

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
93,89	40	0:00:00	45	0:00:00	50	0:00:00	55	0:00:00
94,15	65	0:00:23	75	0:00:20	85	0:00:18	90	0:00:17
96,63	60	0:02:40	70	0:02:19	75	0:02:03	75	0:01:56
97,07	50	0:03:07	60	0:02:42	65	0:02:24	65	0:02:17
97,47	50	0:03:35	55	0:03:06	60	0:02:47	60	0:02:39
97,73	30	0:03:54	35	0:03:23	35	0:03:02	40	0:02:55
98,46	45	0:05:22	50	0:04:38	55	0:04:17	55	0:04:00
98,75	45	0:05:45	50	0:04:59	55	0:04:36	55	0:04:19
98,95	30	0:06:01	35	0:05:13	35	0:04:49	40	0:04:32
99,28	65	0:06:41	75	0:05:47	85	0:05:23	85	0:05:02
102,94	65	0:10:03	75	0:08:43	85	0:07:58	85	0:07:37
104,00	60	0:11:02	70	0:09:34	80	0:08:43	80	0:08:22
105,34	55	0:12:22	65	0:10:43	70	0:09:43	70	0:09:22
105,52	70	0:12:34	80	0:10:53	90	0:09:53	95	0:09:32
108,17	45	0:14:50	50	0:12:52	55	0:11:39	60	0:11:12
108,35	20	0:15:05	20	0:13:05	20	0:11:50	20	0:11:23
108,64	20	0:15:57	20	0:13:57	20	0:12:43	20	0:12:15
108,86	50	0:16:37	55	0:14:37	60	0:13:22	60	0:12:55
111,31	50	0:19:33	55	0:17:17	60	0:15:49	60	0:15:22
111,76	50	0:20:05	55	0:17:47	60	0:16:16	60	0:15:49
113,03	50	0:21:37	55	0:19:10	60	0:17:32	60	0:17:05
113,69	65	0:22:24	75	0:19:53	80	0:18:12	85	0:17:44
114,02	25	0:22:43	30	0:20:09	30	0:18:27	30	0:17:58
114,32	65	0:23:26	75	0:20:45	80	0:19:03	85	0:18:34
115,15	50	0:24:12	55	0:21:25	60	0:19:40	60	0:19:09
116,02	40	0:25:15	45	0:22:22	45	0:20:32	50	0:20:02
116,31	50	0:25:41	55	0:22:45	60	0:20:56	60	0:20:23
116,52	55	0:25:56	65	0:22:58	70	0:21:08	70	0:20:35
117,04	50	0:26:30	60	0:23:27	65	0:21:35	65	0:21:02
117,61	65	0:27:11	75	0:24:01	80	0:22:07	85	0:21:33
120,90		0:30:13		0:26:39		0:24:35		0:23:53

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
136,84	30	0:00:00	35	0:00:00	35	0:00:00	40	0:00:00
137,13	45	0:00:34	50	0:00:29	55	0:00:29	55	0:00:26
138,70	50	0:02:40	55	0:02:22	60	0:02:12	65	0:02:08
138,92	50	0:02:56	55	0:02:37	60	0:02:25	65	0:02:21
139,15	40	0:03:12	45	0:02:52	50	0:02:39	55	0:02:33
139,77	35	0:04:08	40	0:03:41	45	0:03:24	50	0:03:14
140,27	45	0:05:00	50	0:04:26	55	0:04:04	55	0:03:50
140,94	55	0:05:53	65	0:05:15	70	0:04:48	70	0:04:34
141,69	55	0:06:42	65	0:05:56	70	0:05:26	70	0:05:12
142,71	60	0:07:49	70	0:06:53	75	0:06:19	75	0:06:05
144,18	50	0:09:17	55	0:08:08	60	0:07:29	60	0:07:15
146,21	45	0:11:43	50	0:10:21	55	0:09:31	55	0:09:17
146,37	50	0:11:56	55	0:10:33	60	0:09:41	60	0:09:28
146,88	50	0:12:33	55	0:11:06	60	0:10:12	60	0:09:58
