



Beregning af etapetider fra 4,5 km - 10 km i timen

Hastighed	4,5 km/t	5 km/t	5,5 km/t	6 km/t	6,5 km/t	7 km/t	8 km/t	9 km/t	10 km/t	→ km/t
Distance	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss
0,1 km	00:01:20	00:01:12	00:01:06	00:01:00	00:00:55	00:00:51	00:00:00	00:00:40	00:00:36	
0,2 km	00:02:40	00:02:24	00:02:13	00:02:00	00:01:51	00:01:43	00:01:30	00:01:20	00:01:12	
0,3 km	00:04:00	00:03:36	00:03:20	00:03:00	00:02:46	00:02:34	00:02:15	00:02:00	00:01:48	
0,4 km	00:05:20	00:04:48	00:04:26	00:04:00	00:03:41	00:03:26	00:02:60	00:02:40	00:02:24	
0,5 km	00:06:40	00:06:00	00:05:33	00:05:00	00:04:36	00:04:17	00:03:45	00:03:20	00:03:00	
1,0 km	00:13:20	00:12:00	00:11:07	00:10:00	00:09:14	00:08:34	00:07:30	00:06:40	00:06:00	
2,0 km	00:26:40	00:24:00	00:22:13	00:20:00	00:18:28	00:17:09	00:15:00	00:13:20	00:12:00	
3,0 km	00:40:00	00:36:00	00:32:43	00:30:00	00:27:41	00:25:42	00:22:30	00:20:00	00:18:00	
4,0 km	00:53:20	00:48:00	00:43:38	00:40:00	00:36:55	00:34:17	00:30:00	00:26:40	00:24:00	
5,0 km	01:06:40	01:00:00	00:54:32	00:50:00	00:46:09	00:42:51	00:37:30	00:33:20	00:30:00	
6,0 km	01:20:00	01:12:00	01:05:27	00:01:00	00:55:23	00:51:25	00:45:00	00:40:00	00:36:00	
7,0 km	01:33:20	01:24:00	01:16:21	00:01:10	01:04:36	01:00:00	00:52:30	00:46:40	00:42:00	
8,0 km	01:46:40	01:36:00	01:27:16	00:01:20	01:13:50	01:08:34	01:00:00	00:53:20	00:48:00	
9,0 km	02:00:00	01:48:00	01:38:10	00:01:30	01:23:04	01:17:08	01:07:30	00:01:00	00:54:00	
10,0 km	02:13:20	02:00:00	01:49:05	00:01:40	01:32:18	01:25:42	01:15:00	01:06:40	01:00:00	
11,0 km						01:34:17	01:22:30	01:13:20	01:06:00	
12,0 km						01:42:51	01:30:00	01:20:00	01:12:00	
13,0 km						01:51:25	01:37:30	01:26:40	01:18:00	
14,0 km						02:00:00	01:45:00	01:33:20	01:24:00	
15,0 km						02:08:34	01:52:30	01:40:00	01:30:00	
16,0 km						02:17:08	02:00:00	01:46:40	01:36:00	
17,0 km						02:25:42	02:07:30	01:53:20	01:42:00	
18,0 km						02:34:17	02:15:00	02:00:00	01:48:00	
19,0 km						02:42:51	02:22:30	02:06:40	01:54:00	
20,0 km						02:51:25	02:30:00	02:13:20	02:00:00	



