

TABELLA TEMPI AL KILOMETRO

TABELLA VELOCITÀ					
Distanza percorsa (km)	TEMPO PER CHILOMETRO				
	2'55"	3'00"	3'05"	3'10"	3'15"
1	2'55"	3'	3'05"	3'10"	3'15"
2	5'50"	6'	6'10"	6'20"	6'30"
3	8'45"	9'	9'15"	9'30"	9'45"
4	11'40"	12'	12'20"	12'40"	13'
5	14'35"	15'	15'25"	15'50"	16'15"
6	17'30"	18'	18'30"	19'	19'30"
7	20'25"	21'	21'35"	22'10"	22'45"
8	23'20"	24'	24'40"	25'20"	26'
9	26'15"	27'	27'45"	28'30"	29'15"
10	29'10"	30'	30'50"	31'40"	32'30"
14,065	41'01"4	42'11"7	43'22"	44'32"3	45'42"7
15	43'45"	45'	46'15"	47'30"	48'45"
20	58'20"	1:	1:01'40"	1:03'20"	1:05'
21,098	1:01'32"1	1:03'17"6	1:05'13"	1:06'48"5	1:08'34"0
25	1:12'55"	1:15'	1:17'05"	1:19'10"	1:21'15"
28,130	1:22'02"7	1:24'23"4	1:26'44"	1:29'04"7	1:31'25"4
30	1:27'30"	1:30'	1:32'30"	1:35'	1:37'30"
35	1:42'05"	1:45'	1:47'55"	1:50'50"	1:53'45"
40	1:56'40"	2:	2:03'20"	2:06'40"	2:10'
42,195	2:03'04"1	2:06'35"1	2:10'06"1	2:13'37"1	2:17'08"0

Distanza percorsa (km)	TEMPO PER CHILOMETRO				
	3'20"	3'25"	3'30"	3'35"	3'40"
1	3'20"	3'25"	3'30"	3'35"	3'40"
2	6'40"	6'50"	7'00"	7'10"	7'20"
3	10'00"	10'15"	10'30"	10'45"	11'00"
4	13'20"	13'40"	14'00"	14'20"	14'40"
5	16'40"	17'05"	17'30"	17'55"	18'20"
6	20'00"	20'30"	21'00"	21'30"	22'00"
7	23'20"	23'55"	24'30"	25'05"	25'40"
8	26'40"	27'20"	28'00"	28'40"	29'20"
9	30'00"	30'45"	31'30"	32'15"	36'40"
10	33'20"	34'10"	35'00"	35'50"	36'40"
14,065	46'53"	48'03"3	49'13"7	50'24"	51'34"3
15	50'00"	51'15"	52'30"	53'45"	55'00"
20	1:06'40"	1:08'20"	1:10'00"	1:11'40"	1:13'20"
21,098	1:10'19"6	1:12'05"1	1:13'50"6	1:15'36"0	1:17'21"6
25	1:23'20"	1:25'25"	1:27'30"	1:29'35"	1:31'40"
28,130	1:33'46"	1:36'06"6	1:38'27"3	1:40'47"9	1:43'08"6
30	1:40'00"	1:42'30"	1:45'00"	1:47'30"	1:50'00"
35	1:56'10"	1:59'35"	2:02'30"	2:05'25"	2:08'20"
40	2:13'20"	2:16'40"	2:20'00"	2:23'20"	2:26'40"
42,195	2:20'39"	2:24'10"	2:27'41"	2:31'12"	2:34'43"

Distanza percorsa (km)	TEMPO PER CHILOMETRO				
	3'45"	3'50"	3'55"	4'00"	4'05"
1	3'45"	3'50"	3'55"	4'	4'05"
2	7'30"	7'40"	7'50"	8'	8'10"
3	11'15"	11'30"	11'45"	12'	12'15"
4	15'00"	15'20"	15'40"	16'	16'20"
5	18'45"	19'10"	19'35"	20'	20'25"
6	22'30"	23'00"	23'30"	24'	24'30"
7	26'15"	26'50"	27'25"	28'	28'35"
8	30'00"	30'40"	31'20"	32'	32'40"
9	33'45"	34'30"	25'15"	36'	36'45"
10	37'30"	38'20"	39'10"	40'	40'50"
14,065	52'44"6	53'54"9	55'05"2	56'15"6	57'25"9
15	56'15"	57'30"	58'01"	1:00'	1:01'15"
20	1:15'00"	1:16'40"	1:18'20"	1:20'	1:21'40"
21,098	1:19'07"1	1:20'52"5	1:22'38"	1:24'23"4	1:26'09"
25	1:33'45"	1:35'50"	1:37'55"	1:40'	1:42'05"
28,130	1:45'29"2	1:47'49"9	1:50'10"5	1:52'31"2	1:54'51"8
30	1:52'30"	1:55'00"	1:57'30"5	2:00'	2:02'30"
35	2:11'15"	2:14'10"	2:17'50"	2:20'	2:22'55"
40	2:30'00"	2:33'20"	2:36'00"	2:40'	2:43'20"
42,195	2:38'13"9	2:41'44"9	2:45'15"8	2:48'46"8	2:52'17"8

