

## 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
<b>0,500</b>	<b>00:40,0</b>	<b>5,500</b>	<b>07:20,0</b>	<b>10,500</b>	<b>14:00,0</b>	<b>15,500</b>	<b>20:40,0</b>	<b>20,500</b>	<b>27:20,0</b>	<b>25,500</b>	<b>34:00,0</b>
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
<b>1,000</b>	<b>01:20,0</b>	<b>6,000</b>	<b>08:00,0</b>	<b>11,000</b>	<b>14:40,0</b>	<b>16,000</b>	<b>21:20,0</b>	<b>21,000</b>	<b>28:00,0</b>	<b>26,000</b>	<b>34:40,0</b>
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
<b>1,500</b>	<b>02:00,0</b>	<b>6,500</b>	<b>08:40,0</b>	<b>11,500</b>	<b>15:20,0</b>	<b>16,500</b>	<b>22:00,0</b>	<b>21,500</b>	<b>28:40,0</b>	<b>26,500</b>	<b>35:20,0</b>
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
<b>2,000</b>	<b>02:40,0</b>	<b>7,000</b>	<b>09:20,0</b>	<b>12,000</b>	<b>16:00,0</b>	<b>17,000</b>	<b>22:40,0</b>	<b>22,000</b>	<b>29:20,0</b>	<b>27,000</b>	<b>36:00,0</b>
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
<b>2,500</b>	<b>03:20,0</b>	<b>7,500</b>	<b>10:00,0</b>	<b>12,500</b>	<b>16:40,0</b>	<b>17,500</b>	<b>23:20,0</b>	<b>22,500</b>	<b>30:00,0</b>	<b>27,500</b>	<b>36:40,0</b>
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
<b>3,000</b>	<b>04:00,0</b>	<b>8,000</b>	<b>10:40,0</b>	<b>13,000</b>	<b>17:20,0</b>	<b>18,000</b>	<b>24:00,0</b>	<b>23,000</b>	<b>30:40,0</b>	<b>28,000</b>	<b>37:20,0</b>
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
<b>3,500</b>	<b>04:40,0</b>	<b>8,500</b>	<b>11:20,0</b>	<b>13,500</b>	<b>18:00,0</b>	<b>18,500</b>	<b>24:40,0</b>	<b>23,500</b>	<b>31:20,0</b>	<b>28,500</b>	<b>38:00,0</b>
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
<b>4,000</b>	<b>05:20,0</b>	<b>9,000</b>	<b>12:00,0</b>	<b>14,000</b>	<b>18:40,0</b>	<b>19,000</b>	<b>25:20,0</b>	<b>24,000</b>	<b>32:00,0</b>	<b>29,000</b>	<b>38:40,0</b>
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
<b>4,500</b>	<b>06:00,0</b>	<b>9,500</b>	<b>12:40,0</b>	<b>14,500</b>	<b>19:20,0</b>	<b>19,500</b>	<b>26:00,0</b>	<b>24,500</b>	<b>32:40,0</b>	<b>29,500</b>	<b>39:20,0</b>
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
<b>5,000</b>	<b>06:40,0</b>	<b>10,000</b>	<b>13:20,0</b>	<b>15,000</b>	<b>20:00,0</b>	<b>20,000</b>	<b>26:40,0</b>	<b>25,000</b>	<b>33:20,0</b>	<b>30,000</b>	<b>40:00,0</b>