These tables provide you with the information you need to maintain the target average speed through each of the regularity sections. At the start line of the regularity section, reset your trip meter and set a start time of the next whole minute on the rally app. Do not start a regularity section at the same time as another car. Always leave a minute gap. On your start time, start driving and monitor both the time elapsed and the distance travelled from the start line. Distances from the start are given every 0.2km (or at specific speed change points) along with a target time to be at the correct average speed. The navigator should monitor this and ask the driver to speed up or slow down to try and be on the target time. Your average speed will be checked by the trackers as you pass a number of secret timing points. The trackers will not tell you that you have passed the points so just keep driving and trying to maintain the target times in the table.

Target average speed for this section – kph in **bold**, mph in (brackets)

Distance from start in km

Distance from start in miles

Target time to be at this point at correct average speed

Target average speed changes at this point

Distance		**Speed**	**Time**
km	miles	**kph** (mph)	**mm:ss.ss**
~~0.000~~	~~0.000~~	**45** (28.0)	00:00.00
0.200	0.124		00:16.00
0.400	0.249		00:32.00
0.600	0.373		00:48.00
0.800	0.497		01:04.00
~~1.000~~	0.622		01:20.00
1.200	0.746		01:36.00
1.400	0.870		01:52.00
1.600	0.994		02:08.00
1.800	1.119		02:24.00
2.000	1.243		02:40.00
2.200	1.367		02:56.00
2.400	1.492		03:12.00
2.600	1.616		03:28.00
2.800	1.740		03:44.00
3.000	1.865		04:00.00
3.200	1.989		04:16.00
3.400	2.113		04:32.00
3.600	2.237		04:48.00
3.674	2.283	**40** (20.5)	04:53.92
3.800	2.362		05:05.26
4.000	2.486		05:23.26

Regularity Section 1 – Speed Table 1/2

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**45** (28.0)	00:00.00
0.200	0.124		00:16.00
0.400	0.249		00:32.00
0.600	0.373		00:48.00
0.800	0.497		01:04.00
1.000	0.622		01:20.00
1.200	0.746		01:36.00
1.400	0.870		01:52.00
1.600	0.994		02:08.00
1.800	1.119		02:24.00
2.000	1.243		02:40.00
2.200	1.367		02:56.00
2.400	1.492		03:12.00
2.600	1.616		03:28.00
2.800	1.740		03:44.00
3.000	1.865		04:00.00
3.200	1.989		04:16.00
3.400	2.113		04:32.00
3.600	2.237		04:48.00
3.800	2.362		05:04.00
4.000	2.486		05:20.00
4.200	2.610		05:36.00
4.400	2.735		05:52.00
4.600	2.859		06:08.00
4.800	2.983		06:24.00
5.000	3.108		06:40.00
5.200	3.232		06:56.00
5.400	3.356		07:12.00
5.600	3.480		07:28.00
5.791	3.599	**22** (13.7)	07:43.28
5.800	3.605		07:44.75

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
6.000	3.729	**22** (13.7)	08:17.48
6.200	3.853		08:50.21
6.400	3.978		09:22.93
6.600	4.102		09:55.66
6.800	4.226		10:28.39
7.000	4.351		11:01.12
7.192	4.470	**45** (28.0)	11:32.53
7.200	4.475		11:33.17
7.400	4.599		11:49.17
7.600	4.723		12:05.17
7.800	4.848		12:21.17
8.000	4.972		12:37.17
8.200	5.096		12:53.17
8.400	5.221		13:09.17
8.600	5.345		13:25.17
8.800	5.469		13:41.17
9.000	5.594		13:57.17
9.200	5.718		14:13.17
9.400	5.842		14:29.17
9.600	5.966		14:45.17
9.800	6.091		15:01.17
10.000	6.215		15:17.17
10.200	6.339		15:33.17
10.400	6.464		15:49.17
10.600	6.588		16:05.17
10.800	6.712		16:21.17
11.000	6.837		16:37.17
11.200	6.961		16:53.17
11.400	7.085		17:09.17
11.600	7.209		17:25.17
11.800	7.334		17:41.17

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
12.000	7.458	**45** (28.0)	17:57.17
12.200	7.582		18:13.17
12.400	7.707		18:29.17
12.600	7.831		18:45.17
12.800	7.955		19:01.17
13.000	8.080		19:17.17
13.200	8.204		19:33.17
13.400	8.328		19:49.17
13.600	8.452		20:05.17
13.800	8.577		20:21.17
14.000	8.701		20:37.17
14.200	8.825		20:53.17
14.400	8.950		21:09.17
14.600	9.074		21:25.17
14.800	9.198		21:41.17
15.000	9.323		21:57.17
15.200	9.447		22:13.17
15.400	9.571		22:29.17
15.600	9.695		22:45.17
15.800	9.820		23:01.17
16.000	9.944		23:17.17
16.200	10.068		23:33.17
16.400	10.193		23:49.17
16.600	10.317		24:05.17
16.800	10.441		24:21.17
17.000	10.566		24:37.17
17.200	10.690		24:53.17
17.400	10.814		25:09.17
17.600	10.938		25:25.17
17.800	11.063		25:41.17
18.000	11.187		25:57.17

Regularity Section 1 – Speed Table 2/2

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
18.200	11.311	**45** (28.0)	26:13.17
18.400	11.436		26:29.17
18.600	11.560		26:45.17
18.800	11.684		27:01.17
19.000	11.809		27:17.17
19.200	11.933		27:33.17
19.400	12.057		27:49.17
19.600	12.181		28:05.17
19.800	12.306		28:21.17
20.000	12.430		28:37.17
20.200	12.554		28:53.17
20.400	12.679		29:09.17
20.600	12.803		29:25.17
20.800	12.927		29:41.17
21.000	13.052		29:57.17
21.200	13.176		30:13.17
21.400	13.300		30:29.17
21.600	13.424		30:45.17
21.800	13.549		31:01.17
22.000	13.673		31:17.17
22.200	13.797		31:33.17
22.400	13.922		31:49.17
22.600	14.046		32:05.17
22.800	14.170		32:21.17
23.000	14.295		32:37.17
23.200	14.419		32:53.17
23.400	14.543		33:09.17
23.600	14.667		33:25.17
23.800	14.792		33:41.17
24.000	14.916		33:57.17
24.200	15.040		34:13.17

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
24.400	15.165	**45** (28.0)	34:29.17
24.600	15.289		34:45.17
24.800	15.413		35:01.17
25.000	15.538		35:17.17
25.200	15.662		35:33.17
25.400	15.786		35:49.17
25.600	15.911		36:05.17
25.800	16.035		36:21.17
26.000	16.159		36:37.17
26.200	16.283		36:53.17
26.400	16.408		37:09.17
26.600	16.532		37:25.17
26.800	16.656		37:41.17
27.000	16.781		37:57.17
27.200	16.905		38:13.17
27.400	17.029		38:29.17
27.600	17.154		38:45.17
27.800	17.278		39:01.17
28.000	17.402		39:17.17
28.175	**17.511**		**39:31.17**

