



<b>Distance:</b>	<b>7 km</b>						
<b>Hastighed min/KM</b>	<b>05:00</b>	<b>05:30</b>	<b>06:00</b>	<b>06:30</b>	<b>07:00</b>	<b>07:30</b>	<b>08:00</b>
<b>KM/time</b>	<b>12,0</b>	<b>10,9</b>	<b>10,0</b>	<b>9,2</b>	<b>8,6</b>	<b>8,0</b>	<b>7,5</b>
<b>Tidsforbrug:</b>	<b>00:35:00</b>	<b>00:38:30</b>	<b>00:42:00</b>	<b>00:45:30</b>	<b>00:49:00</b>	<b>00:52:30</b>	<b>00:56:00</b>

**Mellemtider ved km**

1	00:05:00	00:05:30	00:06:00	00:06:30	00:07:00	00:07:30	00:08:00
2	00:10:00	00:11:00	00:12:00	00:13:00	00:14:00	00:15:00	00:16:00
3	00:15:00	00:16:30	00:18:00	00:19:30	00:21:00	00:22:30	00:24:00
4	00:20:00	00:22:00	00:24:00	00:26:00	00:28:00	00:30:00	00:32:00
5	00:25:00	00:27:30	00:30:00	00:32:30	00:35:00	00:37:30	00:40:00
6	00:30:00	00:33:00	00:36:00	00:39:00	00:42:00	00:45:00	00:48:00
7	00:35:00	00:38:30	00:42:00	00:45:30	00:49:00	00:52:30	00:56:00