147,41	55	0:13:11	65	0:11:41	70	0:10:44	70	0:10:30
149,14	55	0:15:04	65	0:13:17	70	0:12:13	70	0:11:59
149,93	65	0:15:56	75	0:14:00	80	0:12:53	85	0:12:40
153,33	60	0:19:04	70	0:16:44	75	0:15:26	75	0:15:04
154,87	60	0:20:37	70	0:18:03	75	0:16:40	75	0:16:18
155,83	70	0:21:34	80	0:18:52	90	0:17:26	95	0:17:04
160,32	60	0:25:25	70	0:22:14	75	0:20:26	85	0:19:54
161,85	65	0:26:57	70	0:23:33	80	0:21:39	85	0:20:59
165,74	65	0:30:32	70	0:26:53	80	0:24:35	85	0:23:43
166,33	60	0:31:05	70	0:27:23	80	0:25:01	85	0:24:08
167,22	60	0:31:59	70	0:28:09	80	0:25:41	85	0:24:46
168,81	60	0:33:34	70	0:29:31	75	0:26:53	85	0:25:53
169,85	30	0:34:36	35	0:30:24	35	0:27:43	35	0:26:37
170,35	60	0:35:36	70	0:31:16	75	0:28:34	85	0:27:29
172,64		0:37:54		0:33:13		0:30:24		0:29:06

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
180,22	50	0:00:00	60	0:00:00	65	0:00:00	65	0:00:00
181,00	65	0:00:56	75	0:00:46	80	0:00:43	85	0:00:43
183,20	65	0:02:58	75	0:02:32	80	0:02:22	85	0:02:16
184,09	35	0:03:47	40	0:03:15	40	0:03:02	45	0:02:54
185,27	50	0:05:48	60	0:05:01	65	0:04:48	65	0:04:28
187,03	70	0:07:55	80	0:06:46	85	0:06:25	90	0:06:05
190,06	45	0:10:31	50	0:09:03	55	0:08:34	55	0:08:07
190,43	20	0:11:00	20	0:09:29	20	0:08:58	20	0:08:31
190,74	20	0:11:56	20	0:10:25	20	0:09:54	20	0:09:27
191,25	45	0:13:28	50	0:11:57	55	0:11:26	55	0:10:58
192,04	40	0:14:31	45	0:12:54	45	0:12:17	50	0:11:50
193,66	35	0:16:57	40	0:15:03	40	0:14:27	45	0:13:47
194,15	35	0:17:47	40	0:15:48	40	0:15:11	45	0:14:26
195,00	30	0:19:15	35	0:17:04	35	0:16:27	40	0:15:34
195,64	60	0:20:32	70	0:18:10	75	0:17:33	75	0:16:32
196,90	75	0:21:47	85	0:19:15	95	0:18:34	100	0:17:32
199,41	75	0:23:48	85	0:21:01	95	0:20:09	100	0:19:02
207,04	75	0:29:54	85	0:26:24	95	0:24:58	100	0:23:37
209,35	25	0:31:45	30	0:28:02	35	0:26:26	35	0:25:00
209,50	70	0:32:06	80	0:28:20	90	0:26:41	95	0:25:16
213,72	75	0:35:43	85	0:31:30	95	0:29:30	100	0:27:56
215,02	70	0:36:46	80	0:32:25	90	0:30:19	95	0:28:42
216,19	50	0:37:46	60	0:33:18	65	0:31:06	70	0:29:27
216,47	75	0:38:06	85	0:33:34	95	0:31:21	100	0:29:41
219,62	65	0:40:37	75	0:35:48	85	0:33:21	90	0:31:35
220,74	70	0:41:39	80	0:36:42	90	0:34:08	95	0:32:19
221,70	50	0:42:29	60	0:37:25	65	0:34:47	70	0:32:56
222,30	50	0:43:12	60	0:38:01	65	0:35:20	70	0:33:27
223,25	50	0:44:20	60	0:38:58	65	0:36:12	65	0:34:15
223,49	70	0:44:38	80	0:39:12	85	0:36:26	90	0:34:29
224,90	55	0:45:50	65	0:40:16	70	0:37:25	70	0:35:25
226,39	40	0:47:28	45	0:41:38	50	0:38:42	55	0:36:42