Regularity Section 1 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	5.791	45
5.791	7.192	22
7.192	28.175	45

Regularity Section 1 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	3.599	28.0
3.599	4.470	13.7
4.470	17.511	28.0

Regularity Section 2 – Speed Table 1/3

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**48** (29.8)	00:00.00
0.200	0.124		00:15.00
0.400	0.249		00:30.00
0.600	0.373		00:45.00
0.800	0.497		01:00.00
1.000	0.622		01:15.00
1.042	0.648	**45** (28.0)	01:18.15
1.200	0.746		01:30.79
1.400	0.870		01:46.79
1.600	0.994		02:02.79
1.800	1.119		02:18.79
2.000	1.243		02:34.79
2.200	1.367		02:50.79
2.400	1.492		03:06.79
2.408	1.497	**33** (20.5)	03:07.43
2.600	1.616		03:28.38
2.800	1.740		03:50.19
3.000	1.865		04:12.01
3.200	1.989		04:33.83
3.400	2.113		04:55.65
3.600	2.237		05:17.47
3.682	2.288	**45** (28.0)	05:26.41
3.800	2.362		05:35.85
4.000	2.486		05:51.85
4.200	2.610		06:07.85
4.400	2.735		06:23.85
4.600	2.859		06:39.85
4.800	2.983		06:55.85
5.000	3.108		07:11.85
5.200	3.232		07:27.85
5.400	3.356		07:43.85

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
5.600	3.480	**45** (28.0)	07:59.85
5.800	3.605		08:15.85
6.000	3.729		08:31.85
6.200	3.853		08:47.85
6.400	3.978		09:03.85
6.600	4.102		09:19.85
6.800	4.226		09:35.85
7.000	4.351		09:51.85
7.200	4.475		10:07.85
7.400	4.599		10:23.85
7.600	4.723		10:39.85
7.800	4.848		10:55.85
8.000	4.972		11:11.85
8.200	5.096		11:27.85
8.400	5.221		11:43.85
8.600	5.345		11:59.85
8.800	5.469		12:15.85
9.000	5.594		12:31.85
9.200	5.718		12:47.85
9.400	5.842		13:03.85
9.600	5.966		13:19.85
9.800	6.091		13:35.85
10.000	6.215		13:51.85
10.200	6.339		14:07.85
10.400	6.464		14:23.85
10.600	6.588		14:39.85
10.800	6.712		14:55.85
11.000	6.837		15:11.85
11.200	6.961		15:27.85
11.400	7.085		15:43.85
11.600	7.209		15:59.85

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
11.800	7.334	**45** (28.0)	16:15.85
12.000	7.458		16:31.85
12.200	7.582		16:47.85
12.400	7.707		17:03.85
12.600	7.831		17:19.85
12.800	7.955		17:35.85
13.000	8.080		17:51.85
13.200	8.204		18:07.85
13.400	8.328		18:23.85
13.600	8.452		18:39.85
13.800	8.577		18:55.85
14.000	8.701		19:11.85
14.200	8.825		19:27.85
14.400	8.950		19:43.85
14.600	9.074		19:59.85
14.800	9.198		20:15.85
15.000	9.323		20:31.85
15.200	9.447		20:47.85
15.400	9.571		21:03.85
15.600	9.695		21:19.85
15.800	9.820		21:35.85
16.000	9.944		21:51.85
16.200	10.068		22:07.85
16.400	10.193		22:23.85
16.600	10.317		22:39.85
16.800	10.441		22:55.85
17.000	10.566		23:11.85
17.200	10.690		23:27.85
17.400	10.814		23:43.85
17.600	10.938		23:59.85
17.800	11.063		24:15.85

Regularity Section 2 – Speed Table 2/3

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
18.000	11.187	**45** (28.0)	24:31.85
18.200	11.311		24:47.85
18.400	11.436		25:03.85
18.600	11.560		25:19.85
18.800	11.684		25:35.85
19.000	11.809		25:51.85
19.200	11.933		26:07.85
19.400	12.057		26:23.85
19.600	12.181		26:39.85
19.800	12.306		26:55.85
20.000	12.430		27:11.85
20.200	12.554		27:27.85
20.400	12.679		27:43.85
20.600	12.803		27:59.85
20.800	12.927		28:15.85
21.000	13.052		28:31.85
21.200	13.176		28:47.85
21.400	13.300		29:03.85
21.600	13.424		29:19.85
21.800	13.549		29:35.85
22.000	13.673		29:51.85
22.200	13.797		30:07.85
22.400	13.922		30:23.85
22.600	14.046		30:39.85
22.800	14.170		30:55.85
23.000	14.295		31:11.85
23.200	14.419		31:27.85
23.400	14.543		31:43.85
23.600	14.667		31:59.85
23.800	14.792		32:15.85
23.926	14.870	**48** (29.8)	32:25.93

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
24.000	14.916	**48** (29.8)	32:31.48
24.200	15.040		32:46.48
24.400	15.165		33:01.48
24.600	15.289		33:16.48
24.800	15.413		33:31.48
25.000	15.538		33:46.48
25.200	15.662		34:01.48
25.400	15.786		34:16.48
25.600	15.911		34:31.48
25.800	16.035		34:46.48
26.000	16.159		35:01.48
26.200	16.283		35:16.48
26.400	16.408		35:31.48
26.600	16.532		35:46.48
26.800	16.656		36:01.48
27.000	16.781		36:16.48
27.200	16.905		36:31.48
27.400	17.029		36:46.48
27.497	17.089	**45** (28.0)	36:53.76
27.600	17.154		37:02.00
27.800	17.278		37:18.00
28.000	17.402		37:34.00
28.200	17.526		37:50.00
28.400	17.651		38:06.00
28.600	17.775		38:22.00
28.800	17.899		38:38.00
29.000	18.024		38:54.00
29.200	18.148		39:10.00
29.400	18.272		39:26.00
29.600	18.397		39:42.00
29.800	18.521		39:58.00

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
30.000	18.645	**45** (28.0)	40:14.00
30.200	18.769		40:30.00
30.400	18.894		40:46.00
30.600	19.018		41:02.00
30.800	19.142		41:18.00
31.000	19.267		41:34.00
31.200	19.391		41:50.00
31.400	19.515		42:06.00
31.600	19.640		42:22.00
31.800	19.764		42:38.00
32.000	19.888		42:54.00
32.192	20.007	**22** (13.7)	43:09.36
32.200	20.012		43:10.67
32.400	20.137		43:43.39
32.600	20.261		44:16.12
32.800	20.385		44:48.85
33.000	20.510		45:21.57
33.128	20.589	**48** (29.8)	45:42.52
33.200	20.634		45:47.92
33.400	20.758		46:02.92
33.600	20.883		46:17.92
33.800	21.007		46:32.92
34.000	21.131		46:47.92
34.200	21.255		47:02.92
34.400	21.380		47:17.92
34.600	21.504		47:32.92
34.800	21.628		47:47.92
35.000	21.753		48:02.92
35.200	21.877		48:17.92
35.400	22.001		48:32.92
35.600	22.126		48:47.92

