

**Mitjana: 47 Km./hora (7,66 segons per hectòmetre = 100 metres)**

Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,7	5,100	06:30,6	10,100	12:53,6
0,200	00:15,3	5,200	06:38,3	10,200	13:01,3
0,300	00:23,0	5,300	06:46,0	10,300	13:08,9
0,400	00:30,6	5,400	06:53,6	10,400	13:16,6
<b>0,500</b>	<b>00:38,3</b>	<b>5,500</b>	<b>07:01,3</b>	<b>10,500</b>	<b>13:24,3</b>
0,600	00:46,0	5,600	07:08,9	10,600	13:31,9
0,700	00:53,6	5,700	07:16,6	10,700	13:39,6
0,800	01:01,3	5,800	07:24,3	10,800	13:47,2
0,900	01:08,9	5,900	07:31,9	10,900	13:54,9
<b>1,000</b>	<b>01:16,6</b>	<b>6,000</b>	<b>07:39,6</b>	<b>11,000</b>	<b>14:02,6</b>
1,100	01:24,3	6,100	07:47,2	11,100	14:10,2
1,200	01:31,9	6,200	07:54,9	11,200	14:17,9
1,300	01:39,6	6,300	08:02,6	11,300	14:25,5
1,400	01:47,2	6,400	08:10,2	11,400	14:33,2
<b>1,500</b>	<b>01:54,9</b>	<b>6,500</b>	<b>08:17,9</b>	<b>11,500</b>	<b>14:40,9</b>
1,600	02:02,6	6,600	08:25,5	11,600	14:48,5
1,700	02:10,2	6,700	08:33,2	11,700	14:56,2
1,800	02:17,9	6,800	08:40,9	11,800	15:03,8
1,900	02:25,5	6,900	08:48,5	11,900	15:11,5
<b>2,000</b>	<b>02:33,2</b>	<b>7,000</b>	<b>08:56,2</b>	<b>12,000</b>	<b>15:19,1</b>
2,100	02:40,9	7,100	09:03,8	12,100	15:26,8
2,200	02:48,5	7,200	09:11,5	12,200	15:34,5
2,300	02:56,2	7,300	09:19,1	12,300	15:42,1
2,400	03:03,8	7,400	09:26,8	12,400	15:49,8
<b>2,500</b>	<b>03:11,5</b>	<b>7,500</b>	<b>09:34,5</b>	<b>12,500</b>	<b>15:57,4</b>
2,600	03:19,1	7,600	09:42,1	12,600	16:05,1
2,700	03:26,8	7,700	09:49,8	12,700	16:12,8
2,800	03:34,5	7,800	09:57,4	12,800	16:20,4
2,900	03:42,1	7,900	10:05,1	12,900	16:28,1
<b>3,000</b>	<b>03:49,8</b>	<b>8,000</b>	<b>10:12,8</b>	<b>13,000</b>	<b>16:35,7</b>
3,100	03:57,4	8,100	10:20,4	13,100	16:43,4
3,200	04:05,1	8,200	10:28,1	13,200	16:51,1
3,300	04:12,8	8,300	10:35,7	13,300	16:58,7
3,400	04:20,4	8,400	10:43,4	13,400	17:06,4
<b>3,500</b>	<b>04:28,1</b>	<b>8,500</b>	<b>10:51,1</b>	<b>13,500</b>	<b>17:14,0</b>
3,600	04:35,7	8,600	10:58,7	13,600	17:21,7
3,700	04:43,4	8,700	11:06,4	13,700	17:29,4
3,800	04:51,1	8,800	11:14,0	13,800	17:37,0
3,900	04:58,7	8,900	11:21,7	13,900	17:44,7
<b>4,000</b>	<b>05:06,4</b>	<b>9,000</b>	<b>11:29,4</b>	<b>14,000</b>	<b>17:52,3</b>
4,100	05:14,0	9,100	11:37,0	14,100	18:00,0
4,200	05:21,7	9,200	11:44,7	14,200	18:07,7
4,300	05:29,4	9,300	11:52,3	14,300	18:15,3
4,400	05:37,0	9,400	12:00,0	14,400	18:23,0
<b>4,500</b>	<b>05:44,7</b>	<b>9,500</b>	<b>12:07,7</b>	<b>14,500</b>	<b>18:30,6</b>
4,600	05:52,3	9,600	12:15,3	14,600	18:38,3
4,700	06:00,0	9,700	12:23,0	14,700	18:46,0
4,800	06:07,7	9,800	12:30,6	14,800	18:53,6
4,900	06:15,3	9,900	12:38,3	14,900	19:01,3
<b>5,000</b>	<b>06:23,0</b>	<b>10,000</b>	<b>12:46,0</b>	<b>15,000</b>	<b>19:08,9</b>

