

Mitjana: 36 Km./hora (10,00 segons per hectòmetre = 100 metres)

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

Mitjana: 39 Km./hora (9,23 segons per hectòmetre = 100 metres)

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

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: 42 Km./hora (8,57 segons per hectòmetre = 100 metres)

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

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	30,100	39:15,7
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	30,200	39:23,5
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	30,300	39:31,3
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	30,400	39:39,1
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	30,500	39:47,0
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	30,600	39:54,8
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	30,700	40:02,6
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	30,800	40:10,4
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	30,900	40:18,3
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	31,000	40:26,1
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	31,100	40:33,9
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	31,200	40:41,7
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	31,300	40:49,6
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	31,400	40:57,4
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	31,500	41:05,2
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	31,600	41:13,0
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	31,700	41:20,9
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	31,800	41:28,7
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	31,900	41:36,5
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	32,000	41:44,3
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	32,100	41:52,2
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	32,200	42:00,0
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	32,300	42:07,8
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	32,400	42:15,7
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	32,500	42:23,5
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	32,600	42:31,3
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	32,700	42:39,1
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	32,800	42:47,0
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	32,900	42:54,8
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	33,000	43:02,6
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	33,100	43:10,4
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	33,200	43:18,3
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	33,300	43:26,1
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	33,400	43:33,9
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	33,500	43:41,7
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	33,600	43:49,6
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	33,700	43:57,4
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	33,800	44:05,2
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	33,900	44:13,0
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	34,000	44:20,9
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	34,100	44:28,7
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	34,200	44:36,5
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	34,300	44:44,3
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	34,400	44:52,2
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	34,500	45:00,0
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	34,600	45:07,8
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	34,700	45:15,7
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	34,800	45:23,5
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	34,900	45:31,3
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	35,000	45:39,1

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	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	30,100	37:37,5
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	30,200	37:45,0
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	30,300	37:52,5
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	30,400	38:00,0
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	30,500	38:07,5
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	30,600	38:15,0
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	30,700	38:22,5
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	30,800	38:30,0
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	30,900	38:37,5
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	31,000	38:45,0
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	31,100	38:52,5
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	31,200	39:00,0
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	31,300	39:07,5
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	31,400	39:15,0
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	31,500	39:22,5
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	31,600	39:30,0
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	31,700	39:37,5
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	31,800	39:45,0
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	31,900	39:52,5
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	32,000	40:00,0
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	32,100	40:07,5
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	32,200	40:15,0
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	32,300	40:22,5
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	32,400	40:30,0
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	32,500	40:37,5
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	32,600	40:45,0
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	32,700	40:52,5
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	32,800	41:00,0
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	32,900	41:07,5
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	33,000	41:15,0
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	33,100	41:22,5
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	33,200	41:30,0
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	33,300	41:37,5
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	33,400	41:45,0
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	33,500	41:52,5
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	33,600	42:00,0
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	33,700	42:07,5
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	33,800	42:15,0
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	33,900	42:22,5
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	34,000	42:30,0
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	34,100	42:37,5
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	34,200	42:45,0
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	34,300	42:52,5
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	34,400	43:00,0
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	34,500	43:07,5
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	34,600	43:15,0
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	34,700	43:22,5
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	34,800	43:30,0
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	34,900	43:37,5
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	35,000	43:45,0

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

Km.	Temps	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	30,100	36:07,6
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	30,200	36:14,8
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	30,300	36:22,0
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	30,400	36:29,2
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	30,500	36:36,4
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	30,600	36:43,6
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	30,700	36:50,8
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	30,800	36:58,0
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	30,900	37:05,2
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	31,000	37:12,4
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	31,100	37:19,6
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	31,200	37:26,8
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	31,300	37:34,1
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	31,400	37:41,3
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	31,500	37:48,5
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	31,600	37:55,7
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	31,700	38:02,9
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	31,800	38:10,1
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	31,900	38:17,3
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	32,000	38:24,5
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	32,100	38:31,7
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	32,200	38:38,9
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	32,300	38:46,1
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	32,400	38:53,3
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	32,500	39:00,5
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	32,600	39:07,7
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	32,700	39:14,9
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	32,800	39:22,1
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	32,900	39:29,3
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	33,000	39:36,5
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	33,100	39:43,7
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	33,200	39:50,9
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	33,300	39:58,1
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	33,400	40:05,3
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	33,500	40:12,5
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	33,600	40:19,7
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	33,700	40:26,9
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	33,800	40:34,1
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	33,900	40:41,3
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	34,000	40:48,5
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	34,100	40:55,7
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	34,200	41:02,9
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	34,300	41:10,1
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	34,400	41:17,3
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	34,500	41:24,5
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	34,600	41:31,7
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	34,700	41:38,9
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	34,800	41:46,1
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	34,900	41:53,3
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	35,000	42:00,5