Regularity Section 2 – Speed Table 3/3

Distance		**Speed**	**Time**
km	miles	**kph** (mph)	**mm:ss.ss**
35.800	22.250	**48** (29.8)	49:02.92
36.000	22.374		49:17.92
36.200	22.498		49:32.92
36.400	22.623		49:47.92
36.600	22.747		50:02.92
36.800	22.871		50:17.92
37.000	22.996		50:32.92
37.200	23.120		50:47.92
37.400	23.244		51:02.92
37.600	23.369		51:17.92
37.800	23.493		51:32.92
38.000	23.617		51:47.92
38.200	23.741		52:02.92
38.400	23.866		52:17.92
38.600	23.990		52:32.92
38.800	24.114		52:47.92
39.000	24.239		53:02.92
39.200	24.363		53:17.92
39.363	24.464		53:30.15
End of Regularity			

Regularity Section 2 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	1.042	48.0
1.042	2.408	45.0
2.408	3.682	33.0
3.682	23.926	45.0
23.926	27.497	48.0
27.497	32.192	45.0
32.192	33.128	22.0
33.128	39.363	48.0

Regularity Section 2 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	0.648	29.8
0.648	1.497	28.0
1.497	2.288	20.5
2.288	14.870	28.0
14.870	17.089	29.8
17.089	20.007	28.0
20.007	20.589	13.7
20.589	24.464	29.8

Regularity Section 3 – Speed Table 1/1

Distance		**Speed**	**Time**
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**39** (24.2)	00:00.00
0.200	0.124		00:18.46
0.400	0.249		00:36.92
0.600	0.373		00:55.38
0.800	0.497		01:13.85
1.000	0.622		01:32.31
1.200	0.746		01:50.77
1.400	0.870		02:09.23
1.600	0.994		02:27.69
1.800	1.119		02:46.15
2.000	1.243		03:04.62
2.067	1.285		03:10.80
End of Regularity			

Regularity Section 3 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	2.067	39

Regularity Section 3 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	1.285	24.2

Regularity Section 4 – Speed Table 1/1

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**48** (29.8)	00:00.00
0.200	0.124		00:15.00
0.400	0.249		00:30.00
0.600	0.373		00:45.00
0.800	0.497		01:00.00
1.000	0.622		01:15.00
1.200	0.746		01:30.00
1.400	0.870		01:45.00
1.600	0.994		02:00.00
1.800	1.119		02:15.00
2.000	1.243		02:30.00
2.200	1.367		02:45.00
2.400	1.492		03:00.00
2.600	1.616		03:15.00
2.800	1.740		03:30.00
3.000	1.865		03:45.00
3.200	1.989		04:00.00
3.400	2.113		04:15.00
3.600	2.237		04:30.00
3.800	2.362		04:45.00
4.000	2.486		05:00.00
4.200	2.610		05:15.00
4.400	2.735		05:30.00
4.600	2.859		05:45.00
4.800	2.983		06:00.00
5.000	3.108		06:15.00
5.200	3.232		06:30.00
5.400	3.356		06:45.00
5.600	3.480		07:00.00
5.800	3.605		07:15.00
6.000	3.729		07:30.00
6.200	3.853	**48** (29.8)	07:45.00
6.400	3.978		08:00.00
6.600	4.102		08:15.00
6.800	4.226		08:30.00
7.000	4.351		08:45.00
7.200	4.475		09:00.00
7.400	4.599		09:15.00
7.600	4.723		09:30.00
7.800	4.848		09:45.00
8.000	4.972		10:00.00
8.200	5.096		10:15.00
8.400	5.221		10:30.00
8.482	5.272	**45** (28.0)	10:36.15
8.600	5.345		10:45.59
8.800	5.469		11:01.59
9.000	5.594		11:17.59
9.200	5.718		11:33.59
9.400	5.842		11:49.59
9.600	5.966		12:05.59
9.800	6.091		12:21.59
10.000	6.215		12:37.59
10.200	6.339		12:53.59
10.400	6.464		13:09.59
10.600	6.588		13:25.59
10.800	6.712		13:41.59
11.000	6.837		13:57.59
11.200	6.961		14:13.59
11.400	7.085		14:29.59
11.600	7.209		14:45.59
11.738	7.295		14:56.63
End of Regularity			

Regularity Section 4 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	8.482	48
8.482	11.738	45

Regularity Section 4 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	5.272	29.8
5.272	7.295	28.0

Regularity Section 5 – Speed Table 1/2

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**45** (28.0)	00:00.00
0.200	0.124		00:16.00
0.400	0.249		00:32.00
0.600	0.373		00:48.00
0.800	0.497		01:04.00
1.000	0.622		01:20.00
1.200	0.746		01:36.00
1.400	0.870		01:52.00
1.600	0.994		02:08.00
1.800	1.119		02:24.00
2.000	1.243		02:40.00
2.200	1.367		02:56.00
2.400	1.492		03:12.00
2.600	1.616		03:28.00
2.800	1.740		03:44.00
3.000	1.865		04:00.00
3.200	1.989		04:16.00
3.400	2.113		04:32.00
3.600	2.237		04:48.00
3.800	2.362		05:04.00
4.000	2.486		05:20.00
4.200	2.610		05:36.00
4.400	2.735		05:52.00
4.600	2.859		06:08.00
4.800	2.983		06:24.00
5.000	3.108		06:40.00
5.200	3.232		06:56.00
5.400	3.356		07:12.00
5.600	3.480		07:28.00
5.800	3.605		07:44.00
6.000	3.729		08:00.00

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
6.200	3.853	**45** (28.0)	08:16.00
6.400	3.978		08:32.00
6.600	4.102		08:48.00
6.800	4.226		09:04.00
7.000	4.351		09:20.00
7.200	4.475		09:36.00
7.400	4.599		09:52.00
7.600	4.723		10:08.00
7.800	4.848		10:24.00
8.000	4.972		10:40.00
8.200	5.096		10:56.00
8.400	5.221		11:12.00
8.600	5.345		11:28.00
8.800	5.469		11:44.00
9.000	5.594		12:00.00
9.200	5.718		12:16.00
9.400	5.842		12:32.00
9.600	5.966		12:48.00
9.800	6.091		13:04.00
10.000	6.215		13:20.00
10.200	6.339		13:36.00
10.400	6.464		13:52.00
10.600	6.588		14:08.00
10.800	6.712		14:24.00
11.000	6.837		14:40.00
11.200	6.961		14:56.00
11.400	7.085		15:12.00
11.600	7.209		15:28.00
11.800	7.334		15:44.00
12.000	7.458		16:00.00
12.200	7.582		16:16.00