Distanza percorsa (km)	TEMPO PER CHILOMETRO				
	4'10"	4'15"	4'20"	4'25"	4'30"
1	4'10"	4'15"	4'20"	4'25"	4'30"
2	8'20"	8'30"	8'40"	8'50"	9'00"
3	12'30"	12'45"	13'00"	13'15"	13'30"
4	16'40"	17'00"	17'20"	17'40"	18'00"
5	20'50"	21'15"	21'40"	22'05"	22'30"
6	25'00"	25'30"	26'00"	26'30"	27'00"
7	29'10"	29'45"	30'20"	30'55"	31'30"
8	32'20"	34'00"	34'40"	35'20"	36'00"
9	37'30"	38'15"	39'00"	39'45"	40'30"
10	41'40"	42'30"	43'20"	44'00"	45'00"
14,065	58'36"2	59'46"6	1:00'56"9	1:02'07"2	1:03'17"6
15	1:02'30"	1:03'45"	1:05'00"	1:06'15"	1:07'30"
20	1:23'20"	1:25'00"	1:26'40"	1:28'20"	1:30'00"
21,098	1:27'54"5	1:29'40"	1:31'25"5	1:33'11"	1:34'56"5
25	1:44'10"	1:46'15"	1:48'20"	1:50'25"	1:52'30"
28,130	1:57'12"5	1:59'33"2	2:01'53"8	2:04'14"4	2:06'35"1
30	2:05'00"	2:07'30"	2:10'00"	2:12'30"	2:15'00"
35	2:25'50"	2:28'45"	2:31'40"	2:34'00"	2:37'30"
40	2:46'40"	2:50'00"	2:53'20"	2:56'40"	3:00'00"
42,195	2:55'48"8	2:59'19"7	3:02'50"7	3:06'21"7	3:09'52"7

Distanza percorsa (km)	TEMPO PER CHILOMETRO				
	4'40"	4'50"	5'00"	5'10"	5'20"
1	4'40"	4'50"	5'00"	5'10"	5'20"
2	9'20"	9'40"	10'00"	10'20"	10'40"
3	14'00"	14'30"	15'00"	15'30"	16'00"
4	18'40"	19'20"	20'00"	20'40"	21'20"
5	23'20"	24'10"	25'00"	25'50"	26'40"
6	28'00"	29'00"	30'00"	31'00"	32'00"
7	32'40"	33'50"	35'00"	36'10"	37'20"
8	37'20"	38'40"	40'00"	41'20"	42'40"
9	42'00"	43'30"	45'00"	46'30"	48'00"
10	46'40"	48'20"	50'00"	51'40"	53'20"
14,065	1:05'38"2	1:07'58"8	1:10'19"5	1:12'40"1	1:15'00"8
15	1:10'00"	1:12'30"	1:15'00"	1:17'30"	1:20'00"
20	1:33'20"	1:36'40"	1:40'00"	1:43'20"	1:46'40"
21,098	1:38'27"4	1:41'58"4	1:45'29"4	1:49'00"3	1:52'31"4
25	1:56'40"	2:00'50"	2:05'00"	2:09'40"	2:13'20"
28,130	2:11'16"	2:15'57"7	2:20'39"	2:25'20"3	2:30'01"6
30	2:20'00"	2:25'00"	2:30'00"	2:35'00"	2:40'00"
35	2:43'00"	2:49'10"	2:55'00"	3:00'50"	3:06'40"
40	3:06'40"	3:13'20"	3:20'00"	3:26'40"	3:33'20"
42,195	3:16'54"6	3:23'56"6	3:30'58"5	3:38'00"5	3:45'02"4

Distanza percorsa (km)	TEMPO PER CHILOMETRO				
	5'30"	5'40"	5'50"	6'00"	6'30"
1	5'30"	5'40"	5'50"	6'00"	6'30"
2	11'00"	11'20"	11'40"	12'00"	13'00"
3	16'30"	17'00"	17'30"	18'00"	19'30"
4	22'00"	22'40"	23'20"	24'00"	26'00"
5	33'00"	34'00"	35'00"	36'00"	39'00"
6	33'00"	34'00"	35'00"	36'00"	39'00"
7	38'30"	39'40"	40'50"	42'00"	45'30"
8	44'00"	45'20"	46'40"	48'00"	52'00"
9	49'30"	51'00"	52'30"	54'00"	58'30"
10	55'00"	56'40"	58'20"	60'00"	65'00"
14,065	1:17'21"5	1:19'42"1	1:22'02"7	1:24'23"4	1:31'25"4
15	1:22'30"	1:25'00"	1:27'30"	1:30'00"	1:37'30"
20	1:50'00"	1:53'20"	1:56'40"	2:00'00"	2:10'00"
21,098	1:56'02"3	1:59'33"3	2:03'04"3	2:06'35"3	2:17'08"2
25	2:17'30"	2:21'40"	2:25'50"	2:30'00"	2:42'30"
28,130	2:34'42"9	2:39'24"2	2:44'05"5	2:48'46"8	3:02'50"7
30	2:45'00"	2:50'00"	2:55'00"	3:00'00"	3:15'00"
35	3:12'30"	3:18'20"	3:24'10"	3:30'00"	3:47'30"
40	3:40'00"	3:46'40"	3:53'20"	4:00'00"	4:20'00"
42,195	3:52'04"4	3:59'06"3	4:06'08"3	4:13'10"	4:34'16"