227,37	55	0:48:56	65	0:42:57	70	0:39:53	80	0:37:46
227,98	60	0:49:36	70	0:43:30	75	0:40:24	85	0:38:13
228,66		0:50:17		0:44:05		0:40:57		0:38:42

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
235.00	50	0:00:00	55	0:00:00	60	0:00:00	60	0:00:00
235.87	60	0:01:02	70	0:00:56	75	0:00:52	75	0:00:52
236.04	50	0:01:12	60	0:01:05	65	0:01:00	65	0:01:00
237.72	35	0:03:13	40	0:02:46	45	0:02:33	45	0:02:33
238.04	35	0:03:46	40	0:03:15	45	0:02:59	45	0:02:59
238.59	35	0:04:43	40	0:04:04	45	0:03:43	45	0:03:43
239.39	55	0:06:05	65	0:05:16	70	0:04:47	70	0:04:47
240.05	50	0:06:48	55	0:05:53	60	0:05:20	60	0:05:20
240.67	55	0:07:33	65	0:06:33	70	0:05:58	70	0:05:58
241.50	75	0:08:27	85	0:07:19	95	0:06:40	100	0:06:40
243.72	75	0:10:14	85	0:08:53	95	0:08:04	100	0:08:00
244.79	55	0:11:05	65	0:09:39	75	0:08:45	80	0:08:39
245.18	25	0:11:31	30	0:10:00	30	0:09:04	30	0:08:56
245.42	40	0:12:05	45	0:10:29	50	0:09:33	50	0:09:25
245.71	40	0:12:31	45	0:10:52	50	0:09:53	50	0:09:46
246.42	50	0:13:35	60	0:11:49	70	0:10:45	70	0:10:37
246.77	55	0:14:00	65	0:12:10	75	0:11:03	80	0:10:55
247.49	65	0:14:48	75	0:12:50	85	0:11:37	90	0:11:28
247.85	70	0:15:08	80	0:13:07	90	0:11:52	95	0:11:42
248.88	45	0:16:00	50	0:13:54	55	0:12:34	55	0:12:21
249.25	45	0:16:30	50	0:14:20	55	0:12:58	55	0:12:45
250.15	55	0:17:42	65	0:15:25	70	0:13:57	70	0:13:44
250.99	50	0:18:37	55	0:16:12	60	0:14:40	60	0:14:27
251.43	55	0:19:09	65	0:16:40	70	0:15:06	70	0:14:54
251.98	55	0:19:45	65	0:17:11	70	0:15:35	70	0:15:22
252.55	20	0:20:22	20	0:17:42	20	0:16:04	20	0:15:51
253.00	20	0:21:43	20	0:19:03	20	0:17:25	20	0:17:12
253.21	50	0:22:21	60	0:19:41	65	0:18:03	65	0:17:50
254.14	55	0:23:28	65	0:20:37	70	0:18:54	70	0:18:42
254.53	50	0:23:53	60	0:20:59	65	0:19:14	65	0:19:02
255.92	45	0:25:33	50	0:22:22	50	0:20:31	50	0:20:19
256.36	35	0:26:09	40	0:22:54	40	0:21:03	40	0:20:50
256.73	50	0:26:47	55	0:23:27	60	0:21:36	60	0:21:24
257.44	50	0:27:38	60	0:24:13	65	0:22:19	65	0:22:06
258.18	40	0:28:31	45	0:24:58	45	0:23:00	50	0:22:47
258.48	35	0:28:58	40	0:25:22	40	0:23:24	45	0:23:09
259.39	35	0:30:32	40	0:26:44	40	0:24:46	45	0:24:22
259.70	35	0:31:04	40	0:27:12	40	0:25:14	45	0:24:46
260.10	40	0:31:45	45	0:27:48	45	0:25:50	50	0:25:18
260.65	65	0:32:34	75	0:28:32	80	0:26:34	85	0:25:58
262.23	55	0:34:02	65	0:29:48	70	0:27:45	70	0:27:05
263.35	70	0:35:15	80	0:30:50	85	0:28:42	90	0:28:03
264.47	60	0:36:13	70	0:31:40	75	0:29:30	75	0:28:47