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
12.400	7.707	**45** (28.0)	16:32.00
12.600	7.831		16:48.00
12.800	7.955		17:04.00
13.000	8.080		17:20.00
13.200	8.204		17:36.00
13.400	8.328		17:52.00
13.600	8.452		18:08.00
13.800	8.577		18:24.00
14.000	8.701		18:40.00
14.200	8.825		18:56.00
14.400	8.950		19:12.00
14.600	9.074		19:28.00
14.800	9.198		19:44.00
15.000	9.323		20:00.00
15.200	9.447		20:16.00
15.400	9.571		20:32.00
15.600	9.695		20:48.00
15.800	9.820		21:04.00
16.000	9.944		21:20.00
16.200	10.068		21:36.00
16.400	10.193		21:52.00
16.600	10.317		22:08.00
16.800	10.441		22:24.00
17.000	10.566		22:40.00
17.200	10.690		22:56.00
17.400	10.814		23:12.00
17.600	10.938		23:28.00
17.800	11.063		23:44.00
18.000	11.187		24:00.00
18.200	11.311		24:16.00
18.328	**11.391**	**End**	**24:26.24**

Regularity Section 5 – Speed Table 2/2

Regularity Section 5 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	18.328	45

Regularity Section 5 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	11.391	28.0

Regularity Section 6 – Speed Table 1/2

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**45** (28.0)	00:00.00
0.200	0.124		00:16.00
0.400	0.249		00:32.00
0.600	0.373		00:48.00
0.800	0.497		01:04.00
1.000	0.622		01:20.00
1.200	0.746		01:36.00
1.400	0.870		01:52.00
1.600	0.994		02:08.00
1.800	1.119		02:24.00
2.000	1.243		02:40.00
2.200	1.367		02:56.00
2.400	1.492		03:12.00
2.600	1.616		03:28.00
2.800	1.740		03:44.00
3.000	1.865		04:00.00
3.200	1.989		04:16.00
3.400	2.113		04:32.00
3.600	2.237		04:48.00
3.800	2.362		05:04.00
4.000	2.486		05:20.00
4.200	2.610		05:36.00
4.400	2.735		05:52.00
4.600	2.859		06:08.00
4.800	2.983		06:24.00
5.000	3.108		06:40.00
5.200	3.232		06:56.00
5.400	3.356		07:12.00
5.600	3.480		07:28.00
5.800	3.605		07:44.00
6.000	3.729		08:00.00

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
6.200	3.853	**45** (28.0)	08:16.00
6.400	3.978		08:32.00
6.600	4.102		08:48.00
6.800	4.226		09:04.00
7.000	4.351		09:20.00
7.200	4.475		09:36.00
7.400	4.599		09:52.00
7.600	4.723		10:08.00
7.800	4.848		10:24.00
8.000	4.972		10:40.00
8.200	5.096		10:56.00
8.400	5.221		11:12.00
8.600	5.345		11:28.00
8.800	5.469		11:44.00
8.898	5.530	**48** (29.8)	11:51.84
9.000	5.594		11:59.49
9.200	5.718		12:14.49
9.400	5.842		12:29.49
9.600	5.966		12:44.49
9.800	6.091		12:59.49
10.000	6.215		13:14.49
10.200	6.339		13:29.49
10.400	6.464		13:44.49
10.600	6.588		13:59.49
10.800	6.712		14:14.49
11.000	6.837		14:29.49
11.200	6.961		14:44.49
11.400	7.085		14:59.49
11.600	7.209		15:14.49
11.800	7.334		15:29.49
12.000	7.458		15:44.49

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
12.158	7.556	**45** (28.0)	15:56.34
12.200	7.582		15:59.70
12.400	7.707		16:15.70
12.600	7.831		16:31.70
12.800	7.955		16:47.70
13.000	8.080		17:03.70
13.074	8.126	**48** (29.8)	17:09.62
13.200	8.204		17:19.07
13.400	8.328		17:34.07
13.600	8.452		17:49.07
13.800	8.577		18:04.07
14.000	8.701		18:19.07
14.200	8.825		18:34.07
14.400	8.950		18:49.07
14.600	9.074		19:04.07
14.800	9.198		19:19.07
15.000	9.323		19:34.07
15.200	9.447		19:49.07
15.400	9.571		20:04.07
15.600	9.695		20:19.07
15.800	9.820		20:34.07
16.000	9.944		20:49.07
16.200	10.068		21:04.07
16.400	10.193		21:19.07
16.600	10.317		21:34.07
16.800	10.441		21:49.07
17.000	10.566		22:04.07
17.200	10.690		22:19.07
17.400	10.814		22:34.07
17.600	10.938		22:49.07
17.800	11.063		23:04.07

Regularity Section 6 – Speed Table 2/2

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
18.000	11.187	**48** (29.8)	23:19.07
18.200	11.311		23:34.07
18.400	11.436		23:49.07
18.600	11.560		24:04.07
18.800	11.684		24:19.07
19.000	11.809		24:34.07
19.200	11.933		24:49.07
19.400	12.057		25:04.07
19.600	12.181		25:19.07
19.800	12.306		25:34.07
20.000	12.430		25:49.07
20.200	12.554		26:04.07
20.400	12.679		26:19.07
20.600	12.803		26:34.07
20.800	12.927		26:49.07
21.000	13.052		27:04.07
21.200	13.176		27:19.07
21.400	13.300		27:34.07
21.600	13.424		27:49.07
21.800	13.549		28:04.07
22.000	13.673		28:19.07
22.200	13.797		28:34.07
22.400	13.922		28:49.07
22.600	14.046		29:04.07
22.800	14.170		29:19.07
23.000	14.295		29:34.07
23.200	14.419		29:49.07
23.400	14.543		30:04.07
23.600	14.667		30:19.07
23.800	14.792		30:34.07
24.000	14.916		30:49.07

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
24.200	15.040	**48** (29.8)	31:04.07
24.400	15.165		31:19.07
24.600	15.289		31:34.07
24.700	15.351		31:41.57
End of Regularity			

Regularity Section 6 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	8.898	45
8.898	12.158	48
12.158	13.074	45
13.074	24.700	48

Regularity Section 6 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	5.530	28.0
5.530	7.556	29.8
7.556	8.126	28.0
8.126	15.351	29.8

