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100m	3 mins	2 mins	1.5 mins	1.2 mins	1 min
200m	6 mins	4 mins	3 mins	2.4 mins	2 mins
300m	9 mins	6 mins	4.5 mins	3.6 mins	3 mins
400m	12 mins	8 mins	6 mins	4.8 mins	4 mins
500m	15 mins	10 mins	7.5 mins	6 mins	5 mins
1km	30 mins	20 mins	15 mins	12 mins	10 mins

**Add 1 minute for every (10m) contour uphill**  
**Remember, these are walking times, add extra time for any stops you make.**



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