# 1 km rating tabel

Rating 800 ELO, Distance 1.00 km, Speed 6.09 km/h Time 0 hours 9 minutes 51 seconds.

Rating 850 ELO, Distance 1.00 km, Speed 6.46 km/h Time 0 hours 9 minutes 17 seconds.

Rating 900 ELO, Distance 1.00 km, Speed 6.83 km/h Time 0 hours 8 minutes 47 seconds.

Rating 950 ELO, Distance 1.00 km, Speed 7.20 km/h Time 0 hours 8 minutes 20 seconds.

Rating 1000 ELO, Distance 1.00 km, Speed 7.57 km/h Time 0 hours 7 minutes 55 seconds.

Rating 1050 ELO, Distance 1.00 km, Speed 7.94 km/h Time 0 hours 7 minutes 33 seconds.

Rating 1100 ELO, Distance 1.00 km, Speed 8.31 km/h Time 0 hours 7 minutes 13 seconds.

Rating 1150 ELO, Distance 1.00 km, Speed 8.69 km/h Time 0 hours 6 minutes 54 seconds.

Rating 1200 ELO, Distance 1.00 km, Speed 9.06 km/h Time 0 hours 6 minutes 38 seconds.

Rating 1250 ELO, Distance 1.00 km, Speed 9.43 km/h Time 0 hours 6 minutes 22 seconds.

Rating 1300 ELO, Distance 1.00 km, Speed 9.80 km/h Time 0 hours 6 minutes 7 seconds.

Rating 1350 ELO, Distance 1.00 km, Speed 10.20 km/h Time 0 hours 5 minutes 53 seconds.

Rating 1400 ELO, Distance 1.00 km, Speed 10.64 km/h Time 0 hours 5 minutes 38 seconds. Rating 1450 ELO, Distance 1.00 km, Speed 11.09 km/h Time 0 hours 5 minutes 25 seconds.

Rating 1500 ELO, Distance 1.00 km, Speed 11.53 km/h Time 0 hours 5 minutes 12 seconds.

Rating 1550 ELO, Distance 1.00 km, Speed 11.98 km/h Time 0 hours 5 minutes 1 seconds.

Rating 1600 ELO, Distance 1.00 km, Speed 12.42 km/h Time 0 hours 4 minutes 50 seconds.

Rating 1650 ELO, Distance 1.00 km, Speed 12.87 km/h Time 0 hours 4 minutes 40 seconds.

Rating 1700 ELO, Distance 1.00 km, Speed 13.31 km/h Time 0 hours 4 minutes 30 seconds.

Rating 1750 ELO, Distance 1.00 km, Speed 13.76 km/h Time 0 hours 4 minutes 22 seconds.

Rating 1800 ELO, Distance 1.00 km, Speed 14.20 km/h Time 0 hours 4 minutes 14 seconds.

Rating 1850 ELO, Distance 1.00 km, Speed 14.64 km/h Time 0 hours 4 minutes 6 seconds.

Rating 1900 ELO, Distance 1.00 km, Speed 15.11 km/h Time 0 hours 3 minutes 58 seconds.

Rating 1950 ELO, Distance 1.00 km, Speed 15.67 km/h Time 0 hours 3 minutes 50 seconds.

Rating 2000 ELO, Distance 1.00 km, Speed 16.22 km/h Time 0 hours 3 minutes 42 seconds.

Rating 2050 ELO, Distance 1.00 km, Speed 16.78 km/h Time 0 hours 3 minutes 35 seconds.

Rating 2100 ELO, Distance 1.00 km, Speed 17.33 km/h Time 0 hours 3 minutes 28 seconds.

Rating 2150 ELO, Distance 1.00 km, Speed 17.89 km/h Time 0 hours 3 minutes 21 seconds.

Rating 2200 ELO, Distance 1.00 km, Speed 18.44 km/h Time 0 hours 3 minutes 15 seconds.

Rating 2250 ELO, Distance 1.00 km, Speed 19.00 km/h Time 0 hours 3 minutes 9 seconds.

Rating 2300 ELO, Distance 1.00 km, Speed 19.56 km/h Time 0 hours 3 minutes 4 seconds.

Rating 2350 ELO, Distance 1.00 km, Speed 20.11 km/h Time 0 hours 2 minutes 59 seconds.

Rating 2400 ELO, Distance 1.00 km, Speed 20.67 km/h Time 0 hours 2 minutes 54 seconds.

Rating 2450 ELO, Distance 1.00 km, Speed 21.22 km/h Time 0 hours 2 minutes 50 seconds.

Rating 2500 ELO, Distance 1.00 km, Speed 21.78 km/h Time 0 hours 2 minutes 45 seconds.

Rating 2550 ELO, Distance 1.00 km, Speed 22.33 km/h Time 0 hours 2 minutes 41 seconds.

