



Mitjana: 30 Km./hora (12 segons per hectòmetre = 100 metres)

Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:12,0	5,100	10:12,0	10,100	20:12,0	15,100	30:12,0	20,100	40:12,0	25,100	50:12,0
0,200	00:24,0	5,200	10:24,0	10,200	20:24,0	15,200	30:24,0	20,200	40:24,0	25,200	50:24,0
0,300	00:36,0	5,300	10:36,0	10,300	20:36,0	15,300	30:36,0	20,300	40:36,0	25,300	50:36,0
0,400	00:48,0	5,400	10:48,0	10,400	20:48,0	15,400	30:48,0	20,400	40:48,0	25,400	50:48,0
0,500	01:00,0	5,500	11:00,0	10,500	21:00,0	15,500	31:00,0	20,500	41:00,0	25,500	51:00,0
0,600	01:12,0	5,600	11:12,0	10,600	21:12,0	15,600	31:12,0	20,600	41:12,0	25,600	51:12,0
0,700	01:24,0	5,700	11:24,0	10,700	21:24,0	15,700	31:24,0	20,700	41:24,0	25,700	51:24,0
0,800	01:36,0	5,800	11:36,0	10,800	21:36,0	15,800	31:36,0	20,800	41:36,0	25,800	51:36,0
0,900	01:48,0	5,900	11:48,0	10,900	21:48,0	15,900	31:48,0	20,900	41:48,0	25,900	51:48,0
1,000	02:00,0	6,000	12:00,0	11,000	22:00,0	16,000	32:00,0	21,000	42:00,0	26,000	52:00,0
1,100	02:12,0	6,100	12:12,0	11,100	22:12,0	16,100	32:12,0	21,100	42:12,0	26,100	52:12,0
1,200	02:24,0	6,200	12:24,0	11,200	22:24,0	16,200	32:24,0	21,200	42:24,0	26,200	52:24,0
1,300	02:36,0	6,300	12:36,0	11,300	22:36,0	16,300	32:36,0	21,300	42:36,0	26,300	52:36,0
1,400	02:48,0	6,400	12:48,0	11,400	22:48,0	16,400	32:48,0	21,400	42:48,0	26,400	52:48,0
1,500	03:00,0	6,500	13:00,0	11,500	23:00,0	16,500	33:00,0	21,500	43:00,0	26,500	53:00,0
1,600	03:12,0	6,600	13:12,0	11,600	23:12,0	16,600	33:12,0	21,600	43:12,0	26,600	53:12,0
1,700	03:24,0	6,700	13:24,0	11,700	23:24,0	16,700	33:24,0	21,700	43:24,0	26,700	53:24,0
1,800	03:36,0	6,800	13:36,0	11,800	23:36,0	16,800	33:36,0	21,800	43:36,0	26,800	53:36,0
1,900	03:48,0	6,900	13:48,0	11,900	23:48,0	16,900	33:48,0	21,900	43:48,0	26,900	53:48,0
2,000	04:00,0	7,000	14:00,0	12,000	24:00,0	17,000	34:00,0	22,000	44:00,0	27,000	54:00,0
2,100	04:12,0	7,100	14:12,0	12,100	24:12,0	17,100	34:12,0	22,100	44:12,0	27,100	54:12,0
2,200	04:24,0	7,200	14:24,0	12,200	24:24,0	17,200	34:24,0	22,200	44:24,0	27,200	54:24,0
2,300	04:36,0	7,300	14:36,0	12,300	24:36,0	17,300	34:36,0	22,300	44:36,0	27,300	54:36,0
2,400	04:48,0	7,400	14:48,0	12,400	24:48,0	17,400	34:48,0	22,400	44:48,0	27,400	54:48,0
2,500	05:00,0	7,500	15:00,0	12,500	25:00,0	17,500	35:00,0	22,500	45:00,0	27,500	55:00,0
2,600	05:12,0	7,600	15:12,0	12,600	25:12,0	17,600	35:12,0	22,600	45:12,0	27,600	55:12,0
2,700	05:24,0	7,700	15:24,0	12,700	25:24,0	17,700	35:24,0	22,700	45:24,0	27,700	55:24,0
2,800	05:36,0	7,800	15:36,0	12,800	25:36,0	17,800	35:36,0	22,800	45:36,0	27,800	55:36,0
2,900	05:48,0	7,900	15:48,0	12,900	25:48,0	17,900	35:48,0	22,900	45:48,0	27,900	55:48,0
3,000	06:00,0	8,000	16:00,0	13,000	26:00,0	18,000	36:00,0	23,000	46:00,0	28,000	56:00,0
3,100	06:12,0	8,100	16:12,0	13,100	26:12,0	18,100	36:12,0	23,100	46:12,0	28,100	56:12,0
3,200	06:24,0	8,200	16:24,0	13,200	26:24,0	18,200	36:24,0	23,200	46:24,0	28,200	56:24,0
3,300	06:36,0	8,300	16:36,0	13,300	26:36,0	18,300	36:36,0	23,300	46:36,0	28,300	56:36,0
3,400	06:48,0	8,400	16:48,0	13,400	26:48,0	18,400	36:48,0	23,400	46:48,0	28,400	56:48,0
3,500	07:00,0	8,500	17:00,0	13,500	27:00,0	18,500	37:00,0	23,500	47:00,0	28,500	57:00,0
3,600	07:12,0	8,600	17:12,0	13,600	27:12,0	18,600	37:12,0	23,600	47:12,0	28,600	57:12,0