265.61	65	0:37:21	75	0:32:39	80	0:30:24	85	0:29:42
267.07	70	0:38:42	80	0:33:49	90	0:31:30	95	0:30:44
268.39	60	0:39:50	70	0:34:48	75	0:32:23	85	0:31:34
269.47	65	0:40:55	75	0:35:44	85	0:33:15	90	0:32:20
270.02	55	0:41:25	65	0:36:10	70	0:33:38	80	0:32:42
270.28	60	0:41:42	70	0:36:24	75	0:33:51	85	0:32:53
270.73	45	0:42:09	50	0:36:48	55	0:34:13	55	0:33:12
271.07	35	0:42:36	40	0:37:12	45	0:34:35	45	0:33:35
271.65	50	0:43:36	55	0:38:04	60	0:35:22	60	0:34:21
272.32	75	0:44:24	85	0:38:48	95	0:36:02	100	0:35:01
278.08	75	0:49:01	85	0:42:52	95	0:39:40	100	0:38:29
280.55	65	0:50:59	75	0:44:37	85	0:41:14	90	0:39:58
281.29	55	0:51:40	65	0:45:12	70	0:41:45	80	0:40:27

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
283,22	55	0:53:47	65	0:46:59	70	0:43:24	80	0:41:54
283,76	60	0:54:22	70	0:47:29	75	0:43:52	85	0:42:18
286,17	70	0:56:46	80	0:49:33	90	0:45:48	95	0:44:00
288,71	75	0:58:57	85	0:51:27	95	0:47:29	100	0:45:37
290,30	75	1:00:13	85	0:52:35	95	0:48:30	100	0:46:34
292,49	60	1:01:59	70	0:54:07	75	0:49:53	85	0:47:53
292,82	70	1:02:18	80	0:54:24	90	0:50:09	95	0:48:07
293,60	55	1:02:58	65	0:54:59	70	0:50:40	70	0:48:36
294,58	55	1:04:03	65	0:55:54	70	0:51:30	70	0:49:27
294,94	55	1:04:26	65	0:56:14	70	0:51:49	70	0:49:45
295,59	55	1:05:09	65	0:56:50	70	0:52:22	70	0:50:19
297,44	20	1:07:10	20	0:58:32	20	0:53:57	20	0:51:54
298,19	20	1:09:25	20	1:00:47	20	0:56:12	20	0:54:09
298,52	60	1:10:24	70	1:01:46	75	0:57:12	75	0:55:08
299,83	50	1:11:43	55	1:02:54	60	0:58:14	60	0:56:11
300,58	35	1:12:37	40	1:03:43	45	0:58:59	45	0:56:56
302,95	35	1:16:41	40	1:07:16	45	1:02:09	45	1:00:06
304,28	40	1:18:57	45	1:09:16	50	1:03:55	50	1:01:52
304,76	45	1:19:41	50	1:09:54	55	1:04:30	55	1:02:27
305,73	45	1:20:58	50	1:11:04	55	1:05:34	55	1:03:30
306,65	50	1:22:12	55	1:12:10	60	1:06:34	60	1:04:30
307,30	50	1:22:59	55	1:12:53	60	1:07:13	60	1:05:09
307,83	40	1:23:37	45	1:13:28	45	1:07:45	50	1:05:41
308,96	50	1:25:18	60	1:14:58	65	1:09:15	65	1:07:02
309,54	40	1:26:00	45	1:15:33	45	1:09:47	50	1:07:35
309,67	40	1:26:12	45	1:15:43	45	1:09:57	50	1:07:44
309,80	40	1:26:24	45	1:15:54	45	1:10:08	50	1:07:53
309,98	30	1:26:40	35	1:16:08	35	1:10:22	35	1:08:06
310,40	40	1:27:30	45	1:16:51	45	1:11:05	50	1:08:49
310,80	20	1:28:06	20	1:17:23	20	1:11:37	20	1:09:18
311,11	45	1:29:02	55	1:18:19	60	1:12:33	65	1:10:14
311,59	45	1:29:40	55	1:18:50	60	1:13:02	65	1:10:41
312,23		1:30:32		1:19:32		1:13:40		1:11:16