4
4,300	05:09,6	9,300	11:09,6	14,300	17:09,6	19,300	23:09,6	24,300	29:09,6	29,300	35:09,6
4,400	05:16,8	9,400	11:16,8	14,400	17:16,8	19,400	23:16,8	24,400	29:16,8	29,400	35:16,8
4,500	05:24,0	9,500	11:24,0	14,500	17:24,0	19,500	23:24,0	24,500	29:24,0	29,500	35:24,0
4,600	05:31,2	9,600	11:31,2	14,600	17:31,2	19,600	23:31,2	24,600	29:31,2	29,600	35:31,2
4,700	05:38,4	9,700	11:38,4	14,700	17:38,4	19,700	23:38,4	24,700	29:38,4	29,700	35:38,4
4,800	05:45,6	9,800	11:45,6	14,800	17:45,6	19,800	23:45,6	24,800	29:45,6	29,800	35:45,6
4,900	05:52,8	9,900	11:52,8	14,900	17:52,8	19,900	23:52,8	24,900	29:52,8	29,900	35:52,8
5,000	06:00,0	10,000	12:00,0	15,000	18:00,0	20,000	24:00,0	25,000	30:00,0	30,000	36:00,0