

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

Mitjana: 43 Km./hora (8,37 segons per hectòmetre = 100 metres)

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

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: 45 Km./hora (8,00 segons per hectòmetre = 100 metres)

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

Mitjana: 46 Km./hora (7,83 segons per hectòmetre = 100 metres)

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

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