Regularity Section 7 – Speed Table 1/3

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**48** (29.8)	00:00.00
0.200	0.124		00:15.00
0.400	0.249		00:30.00
0.600	0.373		00:45.00
0.800	0.497		01:00.00
1.000	0.622		01:15.00
1.200	0.746		01:30.00
1.400	0.870		01:45.00
1.600	0.994		02:00.00
1.800	1.119		02:15.00
2.000	1.243		02:30.00
2.200	1.367		02:45.00
2.312	1.437	**45** (28.0)	02:53.40
2.400	1.492		03:00.44
2.600	1.616		03:16.44
2.710	1.684	**22** (13.7)	03:25.24
2.800	1.740		03:39.97
3.000	1.865		04:12.69
3.200	1.989		04:45.42
3.400	2.113		05:18.15
3.425	2.129	**45** (28.0)	05:22.24
3.600	2.237		05:36.24
3.800	2.362		05:52.24
4.000	2.486		06:08.24
4.200	2.610		06:24.24
4.400	2.735		06:40.24
4.600	2.859		06:56.24
4.800	2.983		07:12.24
5.000	3.108		07:28.24
5.200	3.232		07:44.24
5.400	3.356		08:00.24
5.600	3.480	**45** (28.0)	08:16.24
5.776	3.590	**33** (20.5)	08:30.32
5.800	3.605		08:32.94
6.000	3.729		08:54.76
6.200	3.853		09:16.57
6.277	3.901	**45** (28.0)	09:24.97
6.400	3.978		09:34.81
6.600	4.102		09:50.81
6.800	4.226		10:06.81
7.000	4.351		10:22.81
7.200	4.475		10:38.81
7.400	4.599		10:54.81
7.600	4.723		11:10.81
7.800	4.848		11:26.81
8.000	4.972		11:42.81
8.200	5.096		11:58.81
8.400	5.221		12:14.81
8.600	5.345		12:30.81
8.800	5.469		12:46.81
9.000	5.594		13:02.81
9.200	5.718		13:18.81
9.288	5.773	**48** (29.8)	13:25.85
9.400	5.842		13:34.25
9.600	5.966		13:49.25
9.800	6.091		14:04.25
10.000	6.215		14:19.25
10.200	6.339		14:34.25
10.400	6.464		14:49.25
10.600	6.588		15:04.25
10.800	6.712		15:19.25
11.000	6.837		15:34.25
11.200	6.961	**48** (29.8)	15:49.25
11.400	7.085		16:04.25
11.600	7.209		16:19.25
11.800	7.334		16:34.25
12.000	7.458		16:49.25
12.200	7.582		17:04.25
12.400	7.707		17:19.25
12.600	7.831		17:34.25
12.800	7.955		17:49.25
13.000	8.080		18:04.25
13.200	8.204		18:19.25
13.400	8.328		18:34.25
13.600	8.452		18:49.25
13.800	8.577		19:04.25
14.000	8.701		19:19.25
14.200	8.825		19:34.25
14.400	8.950		19:49.25
14.600	9.074		20:04.25
14.800	9.198		20:19.25
15.000	9.323		20:34.25
15.200	9.447		20:49.25
15.400	9.571		21:04.25
15.600	9.695		21:19.25
15.800	9.820		21:34.25
16.000	9.944		21:49.25
16.200	10.068		22:04.25
16.400	10.193		22:19.25
16.600	10.317		22:34.25
16.800	10.441		22:49.25
17.000	10.566		23:04.25
17.200	10.690		23:19.25

Regularity Section 7 – Speed Table 2/3

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
17.400	10.814	**48** (29.8)	23:34.25
17.600	10.938		23:49.25
17.800	11.063		24:04.25
18.000	11.187		24:19.25
18.200	11.311		24:34.25
18.400	11.436		24:49.25
18.600	11.560		25:04.25
18.800	11.684		25:19.25
19.000	11.809		25:34.25
19.200	11.933		25:49.25
19.400	12.057		26:04.25
19.600	12.181		26:19.25
19.800	12.306		26:34.25
20.000	12.430		26:49.25
20.200	12.554		27:04.25
20.400	12.679		27:19.25
20.600	12.803		27:34.25
20.800	12.927		27:49.25
21.000	13.052		28:04.25
21.200	13.176		28:19.25
21.400	13.300		28:34.25
21.600	13.424		28:49.25
21.800	13.549		29:04.25
22.000	13.673		29:19.25
22.200	13.797		29:34.25
22.400	13.922		29:49.25
22.600	14.046		30:04.25
22.800	14.170		30:19.25
23.000	14.295		30:34.25
23.200	14.419		30:49.25
23.400	14.543		31:04.25

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
23.600	14.667	**48** (29.8)	31:19.25
23.800	14.792		31:34.25
24.000	14.916		31:49.25
24.200	15.040		32:04.25
24.400	15.165		32:19.25
24.600	15.289		32:34.25
24.800	15.413		32:49.25
25.000	15.538		33:04.25
25.200	15.662		33:19.25
25.400	15.786		33:34.25
25.600	15.911		33:49.25
25.800	16.035		34:04.25
26.000	16.159		34:19.25
26.200	16.283		34:34.25
26.400	16.408		34:49.25
26.600	16.532		35:04.25
26.800	16.656		35:19.25
27.000	16.781		35:34.25
27.200	16.905		35:49.25
27.400	17.029		36:04.25
27.600	17.154		36:19.25
27.800	17.278		36:34.25
28.000	17.402		36:49.25
28.200	17.526		37:04.25
28.400	17.651		37:19.25
28.600	17.775		37:34.25
28.800	17.899		37:49.25
29.000	18.024		38:04.25
29.200	18.148		38:19.25
29.400	18.272		38:34.25
29.600	18.397		38:49.25

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
29.800	18.521	**48** (29.8)	39:04.25
30.000	18.645		39:19.25
30.200	18.769		39:34.25
30.400	18.894		39:49.25
30.600	19.018		40:04.25
30.718	19.091	**45** (28.0)	40:13.10
30.800	19.142		40:19.66
31.000	19.267		40:35.66
31.200	19.391		40:51.66
31.400	19.515		41:07.66
31.600	19.640		41:23.66
31.800	19.764		41:39.66
32.000	19.888		41:55.66
32.137	19.973	**48** (29.8)	42:06.62
32.200	20.012		42:11.35
32.400	20.137		42:26.35
32.600	20.261		42:41.35
32.800	20.385		42:56.35
33.000	20.510		43:11.35
33.200	20.634		43:26.35
33.400	20.758		43:41.35
33.600	20.883		43:56.35
33.800	21.007		44:11.35
34.000	21.131		44:26.35
34.200	21.255		44:41.35
34.400	21.380		44:56.35
34.600	21.504		45:11.35
34.800	21.628		45:26.35
35.000	21.753		45:41.35
35.200	21.877		45:56.35
35.400	22.001		46:11.35

Regularity Section 7 – Speed Table 3/3

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
35.600	22.126	**48** (29.8)	46:26.35
35.800	22.250		46:41.35
36.000	22.374		46:56.35
36.200	22.498		47:11.35
36.400	22.623		47:26.35
36.600	22.747		47:41.35
36.800	22.871		47:56.35
37.000	22.996		48:11.35
37.200	23.120		48:26.35
37.400	23.244		48:41.35
37.600	23.369		48:56.35
37.800	23.493		49:11.35
37.902	23.556		49:19.00
End of Regularity			

Regularity Section 7 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	2.312	48
2.312	2.710	45
2.710	3.425	22
3.425	5.776	45
5.776	6.277	33
6.277	9.288	45
9.288	30.718	48
30.718	32.137	45
32.137	37.902	48