3,700	07:24,0	8,700	17:24,0	13,700	27:24,0	18,700	37:24,0	23,700	47:24,0	28,700	57:24,0
3,800	07:36,0	8,800	17:36,0	13,800	27:36,0	18,800	37:36,0	23,800	47:36,0	28,800	57:36,0
3,900	07:48,0	8,900	17:48,0	13,900	27:48,0	18,900	37:48,0	23,900	47:48,0	28,900	57:48,0
4,000	08:00,0	9,000	18:00,0	14,000	28:00,0	19,000	38:00,0	24,000	48:00,0	29,000	58:00,0
4,100	08:12,0	9,100	18:12,0	14,100	28:12,0	19,100	38:12,0	24,100	48:12,0	29,100	58:12,0
4,200	08:24,0	9,200	18:24,0	14,200	28:24,0	19,200	38:24,0	24,200	48:24,0	29,200	58:24,0
4,300	08:36,0	9,300	18:36,0	14,300	28:36,0	19,300	38:36,0	24,300	48:36,0	29,300	58:36,0
4,400	08:48,0	9,400	18:48,0	14,400	28:48,0	19,400	38:48,0	24,400	48:48,0	29,400	58:48,0
4,500	09:00,0	9,500	19:00,0	14,500	29:00,0	19,500	39:00,0	24,500	49:00,0	29,500	59:00,0
4,600	09:12,0	9,600	19:12,0	14,600	29:12,0	19,600	39:12,0	24,600	49:12,0	29,600	59:12,0
4,700	09:24,0	9,700	19:24,0	14,700	29:24,0	19,700	39:24,0	24,700	49:24,0	29,700	59:24,0
4,800	09:36,0	9,800	19:36,0	14,800	29:36,0	19,800	39:36,0	24,800	49:36,0	29,800	59:36,0
4,900	09:48,0	9,900	19:48,0	14,900	29:48,0	19,900	39:48,0	24,900	49:48,0	29,900	59:48,0
5,000	10:00,0	10,000	20:00,0	15,000	30:00,0	20,000	40:00,0	25,000	50:00,0	30,000	00:00,0
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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 42:45,0
3,500 3,600	05:15,0 05:24,0	8,500 8,600	12:45,0 12:54,0	13,500 13,600	20:15,0 20:24,0	18,500 18,600	27:45,0 27:54,0	23,500 23,600	35:15,0 35:24,0	28,500 28,600	42:45,0 42:54,0
3,700	05:24,0	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	05:33,0	8,800	13:12,0	13,700	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	13:12,0	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	06:09,0	9,200	13:48,0	14,100	21:18,0	19,200	28:48,0	24,100	36:18,0	29,100	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	14:05,0	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	07:12,0	9,900	14:51,0	14,900	22:21,0	19,900	29:51,0	24,900	37:12,0	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
0,000	JJU,U	. 0,000	.0.00,0	.0,000	,		33.33,0		J50,0		.0.00,0





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		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 29,000	40:19,5
4,000 4,100	05:34,9	9,000 9,100	12:33,5 12:41,9	14,000 14,100	19:32,1	19,000 10,100	26:30,7 26:39,1	24,000 24,100	33:29,3	29,100	40:27,9
4,200	05:43,3		12:50,2		19:40,5	19,100		24,100	33:37,7 33:46,0	29,100	40:36,3
	05:51,6	9,200		14,200	19:48,8	19,200	26:47,4				40:44,6
4,300 4,400	06:00,0 06:08,4	9,300 9,400	12:58,6 13:07,0	14,300 14,400	19:57,2 20:05,6	19,300 19,400	26:55,8 27:04,2	24,300 24,400	33:54,4 34:02,8	29,300 29,400	40:53,0 41:01,4
4,400 4,500	06:06, 4	9,400 9,500	13.07,0 13:15,3	14,400 14,500	20 :05,6	19,400 19,500	27 :04,2	24,400 24,500	34:02,6 34:11,1	29,400 29,500	41:01,4 41:09,7
4,600	06:16,7		13:15,3		20:13,9	19,600	27:12,5	<u> </u>		29,600	
4,700	06:25,1	9,600 9,700	13:23,7	14,600 14,700	20:22,3	19,800	27:29,3	24,600 24,700	34:19,5 34:27,9	29,600	41:18,1 41:26,5
4,800	06:41,9	9,800	13:40,5	14,700	20:30,7	19,700	27:37,7	24,700	34:36,3	29,700	41:34,9
4,800	06:50,2	9,900	13:48,8	14,800	20:39,1	19,800	27:46,0	24,800	34:44,6	29,800	41:43,2