**Mitjana: 48 Km./hora (7,50 segons per hectòmetre = 100 metres)**

Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,5	5,100	06:22,5	10,100	12:37,5
0,200	00:15,0	5,200	06:30,0	10,200	12:45,0
0,300	00:22,5	5,300	06:37,5	10,300	12:52,5
0,400	00:30,0	5,400	06:45,0	10,400	13:00,0
<b>0,500</b>	<b>00:37,5</b>	<b>5,500</b>	<b>06:52,5</b>	<b>10,500</b>	<b>13:07,5</b>
0,600	00:45,0	5,600	07:00,0	10,600	13:15,0
0,700	00:52,5	5,700	07:07,5	10,700	13:22,5
0,800	01:00,0	5,800	07:15,0	10,800	13:30,0
0,900	01:07,5	5,900	07:22,5	10,900	13:37,5
<b>1,000</b>	<b>01:15,0</b>	<b>6,000</b>	<b>07:30,0</b>	<b>11,000</b>	<b>13:45,0</b>
1,100	01:22,5	6,100	07:37,5	11,100	13:52,5
1,200	01:30,0	6,200	07:45,0	11,200	14:00,0
1,300	01:37,5	6,300	07:52,5	11,300	14:07,5
1,400	01:45,0	6,400	08:00,0	11,400	14:15,0
<b>1,500</b>	<b>01:52,5</b>	<b>6,500</b>	<b>08:07,5</b>	<b>11,500</b>	<b>14:22,5</b>
1,600	02:00,0	6,600	08:15,0	11,600	14:30,0
1,700	02:07,5	6,700	08:22,5	11,700	14:37,5
1,800	02:15,0	6,800	08:30,0	11,800	14:45,0
1,900	02:22,5	6,900	08:37,5	11,900	14:52,5
<b>2,000</b>	<b>02:30,0</b>	<b>7,000</b>	<b>08:45,0</b>	<b>12,000</b>	<b>15:00,0</b>
2,100	02:37,5	7,100	08:52,5	12,100	15:07,5
2,200	02:45,0	7,200	09:00,0	12,200	15:15,0
2,300	02:52,5	7,300	09:07,5	12,300	15:22,5
2,400	03:00,0	7,400	09:15,0	12,400	15:30,0
<b>2,500</b>	<b>03:07,5</b>	<b>7,500</b>	<b>09:22,5</b>	<b>12,500</b>	<b>15:37,5</b>
2,600	03:15,0	7,600	09:30,0	12,600	15:45,0
2,700	03:22,5	7,700	09:37,5	12,700	15:52,5
2,800	03:30,0	7,800	09:45,0	12,800	16:00,0
2,900	03:37,5	7,900	09:52,5	12,900	16:07,5
<b>3,000</b>	<b>03:45,0</b>	<b>8,000</b>	<b>10:00,0</b>	<b>13,000</b>	<b>16:15,0</b>
3,100	03:52,5	8,100	10:07,5	13,100	16:22,5
3,200	04:00,0	8,200	10:15,0	13,200	16:30,0
3,300	04:07,5	8,300	10:22,5	13,300	16:37,5
3,400	04:15,0	8,400	10:30,0	13,400	16:45,0
<b>3,500</b>	<b>04:22,5</b>	<b>8,500</b>	<b>10:37,5</b>	<b>13,500</b>	<b>16:52,5</b>
3,600	04:30,0	8,600	10:45,0	13,600	17:00,0
3,700	04:37,5	8,700	10:52,5	13,700	17:07,5
3,800	04:45,0	8,800	11:00,0	13,800	17:15,0
3,900	04:52,5	8,900	11:07,5	13,900	17:22,5
<b>4,000</b>	<b>05:00,0</b>	<b>9,000</b>	<b>11:15,0</b>	<b>14,000</b>	<b>17:30,0</b>
4,100	05:07,5	9,100	11:22,5	14,100	17:37,5
4,200	05:15,0	9,200	11:30,0	14,200	17:45,0
4,300	05:22,5	9,300	11:37,5	14,300	17:52,5
4,400	05:30,0	9,400	11:45,0	14,400	18:00,0
<b>4,500</b>	<b>05:37,5</b>	<b>9,500</b>	<b>11:52,5</b>	<b>14,500</b>	<b>18:07,5</b>
4,600	05:45,0	9,600	12:00,0	14,600	18:15,0
4,700	05:52,5	9,700	12:07,5	14,700	18:22,5
4,800	06:00,0	9,800	12:15,0	14,800	18:30,0
4,900	06:07,5	9,900	12:22,5	14,900	18:37,5
<b>5,000</b>	<b>06:15,0</b>	<b>10,000</b>	<b>12:30,0</b>	<b>15,000</b>	<b>18:45,0</b>

