

Mitjana: 40 Km./hora (9,00 segons per hectòmetre = 100 metres)

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