5,000	06:58,6	10,000	13:46,6 13:57,2	15,000	20:47,4 20:55,8	20,000	27 : 54 , 4	25,000	34:53,0	30,000	41:51,6
3,000	00.56,0	10,000	13.37,2	13,000	20.33,0	20,000	21.34,4	23,000	J 4 .J3,U	30,000	41.31,0





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		17:36,5	18,500		23,500		28,500	37:10,4
3,600	04:41,7 04:49,6	8,600 8,700	11:13,0 11:20,9	13,600 13,700	17:44,3 17:52,2	18,600 18,700	24:15,6 24:23,5	23,600 23,700	30:46,9	28,600 28,700	37:18,2
3,800	04:49,0	8,800	11:28,7	13,800	18:00,0	18,800	24:31,3	23,800	30:54,8 31:02,6	28,800	37:26,1 37:33,9
3,900	05:05,2	8,900	11:36,5	13,900	18:07,8	18,900	24:31,3	23,900	31:10,4	28,900	37:41,7
4,000	05:03,2 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	12:13,5	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
0,000	00.01,0	10,000	10.02,0	10,000	10.00,0	20,000	20.00,2	20,000	02.00,0	00,000	00.07,0





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

	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps	Km.	Temps
0.300 0.023.0 5.300 0.646.0 10.300 13.08.9 15.300 193.19 20.300 25.54.9 25.900 32.17.9 0.000 0.036.5 5.000 0.701.3 10.500 13.31.9 15.600 193.96 20.400 26.02.5 25.000 32.33.2 15.000 0.036.5 5.000 0.07.6 0.000 0.055.6 5.000 0.07.6 0.000 0.000 0.055.6 5.000 0.07.2 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0.0000 0	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
0.400 00:30.6 5.400 06:53.6 10,500 153.43 15,600 70:73.3 15,600 07:08.3 15,600 07:08.3 10,600 10:09.0 13:24.3 15,500 19:39.2 25,500 23:25.5 25,500 23:33.2 0,600 00:00 07:01.0 25,500 23:30.9 25,000 07:01.0 25,500 23:26.5 25,000 23:40.9 20:00 26:35.5 25,500 32:34.9 25,000 20:00.0 26:25.5 25,700 32:40.9 20:00.0 26:35.5 25,700 32:40.9 20:00.0 26:35.5 25,700 32:46.9 20:00.0 26:35.5 25,700 32:46.9 25,900 33:26.9 20:00.0 26:35.5 25,900 33:26.9 20:00.0 26:35.5 25,900 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 33:26.9 21,000.0 26:35.5 11,100.0 14:	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
0.500 00:38,3 5.500 07:01,3 0.500 13:24,3 15.500 19:54,9 20.500 28:10,2 25.500 32:33,2 0.500 01:01,3 5.500 07:24,3 10.500 13:31,9 15.700 20:02,6 20.700 26:25,5 25.700 32:48,5 0.500 01:01,3 5.500 07:31,9 10.900 13:47,2 15.500 20:01,2 20.300 26:33,2 25.500 32:34,5 10.900 10:08,9 5.000 07:31,9 10.900 13:64,9 15.500 20:01,2 20.300 26:33,2 25.500 32:34,5 10.900 10:14,3 10.00 07:47,2 11.000 11:02,3 11.000 07:47,2 11.000 11:02,3 11.000 07:47,2 11.000 14:02,6 15.000 20:02,5 11.000 26:48,5 26.000 33:19,1 12.000 10:31,9 6.200 07:54,9 11.200 14:17,9 16:200 20:32,2 21:100 26:56,5 26.000 33:19,1 13.000 01:39,6 6.300 08:02,6 11.300 14:25,5 16:300 20:48,5 21:000 27:03,8 26:200 33:48,5 15.000 20:20,6 6.000 08:25,5 11.500 14:40,9 16:300 20:48,5 21:000 27:19,1 26:300 33:42,1 15.000 20:20,6 6.000 08:25,5 11:600 14:48,5 16:600 21:11,5 21:600 27:42,1 26:700 33:43,1 20:000 20:20,2 20:20,2 20:20,20 20:20,2 20:20,20 20:20,2 20:20,20 20:20,2 20:20,20 20:20,20 20:20	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
0,600 00:46,0 5,600 07:08,9 10,000 13:31,9 15,000 20:02,6 20,700 26:25,5 25,600 32:40,9 32:40,5 32:40,9 32	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
0,700	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