**Mitjana: 49 Km./hora (7,35 segons per hectòmetre = 100 metres)**

Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,3	5,100	06:14,7	10,100	12:22,1
0,200	00:14,7	5,200	06:22,0	10,200	12:29,4
0,300	00:22,0	5,300	06:29,4	10,300	12:36,7
0,400	00:29,4	5,400	06:36,7	10,400	12:44,1
<b>0,500</b>	<b>00:36,7</b>	<b>5,500</b>	<b>06:44,1</b>	<b>10,500</b>	<b>12:51,4</b>
0,600	00:44,1	5,600	06:51,4	10,600	12:58,8
0,700	00:51,4	5,700	06:58,8	10,700	13:06,1
0,800	00:58,8	5,800	07:06,1	10,800	13:13,5
0,900	01:06,1	5,900	07:13,5	10,900	13:20,8
<b>1,000</b>	<b>01:13,5</b>	<b>6,000</b>	<b>07:20,8</b>	<b>11,000</b>	<b>13:28,2</b>
1,100	01:20,8	6,100	07:28,2	11,100	13:35,5
1,200	01:28,2	6,200	07:35,5	11,200	13:42,9
1,300	01:35,5	6,300	07:42,9	11,300	13:50,2
1,400	01:42,9	6,400	07:50,2	11,400	13:57,6
<b>1,500</b>	<b>01:50,2</b>	<b>6,500</b>	<b>07:57,6</b>	<b>11,500</b>	<b>14:04,9</b>
1,600	01:57,6	6,600	08:04,9	11,600	14:12,3
1,700	02:04,9	6,700	08:12,3	11,700	14:19,6
1,800	02:12,2	6,800	08:19,6	11,800	14:26,9
1,900	02:19,6	6,900	08:26,9	11,900	14:34,3
<b>2,000</b>	<b>02:26,9</b>	<b>7,000</b>	<b>08:34,3</b>	<b>12,000</b>	<b>14:41,6</b>
2,100	02:34,3	7,100	08:41,6	12,100	14:49,0
2,200	02:41,6	7,200	08:49,0	12,200	14:56,3
2,300	02:49,0	7,300	08:56,3	12,300	15:03,7
2,400	02:56,3	7,400	09:03,7	12,400	15:11,0
<b>2,500</b>	<b>03:03,7</b>	<b>7,500</b>	<b>09:11,0</b>	<b>12,500</b>	<b>15:18,4</b>
2,600	03:11,0	7,600	09:18,4	12,600	15:25,7
2,700	03:18,4	7,700	09:25,7	12,700	15:33,1
2,800	03:25,7	7,800	09:33,1	12,800	15:40,4
2,900	03:33,1	7,900	09:40,4	12,900	15:47,8
<b>3,000</b>	<b>03:40,4</b>	<b>8,000</b>	<b>09:47,8</b>	<b>13,000</b>	<b>15:55,1</b>
3,100	03:47,8	8,100	09:55,1	13,100	16:02,5
3,200	03:55,1	8,200	10:02,5	13,200	16:09,8
3,300	04:02,5	8,300	10:09,8	13,300	16:17,2
3,400	04:09,8	8,400	10:17,2	13,400	16:24,5
<b>3,500</b>	<b>04:17,1</b>	<b>8,500</b>	<b>10:24,5</b>	<b>13,500</b>	<b>16:31,8</b>
3,600	04:24,5	8,600	10:31,8	13,600	16:39,2
3,700	04:31,8	8,700	10:39,2	13,700	16:46,5
3,800	04:39,2	8,800	10:46,5	13,800	16:53,9
3,900	04:46,5	8,900	10:53,9	13,900	17:01,2
<b>4,000</b>	<b>04:53,9</b>	<b>9,000</b>	<b>11:01,2</b>	<b>14,000</b>	<b>17:08,6</b>
4,100	05:01,2	9,100	11:08,6	14,100	17:15,9
4,200	05:08,6	9,200	11:15,9	14,200	17:23,3
4,300	05:15,9	9,300	11:23,3	14,300	17:30,6
4,400	05:23,3	9,400	11:30,6	14,400	17:38,0
<b>4,500</b>	<b>05:30,6</b>	<b>9,500</b>	<b>11:38,0</b>	<b>14,500</b>	<b>17:45,3</b>
4,600	05:38,0	9,600	11:45,3	14,600	17:52,7
4,700	05:45,3	9,700	11:52,7	14,700	18:00,0
4,800	05:52,7	9,800	12:00,0	14,800	18:07,4
4,900	06:00,0	9,900	12:07,4	14,900	18:14,7
<b>5,000</b>	<b>06:07,4</b>	<b>10,000</b>	<b>12:14,7</b>	<b>15,000</b>	<b>18:22,1</b>