Regularity Section 7 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	1.437	29.8
1.437	1.684	28.0
1.684	2.129	13.7
2.129	3.590	28.0
3.590	3.901	20.5
3.901	5.773	28.0
5.773	19.091	29.8
19.091	19.973	28.0
19.973	23.556	29.8

Regularity Section 8 – Speed Table 1/2

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**48** (29.8)	00:00.00
0.200	0.124		00:15.00
0.400	0.249		00:30.00
0.600	0.373		00:45.00
0.800	0.497		01:00.00
1.000	0.622		01:15.00
1.200	0.746		01:30.00
1.400	0.870		01:45.00
1.600	0.994		02:00.00
1.800	1.119		02:15.00
2.000	1.243		02:30.00
2.200	1.367		02:45.00
2.400	1.492		03:00.00
2.600	1.616		03:15.00
2.800	1.740		03:30.00
3.000	1.865		03:45.00
3.200	1.989		04:00.00
3.400	2.113		04:15.00
3.600	2.237		04:30.00
3.800	2.362		04:45.00
4.000	2.486		05:00.00
4.200	2.610		05:15.00
4.400	2.735		05:30.00
4.600	2.859		05:45.00
4.800	2.983		06:00.00
5.000	3.108		06:15.00
5.200	3.232		06:30.00
5.400	3.356		06:45.00
5.600	3.480		07:00.00
5.800	3.605		07:15.00
6.000	3.729		07:30.00

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
6.200	3.853	**48** (29.8)	07:45.00
6.400	3.978		08:00.00
6.600	4.102		08:15.00
6.800	4.226		08:30.00
7.000	4.351		08:45.00
7.200	4.475		09:00.00
7.400	4.599		09:15.00
7.600	4.723		09:30.00
7.800	4.848		09:45.00
8.000	4.972		10:00.00
8.200	5.096		10:15.00
8.400	5.221		10:30.00
8.600	5.345		10:45.00
8.800	5.469		11:00.00
9.000	5.594		11:15.00
9.200	5.718		11:30.00
9.400	5.842		11:45.00
9.600	5.966		12:00.00
9.800	6.091		12:15.00
10.000	6.215		12:30.00
10.200	6.339		12:45.00
10.400	6.464		13:00.00
10.600	6.588		13:15.00
10.800	6.712		13:30.00
11.000	6.837		13:45.00
11.200	6.961		14:00.00
11.400	7.085		14:15.00
11.600	7.209		14:30.00
11.800	7.334		14:45.00
12.000	7.458		15:00.00
12.200	7.582		15:15.00

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
12.400	7.707	**48** (29.8)	15:30.00
12.600	7.831		15:45.00
12.800	7.955		16:00.00
13.000	8.080		16:15.00
13.200	8.204		16:30.00
13.400	8.328		16:45.00
13.600	8.452		17:00.00
13.800	8.577		17:15.00
14.000	8.701		17:30.00
14.200	8.825		17:45.00
14.400	8.950		18:00.00
14.600	9.074		18:15.00
14.800	9.198		18:30.00
15.000	9.323		18:45.00
15.200	9.447		19:00.00
15.400	9.571		19:15.00
15.600	9.695		19:30.00
15.800	9.820		19:45.00
15.885	9.873	**40** (24.9)	19:51.38
16.000	9.944		20:01.73
16.200	10.068		20:19.73
16.400	10.193		20:37.73
16.600	10.317		20:55.73
16.800	10.441		21:13.73
17.000	10.566		21:31.73
17.200	10.690		21:49.73
17.206	10.694		21:50.27
End of Regularity			

Regularity Section 8 – Speed Table 2/2

Regularity Section 8 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	15.885	48
15.885	17.206	40

Regularity Section 8 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	9.873	29.8
9.873	10.694	24.9

Regularity Section 9 – Speed Table 1/3

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**48** (29.8)	00:00.00
0.200	0.124		00:15.00
0.400	0.249		00:30.00
0.600	0.373		00:45.00
0.800	0.497		01:00.00
1.000	0.622		01:15.00
1.200	0.746		01:30.00
1.400	0.870		01:45.00
1.600	0.994		02:00.00
1.800	1.119		02:15.00
2.000	1.243		02:30.00
2.200	1.367		02:45.00
2.400	1.492		03:00.00
2.600	1.616		03:15.00
2.800	1.740		03:30.00
3.000	1.865		03:45.00
3.200	1.989		04:00.00
3.400	2.113		04:15.00
3.600	2.237		04:30.00
3.800	2.362		04:45.00
4.000	2.486		05:00.00
4.200	2.610		05:15.00
4.400	2.735		05:30.00
4.600	2.859		05:45.00
4.800	2.983		06:00.00
5.000	3.108		06:15.00
5.200	3.232		06:30.00
5.400	3.356		06:45.00
5.600	3.480		07:00.00
5.800	3.605		07:15.00
6.000	3.729		07:30.00

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
6.200	3.853	**48** (29.8)	07:45.00
6.400	3.978		08:00.00
6.600	4.102		08:15.00
6.800	4.226		08:30.00
7.000	4.351		08:45.00
7.200	4.475		09:00.00
7.400	4.599		09:15.00
7.600	4.723		09:30.00
7.800	4.848		09:45.00
8.000	4.972		10:00.00
8.200	5.096		10:15.00
8.400	5.221		10:30.00
8.600	5.345		10:45.00
8.800	5.469		11:00.00
9.000	5.594		11:15.00
9.200	5.718		11:30.00
9.400	5.842		11:45.00
9.600	5.966		12:00.00
9.800	6.091		12:15.00
10.000	6.215		12:30.00
10.200	6.339		12:45.00
10.400	6.464		13:00.00
10.600	6.588		13:15.00
10.800	6.712		13:30.00
11.000	6.837		13:45.00
11.200	6.961		14:00.00
11.400	7.085		14:15.00
11.600	7.209		14:30.00
11.800	7.334		14:45.00
12.000	7.458		15:00.00
12.200	7.582		15:15.00

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
12.400	7.707	**48** (29.8)	15:30.00
12.600	7.831		15:45.00
12.800	7.955		16:00.00
13.000	8.080		16:15.00
13.200	8.204		16:30.00
13.383	8.318	**45** (28.0)	16:43.73
13.400	8.328		16:45.09
13.600	8.452		17:01.09
13.800	8.577		17:17.09
14.000	8.701		17:33.09
14.200	8.825		17:49.09
14.400	8.950		18:05.09
14.600	9.074		18:21.09
14.800	9.198		18:37.09
15.000	9.323		18:53.09
15.200	9.447		19:09.08
15.400	9.571		19:25.09
15.600	9.695		19:41.09
15.800	9.820		19:57.08
16.000	9.944		20:13.08
16.200	10.068		20:29.08
16.400	10.193		20:45.08
16.600	10.317		21:01.08
16.800	10.441		21:17.08
17.000	10.566		21:33.08
17.200	10.690		21:49.08
17.400	10.814		22:05.08
17.600	10.938		22:21.08
17.800	11.063		22:37.08
18.000	11.187		22:53.08
18.200	11.311		23:09.08