Beregning af etapetider fra 11 km - 20 km i timen

Hastighed	11 km/t	12 km/t	13 km/t	14 km/t	15 km/t	16 km/t	17 km/t	18 km/t	19 km/t	20 km/t
Distance	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss	tt:mm:ss
0,1 km	00:00:33	00:00:30	00:00:28	00:00:26	00:00:24	00:00:23	00:00:21	00:00:20	00:00:19	00:00:18
0,2 km	00:01:05	00:01:00	00:00:55	00:00:52	00:00:48	00:00:45	00:00:43	00:00:40	00:00:38	00:00:36
0,3 km	00:01:38	00:01:30	00:01:23	00:01:17	00:01:12	00:01:08	00:01:04	00:01:00	00:00:57	00:00:54
0,4 km	00:02:11	00:02:00	00:01:51	00:01:43	00:01:36	00:01:30	00:01:25	00:01:20	00:01:16	00:01:12
0,5 km	00:02:44	00:02:30	00:02:19	00:02:08	00:02:00	00:01:53	00:01:46	00:01:40	00:01:35	00:01:30
1,0 km	00:05:27	00:05:00	00:04:37	00:04:17	00:04:00	00:03:45	00:03:32	00:03:20	00:03:09	00:03:00
2,0 km	00:10:55	00:10:00	00:09:14	00:08:34	00:08:00	00:07:30	00:07:04	00:06:40	00:06:19	00:06:00
3,0 km	00:16:22	00:15:00	00:13:51	00:12:51	00:12:00	00:11:15	00:10:35	00:10:00	00:09:28	00:09:00
4,0 km	00:21:49	00:20:00	00:18:28	00:17:08	00:16:00	00:15:00	00:14:07	00:13:20	00:12:38	00:12:00
5,0 km	00:27:16	00:25:00	00:23:05	00:21:25	00:20:00	00:18:45	00:17:39	00:16:40	00:15:47	00:15:00
6,0 km	00:32:43	00:30:00	00:27:42	00:25:43	00:24:00	00:22:30	00:21:11	00:20:00	00:18:57	00:18:00
7,0 km	00:38:11	00:35:00	00:32:18	00:30:00	00:28:00	00:26:15	00:24:42	00:23:20	00:22:06	00:21:00
8,0 km	00:43:38	00:40:00	00:36:55	00:34:17	00:32:00	00:30:00	00:28:14	00:26:40	00:25:16	00:24:00
9,0 km	00:49:05	00:45:00	00:41:32	00:38:34	00:36:00	00:33:45	00:31:46	00:30:00	00:28:25	00:27:00
10,0 km	00:54:33	00:50:00	00:46:09	00:42:51	00:40:00	00:37:30	00:35:17	00:33:20	00:31:35	00:30:00
11,0 km	01:00:00	00:55:00	00:50:46	00:47:08	00:44:00	00:41:15	00:38:49	00:36:10	00:34:44	00:33:00
12,0 km	01:05:27	01:00:00	00:55:23	00:51:25	00:48:00	00:45:00	00:42:21	00:40:00	00:37:53	00:36:00
13,0 km	01:10:54	01:05:00	01:00:00	00:55:42	00:52:00	00:48:45	00:45:52	00:43:20	00:41:03	00:39:00
14,0 km	01:16:21	01:10:00	01:04:36	01:00:00	00:56:00	00:52:30	00:49:24	00:46:40	00:44:12	00:42:00
15,0 km	01:21:49	01:15:00	01:09:13	01:04:17	01:00:00	00:56:15	00:52:56	00:50:00	00:47:22	00:45:00
16,0 km	01:27:16	01:20:00	01:13:50	01:08:34	01:04:00	01:00:00	00:56:28	00:53:20	00:50:31	00:48:00
17,0 km	01:32:43	01:25:00	01:18:27	01:12:51	01:08:00	01:03:45	01:00:00	00:56:40	00:53:41	00:51:00
18,0 km	01:38:10	01:30:00	01:23:04	01:17:08	01:12:00	01:07:30	01:03:31	01:00:00	00:56:50	00:54:00
19,0 km	01:43:38	01:35:00	01:27:41	01:21:25	01:16:00	01:11:15	01:07:03	01:03:20	01:00:00	00:57:00
20,0 km	01:49:05	01:40:00	01:32:18	01:25:42	01:20:00	01:15:00	01:10:35	01:06:40	01:03:09	01:00:00