**Mitjana: 49,50 Km./hora (7,27 segons per hectòmetre = 100 metres)**

Km.	Temps	Km.	Temps	Km.	Temps
0,100	00:07,3	5,100	06:10,9	10,100	12:14,5
0,200	00:14,5	5,200	06:18,2	10,200	12:21,8
0,300	00:21,8	5,300	06:25,5	10,300	12:29,1
0,400	00:29,1	5,400	06:32,7	10,400	12:36,4
<b>0,500</b>	<b>00:36,4</b>	<b>5,500</b>	<b>06:40,0</b>	<b>10,500</b>	<b>12:43,6</b>
0,600	00:43,6	5,600	06:47,3	10,600	12:50,9
0,700	00:50,9	5,700	06:54,5	10,700	12:58,2
0,800	00:58,2	5,800	07:01,8	10,800	13:05,5
0,900	01:05,5	5,900	07:09,1	10,900	13:12,7
<b>1,000</b>	<b>01:12,7</b>	<b>6,000</b>	<b>07:16,4</b>	<b>11,000</b>	<b>13:20,0</b>
1,100	01:20,0	6,100	07:23,6	11,100	13:27,3
1,200	01:27,3	6,200	07:30,9	11,200	13:34,5
1,300	01:34,5	6,300	07:38,2	11,300	13:41,8
1,400	01:41,8	6,400	07:45,5	11,400	13:49,1
<b>1,500</b>	<b>01:49,1</b>	<b>6,500</b>	<b>07:52,7</b>	<b>11,500</b>	<b>13:56,4</b>
1,600	01:56,4	6,600	08:00,0	11,600	14:03,6
1,700	02:03,6	6,700	08:07,3	11,700	14:10,9
1,800	02:10,9	6,800	08:14,5	11,800	14:18,2
1,900	02:18,2	6,900	08:21,8	11,900	14:25,5
<b>2,000</b>	<b>02:25,5</b>	<b>7,000</b>	<b>08:29,1</b>	<b>12,000</b>	<b>14:32,7</b>
2,100	02:32,7	7,100	08:36,4	12,100	14:40,0
2,200	02:40,0	7,200	08:43,6	12,200	14:47,3
2,300	02:47,3	7,300	08:50,9	12,300	14:54,5
2,400	02:54,5	7,400	08:58,2	12,400	15:01,8
<b>2,500</b>	<b>03:01,8</b>	<b>7,500</b>	<b>09:05,5</b>	<b>12,500</b>	<b>15:09,1</b>
2,600	03:09,1	7,600	09:12,7	12,600	15:16,4
2,700	03:16,4	7,700	09:20,0	12,700	15:23,6
2,800	03:23,6	7,800	09:27,3	12,800	15:30,9
2,900	03:30,9	7,900	09:34,5	12,900	15:38,2
<b>3,000</b>	<b>03:38,2</b>	<b>8,000</b>	<b>09:41,8</b>	<b>13,000</b>	<b>15:45,5</b>
3,100	03:45,5	8,100	09:49,1	13,100	15:52,7
3,200	03:52,7	8,200	09:56,4	13,200	16:00,0
3,300	04:00,0	8,300	10:03,6	13,300	16:07,3
3,400	04:07,3	8,400	10:10,9	13,400	16:14,5
<b>3,500</b>	<b>04:14,5</b>	<b>8,500</b>	<b>10:18,2</b>	<b>13,500</b>	<b>16:21,8</b>
3,600	04:21,8	8,600	10:25,5	13,600	16:29,1
3,700	04:29,1	8,700	10:32,7	13,700	16:36,4
3,800	04:36,4	8,800	10:40,0	13,800	16:43,6
3,900	04:43,6	8,900	10:47,3	13,900	16:50,9
<b>4,000</b>	<b>04:50,9</b>	<b>9,000</b>	<b>10:54,5</b>	<b>14,000</b>	<b>16:58,2</b>
4,100	04:58,2	9,100	11:01,8	14,100	17:05,5
4,200	05:05,5	9,200	11:09,1	14,200	17:12,7
4,300	05:12,7	9,300	11:16,4	14,300	17:20,0
4,400	05:20,0	9,400	11:23,6	14,400	17:27,3
<b>4,500</b>	<b>05:27,3</b>	<b>9,500</b>	<b>11:30,9</b>	<b>14,500</b>	<b>17:34,5</b>
4,600	05:34,5	9,600	11:38,2	14,600	17:41,8
4,700	05:41,8	9,700	11:45,5	14,700	17:49,1
4,800	05:49,1	9,800	11:52,7	14,800	17:56,4
4,900	05:56,4	9,900	12:00,0	14,900	18:03,6
<b>5,000</b>	<b>06:03,6</b>	<b>10,000</b>	<b>12:07,3</b>	<b>15,000</b>	<b>18:10,9</b>