

Speeds and Distances

	Distance (metres)	Speed (m/min)	Optimum Time	Time Allowed
70cm R & T Phase	2,400	150	16 mins 00 secs.	19 mins 12 secs.
70cm Phase D	1781	420	4 mins 14 secs	8 mins 28 secs
80cm Phase A	2,850	200	14 mins 15 secs.	17 mins 04 sec
80cm Phase B	900	475	2 mins 00 secs.	8 mins 00 secs.
80cm Phase C	2,400	150	16 mins 00 secs.	19 mins 12 secs.
80cm Phase D	1924	435	4 mins 25 secs	8 mins 50 secs
90cm Phase A	2,850	200	14 mins 15 secs.	17 mins 04 sec
90cm Phase B	1,000	500	2 mins 00 secs	8 mins 00 secs.
90cm Phase C	2,400	150	16 mins 00 secs.	19 mins 12 secs.
90cm Phase D	1957	450	4 mins 21 secs	8 mins 42 secs
100cm Phase A	2,850	200	14 mins 15 secs.	17 mins 04 sec
100cm Phase B	1,000	500	2 mins 00 secs	8 mins 00 secs
100cm Phase C	2,400	150	16 mins 00 secs.	19 mins 12 secs.
100cm Phase D	1937	475	4 mins 05 secs	8 mins 10 secs