0,800 01:01.3 5,800 07:34.3 10,900 13:47.2 15,800 20:10.2 20,800 26:33.2 25,800 32:56.2 11,000 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 12,000 13:19.6 6,300 08:02.6 11,300 14:02.5 16,100 20:25.5 21,000 26:48.5 26,000 33:14.5 14:000 14:02.6	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
0,900 01:08.9 5,900 07:39.6 11,000 13:54.9 15,900 20:17.9 20,900 26:40.9 25,900 33:03.8 11,000 01:24.3 6,000 07:37.2 11,100 14:10.2 16,000 20:33.2 21,100 26:56.2 26,100 33:19.1 12,000 13:19.6 6,000 08:02.6 11,300 14:17.9 16,200 20:40.9 21,200 27:03.8 26,200 33:26.8 14,000 14:47.2 14,000 14:48.5 14,000 14:48.	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
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 33:19,1 12,000 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 33:26,3 1,400 01:47,2 1,400 01:47,2 1,400 01:47,2 1,400 01:47,2 1,400 01:47,2 1,500 02:02,6 6,600 08:25,5 11,600 14:40,9 1,600 20:20,6 6,600 08:25,5 11,600 14:40,9 1,600 20:20,6 6,600 08:25,5 11,600 14:40,9 1,600 20:10,2 1,700 08:35,1 1,800 14:40,9 1,800 20:10,2 1,700 08:35,1 1,800 15:10,5 1,800 20:24,9 1,800 20:25,5 1,800 20:25,5 1,800 20:25,5 1,800 20:25,5 1,800 20:25,5 1,800 1,80	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
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 26,200 20:48,5 21,300 27:11,5 26,300 33:28,8 33:91,1 26,000 20:48,5 21,300 27:11,5 26,300 33:32,6 33:91,1 26,000 20:48,5 21,300 27:11,5 26,300 33:34,5 26,000 03:15,5 26,000 03:25,5 26,000 03:32,5 26,000 03:	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
1,200 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 01:37,6 6,300 08:02,6 11,400 14:33,2 16,400 20:48,5 21,300 27:11,5 26,400 33:42,1 1,500 01:54,9 6,500 08:17,9 6,600 08:55,5 11,600 14:48,5 16,600 21:03,8 21,500 27:34,5 26,600 33:42,1 1,700 02:10,2 6,700 08:33,2 11,700 14:48,5 16,600 21:11,5 21,500 27:34,5 26,600 33:49,8 4,000 02:47,9 6,800 08:40,9 11,800 15:11,5 16,600 21:11,5 21,700 27:34,1 26,700 34:05,1 2,000 02:32,2 7,000 08:56,2 2,000 02:33,2 7,000 08:56,2 2,000 02:48,5 11,900 15:11,5 16,900 21:34,5 21,900 27:57,4 26,900 34:28,1 2,000 02:48,5 7,200 09:11,5 12,200 15:34,5 17,000 21:42,1 2,000 28:04,9 2,000 02:48,5 7,200 09:11,5 12,200 15:34,5 17,200 21:57,4 22,000 28:05,1 27,000 34:33,4 2,400 03:03,8 7,400 09:68,8 2,400 03:34,5 7,800 09:42,1 12,800 15:48,8 17,400 22:28,1 22,300 28:35,1 27,300 34:51,1 2,600 03:49,1 7,700 09:49,8 2,700 03:26,8 7,700 09:49,8 12,700 16:12,8 17,700 22:35,7 2,600 03:43,4 2,700 03:68,8 7,700 09:49,8 12,700 16:12,8 17,700 22:35,7 2,600 28:51,1 7,900 20:35,7 3,000 03:48,8 3,000 10:28,1 13,000 16:35,7 18,000 22:35,7 2,600 29:37,0 36:30,1 3,000 03:48,8 3,000 10:28,1 3,000 16:51,1 3,000 16:51,1 3,000 17:40,1 3,000 3:52,3 3,000 29:37,0 3.600 10:28,1 3,000 10:37,0 3,000 04:21,8 3,000 10:38,7 3,000 04:35,7 3,000 04:51,1 8,000 11:37,0 14:400 18:20,1 18,000 23:37,0 3,000 23:30 30:30,6 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000 36:40,0 3,000	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
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												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: 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		28,500	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