Regularity Section 9 – Speed Table 2/3

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
18.400	11.436	**45** (28.0)	23:25.08
18.600	11.560		23:41.08
18.800	11.684		23:57.08
19.000	11.809		24:13.08
19.200	11.933		24:29.08
19.400	12.057		24:45.08
19.600	12.181		25:01.08
19.800	12.306		25:17.08
20.000	12.430		25:33.08
20.200	12.554		25:49.08
20.400	12.679		26:05.08
20.600	12.803		26:21.08
20.800	12.927		26:37.08
21.000	13.052		26:53.08
21.200	13.176		27:09.08
21.400	13.300		27:25.08
21.600	13.424		27:41.08
21.800	13.549		27:57.08
22.000	13.673		28:13.08
22.200	13.797		28:29.08
22.400	13.922		28:45.08
22.600	14.046		29:01.08
22.800	14.170		29:17.08
23.000	14.295		29:33.08
23.200	14.419		29:49.08
23.400	14.543		30:05.08
23.600	14.667		30:21.08
23.800	14.792		30:37.08
24.000	14.916		30:53.08
24.200	15.040		31:09.08
24.400	15.165		31:25.08

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
24.600	15.289	**45** (28.0)	31:41.08
24.800	15.413		31:57.08
25.000	15.538		32:13.08
25.200	15.662		32:29.08
25.400	15.786		32:45.08
25.600	15.911		33:01.08
25.800	16.035		33:17.08
26.000	16.159		33:33.08
26.200	16.283		33:49.08
26.400	16.408		34:05.08
26.600	16.532		34:21.08
26.800	16.656		34:37.08
27.000	16.781		34:53.08
27.200	16.905		35:09.08
27.400	17.029		35:25.08
27.600	17.154		35:41.08
27.800	17.278		35:57.08
28.000	17.402		36:13.08
28.200	17.526		36:29.08
28.400	17.651		36:45.08
28.600	17.775		37:01.08
28.800	17.899		37:17.08
29.000	18.024		37:33.08
29.200	18.148		37:49.08
29.400	18.272		38:05.08
29.600	18.397		38:21.08
29.800	18.521		38:37.08
30.000	18.645		38:53.08
30.200	18.769		39:09.08
30.400	18.894		39:25.08
30.600	19.018		39:41.08

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
30.800	19.142	**45** (28.0)	39:57.08
31.000	19.267		40:13.08
31.200	19.391		40:29.08
31.400	19.515		40:45.08
31.600	19.640		41:01.08
31.800	19.764		41:17.08
32.000	19.888		41:33.08
32.200	20.012		41:49.08
32.400	20.137		42:05.08
32.600	20.261		42:21.08
32.675	20.308	**48** (29.8)	42:27.08
32.800	20.385		42:36.46
33.000	20.510		42:51.46
33.200	20.634		43:06.46
33.400	20.758		43:21.46
33.600	20.883		43:36.46
33.800	21.007		43:51.46
34.000	21.131		44:06.46
34.200	21.255		44:21.46
34.400	21.380		44:36.46
34.600	21.504		44:51.46
34.800	21.628		45:06.46
35.000	21.753		45:21.46
35.200	21.877		45:36.46
35.400	22.001		45:51.46
35.600	22.126		46:06.46
35.800	22.250		46:21.46
36.000	22.374		46:36.46
36.200	22.498		46:51.46
36.400	22.623		47:06.46
36.600	22.747		47:21.46

Regularity Section 9 – Speed Table 3/3

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
36.800	22.871	**48** (29.8)	47:36.46
37.000	22.996		47:51.46
37.200	23.120		48:06.46
37.400	23.244		48:21.46
37.600	23.369		48:36.46
37.800	23.493		48:51.46
38.000	23.617		49:06.46
38.200	23.741		49:21.46
38.400	23.866		49:36.46
38.600	23.990		49:51.46
38.800	24.114		50:06.46
39.000	24.239		50:21.46
39.200	24.363		50:36.46
39.400	24.487		50:51.46
39.600	24.612		51:06.46
39.800	24.736		51:21.46
39.818	24.747		51:22.81
End of Regularity			

Regularity Section 9 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	13.383	48
13.383	32.675	45
32.675	39.818	48

Regularity Section 9 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	8.318	29.8
8.318	20.308	28.0
20.308	24.747	29.8

Regularity Section 10 – Speed Table 1/1

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**48** (29.8)	00:00.00
0.200	0.124		00:15.00
0.400	0.249		00:30.00
0.600	0.373		00:45.00
0.800	0.497		01:00.00
1.000	0.622		01:15.00
1.200	0.746		01:30.00
1.400	0.870		01:45.00
1.600	0.994		02:00.00
1.800	1.119		02:15.00
2.000	1.243		02:30.00
2.200	1.367		02:45.00
2.400	1.492		03:00.00
2.600	1.616		03:15.00
2.800	1.740		03:30.00
3.000	1.865		03:45.00
3.200	1.989		04:00.00
3.400	2.113		04:15.00
3.600	2.237		04:30.00
3.800	2.362		04:45.00
4.000	2.486		05:00.00
4.200	2.610		05:15.00
4.400	2.735		05:30.00
4.600	2.859		05:45.00
4.800	2.983		06:00.00
5.000	3.108		06:15.00
5.200	3.232		06:30.00
5.400	3.356		06:45.00
5.600	3.480		07:00.00
5.800	3.605		07:15.00
6.000	3.729		07:30.00
6.043	3.756	**45** (28.0)	07:33.23
6.200	3.853		07:45.79
6.400	3.978		08:01.79
6.600	4.102		08:17.79
6.800	4.226		08:33.79
7.000	4.351		08:49.79
7.200	4.475		09:05.79
7.400	4.599		09:21.79
7.600	4.723		09:37.79
7.800	4.848		09:53.79
8.000	4.972		10:09.79
8.200	5.096		10:25.79
End of Regularity			

Regularity Section 10 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	6.043	48
6.043	8.200	45

Regularity Section 10 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	3.756	29.8
3.756	5.096	28.0

Regularity Section 11 – Speed Table 1/2

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**45** (28.0)	00:00.00
0.200	0.124		00:16.00
0.400	0.249		00:32.00
0.600	0.373		00:48.00
0.800	0.497		01:04.00
1.000	0.622		01:20.00
1.200	0.746		01:36.00
1.400	0.870		01:52.00
1.600	0.994		02:08.00
1.800	1.119		02:24.00
2.000	1.243		02:40.00
2.200	1.367		02:56.00
2.400	1.492		03:12.00
2.499	1.553	**33** (20.5)	03:19.92
2.600	1.616		03:30.94
2.800	1.740		03:52.76
3.000	1.865		04:14.57
3.200	1.989		04:36.39
3.400	2.113		04:58.21
3.495	2.172	**45** (28.0)	05:08.57
3.600	2.237		05:16.97
3.800	2.362		05:32.97
4.000	2.486		05:48.97
4.200	2.610		06:04.97
4.400	2.735		06:20.97
4.600	2.859		06:36.97
4.800	2.983		06:52.97
5.000	3.108		07:08.97
5.200	3.232		07:24.97
5.400	3.356		07:40.97
5.600	3.480		07:56.97

