

KM TOTAL	AVERAGE SPEED H1	IDEAL TIME H1	AVERAGE SPEED H2	IDEAL TIME H2	AVERAGE SPEED H3	IDEAL TIME H3	AVERAGE SPEED H4	IDEAL TIME H4
67,08	45	0:00:00	50	0:00:00	60	0:00:00	65	0:00:00
67,38	45	0:00:24	50	0:00:21	60	0:00:18	65	0:00:16
67,51	60	0:00:34	70	0:00:31	75	0:00:25	80	0:00:23
69,10	50	0:02:09	60	0:01:52	65	0:01:42	70	0:01:35
69,56	45	0:02:42	50	0:02:20	55	0:02:07	60	0:01:59
70,31	45	0:03:42	50	0:03:14	55	0:02:56	60	0:02:44
70,95	50	0:04:34	55	0:04:00	60	0:03:38	65	0:03:22
71,16	50	0:04:49	60	0:04:14	65	0:03:51	70	0:03:34
71,44	50	0:05:09	55	0:04:31	60	0:04:06	65	0:03:48
72,60	45	0:06:32	50	0:05:46	55	0:05:16	60	0:04:52
73,75	45	0:08:04	50	0:07:09	55	0:06:31	60	0:06:01
75,89	40	0:10:56	45	0:09:43	50	0:08:51	55	0:08:10
76,10	30	0:11:15	35	0:10:00	40	0:09:06	45	0:08:23
76,57	30	0:12:11	35	0:10:48	40	0:09:49	45	0:09:01
77,10	40	0:13:15	45	0:11:43	50	0:10:36	55	0:09:43
77,75	35	0:14:13	40	0:12:35	45	0:11:23	50	0:10:26
78,32	45	0:15:12	50	0:13:26	55	0:12:09	60	0:11:07
79,54	45	0:16:49	50	0:14:54	55	0:13:29	60	0:12:20
81,10	30	0:18:54	30	0:16:46	35	0:15:11	40	0:13:54
81,25	65	0:19:12	70	0:17:04	75	0:15:26	80	0:14:07
82,87	60	0:20:42	65	0:18:28	70	0:16:44	75	0:15:20
83,15	55	0:20:59	60	0:18:43	65	0:16:58	70	0:15:34
83,50	65	0:21:22	75	0:19:04	80	0:17:18	85	0:15:52
84,78	55	0:22:32	65	0:20:06	70	0:18:15	75	0:16:46
85,21	50	0:23:01	55	0:20:30	60	0:18:37	65	0:17:06
85,72	55	0:23:37	60	0:21:03	65	0:19:08	70	0:17:35
86,16	55	0:24:06	60	0:21:29	65	0:19:32	70	0:17:57
86,46	35	0:24:26	40	0:21:47	40	0:19:49	45	0:18:13
86,81	45	0:25:02	50	0:22:19	60	0:20:20	65	0:18:41
87,30	60	0:25:41	70	0:22:54	75	0:20:50	80	0:19:08
89,43	45	0:27:49	50	0:24:44	55	0:22:32	60	0:20:44
89,78	35	0:28:17	40	0:25:09	45	0:22:55	50	0:21:05
89,97	55	0:28:36	65	0:25:26	70	0:23:10	75	0:21:18
90,43	65	0:29:06	75	0:25:51	80	0:23:34	85	0:21:41
92,99	65	0:31:28	75	0:27:54	80	0:25:29	85	0:23:29
94,11	70	0:32:30	80	0:28:48	85	0:26:19	90	0:24:16
94,53	70	0:32:52	80	0:29:07	85	0:26:37	90	0:24:33
95,89	65	0:34:02	75	0:30:08	80	0:27:35	85	0:25:28
96,32	45	0:34:26	50	0:30:29	55	0:27:54	60	0:25:46
96,82	50	0:35:06	55	0:31:05	60	0:28:27	65	0:26:16
97,25	55	0:35:37	65	0:31:33	70	0:28:53	75	0:26:40
98,23	55	0:36:41	65	0:32:27	70	0:29:43	75	0:27:27
98,44	45	0:36:54	50	0:32:39	55	0:29:54	60	0:27:37
99,07	75	0:37:45	85	0:33:24	90	0:30:35	95	0:28:15
99,92	60	0:38:26	70	0:34:00	75	0:31:09	80	0:28:47
100,95	75	0:39:27	85	0:34:53	90	0:31:59	95	0:29:33
103,14	75	0:41:13	85	0:36:26	90	0:33:26	95	0:30:56
103,59	70	0:41:34	80	0:36:45	85	0:33:44	90	0:31:13
105,58	70	0:43:16	80	0:38:15	85	0:35:08	90	0:32:33
106,85	75	0:44:22	85	0:39:12	90	0:36:02	95	0:33:24
109,13	50	0:46:11	60	0:40:48	65	0:37:33	70	0:34:50
109,58	55	0:46:44	65	0:41:15	70	0:37:58	75	0:35:13
110,07	70	0:47:16	80	0:41:42	85	0:38:24	90	0:35:37
111,44	50	0:48:26	55	0:42:44	60	0:39:22	65	0:36:31
111,82	30	0:48:54	30	0:43:09	35	0:39:44	40	0:36:52
112,02	55	0:49:18	65	0:43:33	70	0:40:05	75	0:37:10
112,64		0:49:58		0:44:07		0:40:37		0:37:40