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
5.800	3.605	**45** (28.0)	08:12.97
6.000	3.729		08:28.97
6.200	3.853		08:44.97
6.400	3.978		09:00.97
6.600	4.102		09:16.97
6.800	4.226		09:32.97
7.000	4.351		09:48.97
7.200	4.475		10:04.97
7.400	4.599		10:20.97
7.600	4.723		10:36.97
7.800	4.848		10:52.97
8.000	4.972		11:08.97
8.200	5.096		11:24.97
8.400	5.221		11:40.97
8.600	5.345		11:56.97
8.800	5.469		12:12.97
9.000	5.594		12:28.97
9.200	5.718		12:44.97
9.400	5.842		13:00.97
9.600	5.966		13:16.97
9.800	6.091		13:32.97
10.000	6.215		13:48.97
10.200	6.339		14:04.97
10.400	6.464		14:20.97
10.600	6.588		14:36.97
10.800	6.712		14:52.97
11.000	6.837		15:08.97
11.200	6.961		15:24.97
11.400	7.085		15:40.97
11.600	7.209		15:56.97
11.800	7.334		16:12.97

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
12.000	7.458	**45** (28.0)	16:28.97
12.200	7.582		16:44.97
12.400	7.707		17:00.97
12.600	7.831		17:16.97
12.800	7.955		17:32.97
13.000	8.080		17:48.97
13.200	8.204		18:04.97
13.400	8.328		18:20.97
13.600	8.452		18:36.97
13.800	8.577		18:52.97
14.000	8.701		19:08.97
14.200	8.825		19:24.97
14.400	8.950		19:40.97
14.600	9.074		19:56.97
14.800	9.198		20:12.97
15.000	9.323		20:28.97
15.200	9.447		20:44.97
15.400	9.571		21:00.97
15.521	9.646		21:10.65
End of Regularity			

Regularity Section 11 – Speed Table 2/2

Regularity Section 11 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	2.499	45
2.499	3.495	33
3.495	15.521	45

Regularity Section 11 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	1.553	28.0
1.553	2.172	20.5
2.172	9.646	28.0

Regularity Section 12 – Speed Table 1/2

Distance		Speed	Time
km	miles	**kph** (mph)	**mm:ss.ss**
0.000	0.000	**48** (29.8)	00:00.00
0.200	0.124		00:15.00
0.400	0.249		00:30.00
0.600	0.373		00:45.00
0.800	0.497		01:00.00
1.000	0.622		01:15.00
1.200	0.746		01:30.00
1.400	0.870		01:45.00
1.600	0.994		02:00.00
1.800	1.119		02:15.00
2.000	1.243		02:30.00
2.200	1.367		02:45.00
2.400	1.492		03:00.00
2.600	1.616		03:15.00
2.800	1.740		03:30.00
3.000	1.865		03:45.00
3.200	1.989		04:00.00
3.400	2.113		04:15.00
3.600	2.237		04:30.00
3.800	2.362		04:45.00
4.000	2.486		05:00.00
4.200	2.610		05:15.00
4.400	2.735		05:30.00
4.589	2.852	**33** (20.5)	05:44.18
4.600	2.859		05:45.38
4.800	2.983		06:07.19
4.938	3.069	**48** (29.8)	06:22.25
5.000	3.108		06:26.90
5.200	3.232		06:41.90
5.400	3.356		06:56.90
5.600	3.480		07:11.90
5.800	3.605	**48** (29.8)	07:26.90
6.000	3.729		07:41.90
6.200	3.853		07:56.90
6.400	3.978		08:11.90
6.600	4.102		08:26.90
6.800	4.226		08:41.90
7.000	4.351		08:56.90
7.200	4.475		09:11.90
7.400	4.599		09:26.90
7.600	4.723		09:41.90
7.800	4.848		09:56.90
8.000	4.972		10:11.90
8.200	5.096		10:26.90
8.400	5.221		10:41.90
8.600	5.345		10:56.90
8.800	5.469		11:11.90
9.000	5.594		11:26.90
9.200	5.718		11:41.90
9.400	5.842		11:56.90
9.600	5.966		12:11.90
9.800	6.091		12:26.90
10.000	6.215		12:41.90
10.200	6.339		12:56.90
10.400	6.464		13:11.90
10.600	6.588		13:26.90
10.800	6.712		13:41.90
11.000	6.837		13:56.90
11.200	6.961		14:11.90
11.400	7.085		14:26.90
11.600	7.209		14:41.90
11.800	7.334		14:56.90
12.000	7.458	**48** (29.8)	15:11.90
12.200	7.582		15:26.90
12.400	7.707		15:41.90
12.600	7.831		15:56.90
12.800	7.955		16:11.90
13.000	8.080		16:26.90
13.200	8.204		16:41.90
13.400	8.328		16:56.90
13.600	8.452		17:11.90
13.800	8.577		17:26.90
14.000	8.701		17:41.90
14.200	8.825		17:56.90
14.235	8.847	**45** (28.0)	17:59.52
14.400	8.950		18:12.72
14.600	9.074		18:28.72
14.800	9.198		18:44.72
15.000	9.323		19:00.72
15.200	9.447		19:16.72
15.400	9.571		19:32.72
15.600	9.695		19:48.72
15.800	9.820		20:04.72
16.000	9.944		20:20.72
16.200	10.068		20:36.72
16.400	10.193		20:52.72
16.600	10.317		21:08.72
16.800	10.441		21:24.72
17.000	10.566		21:40.72
17.200	10.690		21:56.72
17.400	10.814		22:12.72
17.600	10.938		22:28.72
17.800	11.063		22:44.72

Regularity Section 12 – Speed Table 2/2

Distance		**Speed**	**Time**
km	miles	**kph** (mph)	**mm:ss.ss**
18.000	11.187	**45** (28.0)	23:00.72
18.200	11.311		23:16.72
18.400	11.436		23:32.72
18.600	11.560		23:48.72
18.800	11.684		24:04.72
19.000	11.809		24:20.72
19.200	11.933		24:36.72
19.400	12.057		24:52.72
19.600	12.181		25:08.72
19.800	12.306		25:24.72
19.906	12.372		25:33.20
End of Regularity			

Regularity Section 12 Summary (km)		
from (km)	**to (km)**	**kph**
0.000	4.589	48
4.589	4.938	33
4.938	14.235	48
14.235	19.906	45

Regularity Section 12 Summary (miles)		
from (miles)	**to (miles)**	**mph**
0.000	2.852	29.8
2.852	3.069	20.5
3.069	8.847	29.8
8.847	12.372	28.0