Rating 2600 ELO, Distance 1.00 km, Speed 22.89 km/h Time 0 hours 2 minutes 37 seconds.

Rating 2650 ELO, Distance 1.00 km, Speed 23.44 km/h Time 0 hours 2 minutes 34 seconds.

Rating 2700 ELO, Distance 1.00 km, Speed 24.00 km/h Time 0 hours 2 minutes 30 seconds.

Rating 2750 ELO, Distance 1.00 km, Speed 24.56 km/h Time 0 hours 2 minutes 27 seconds.

Rating 2800 ELO, Distance 1.00 km, Speed 25.11 km/h Time 0 hours 2 minutes 23 seconds.

Rating 2850 ELO, Distance 1.00 km, Speed 25.67 km/h Time 0 hours 2 minutes 20 seconds.

Rating 2900 ELO, Distance 1.00 km, Speed 26.22 km/h Time 0 hours 2 minutes 17 seconds.

Rating 2950 ELO, Distance 1.00 km, Speed 26.78 km/h Time 0 hours 2 minutes 14 seconds.

Rating 3000 ELO, Distance 1.00 km, Speed 27.33 km/h Time 0 hours 2 minutes 12 seconds.

Rating 3050 ELO, Distance 1.00 km, Speed 27.89 km/h Time 0 hours 2 minutes 9 seconds.

Rating 3100 ELO, Distance 1.00 km, Speed 28.44 km/h Time 0 hours 2 minutes 7 seconds.

Rating 3150 ELO, Distance 1.00 km, Speed 29.00 km/h Time 0 hours 2 minutes 4 seconds.

Rating 3200 ELO, Distance 1.00 km, Speed 29.56 km/h Time 0 hours 2 minutes 2 seconds.

Rating 3250 ELO, Distance 1.00 km, Speed 30.11 km/h Time 0 hours 2 minutes 0 seconds.

Rating 3300 ELO, Distance 1.00 km, Speed 30.67 km/h Time 0 hours 1 minutes 57 seconds.

Rating 3350 ELO, Distance 1.00 km, Speed 31.22 km/h Time 0 hours 1 minutes 55 seconds.

Rating 3400 ELO, Distance 1.00 km, Speed 31.78 km/h Time 0 hours 1 minutes 53 seconds.

Rating 3450 ELO, Distance 1.00 km, Speed 32.33 km/h Time 0 hours 1 minutes 51 seconds.

Rating 3500 ELO, Distance 1.00 km, Speed 32.89 km/h Time 0 hours 1 minutes 49 seconds.

# 2 km rating tabel

Rating 800 ELO, Distance 2.00 km, Speed 5.93 km/h Time 0 hours 20 minutes 14 seconds.

Rating 850 ELO, Distance 2.00 km, Speed 6.29 km/h Time 0 hours 19 minutes 4 seconds.

Rating 900 ELO, Distance 2.00 km, Speed 6.65 km/h Time 0 hours 18 minutes 2 seconds.

Rating 950 ELO, Distance 2.00 km, Speed 7.01 km/h Time 0 hours 17 minutes 7 seconds.

Rating 1000 ELO, Distance 2.00 km, Speed 7.37 km/h Time 0 hours 16 minutes 16 seconds.

Rating 1050 ELO, Distance 2.00 km, Speed 7.73 km/h Time 0 hours 15 minutes 31 seconds.

Rating 1100 ELO, Distance 2.00 km, Speed 8.09 km/h Time 0 hours 14 minutes 49 seconds.

Rating 1150 ELO, Distance 2.00 km, Speed 8.45 km/h Time 0 hours 14 minutes 12 seconds.

Rating 1200 ELO, Distance 2.00 km, Speed 8.82 km/h Time 0 hours 13 minutes 37 seconds.

Rating 1250 ELO, Distance 2.00 km, Speed 9.18 km/h Time 0 hours 13 minutes 5 seconds.

Rating 1300 ELO, Distance 2.00 km, Speed 9.54 km/h Time 0 hours 12 minutes 35 seconds.

Rating 1350 ELO, Distance 2.00 km, Speed 9.90 km/h Time 0 hours 12 minutes 8 seconds.

Rating 1400 ELO, Distance 2.00 km, Speed 10.31 km/h Time 0 hours 11 minutes 38 seconds.

Rating 1450 ELO, Distance 2.00 km, Speed 10.74 km/h Time 0 hours 11 minutes 10 seconds.

Rating 1500 ELO, Distance 2.00 km, Speed 11.17 km/h Time 0 hours 10 minutes 44 seconds.

Rating 1550 ELO, Distance 2.00 km, Speed 11.61 km/h Time 0 hours 10 minutes 20 seconds.

Rating 1600 ELO, Distance 2.00 km, Speed 12.04 km/h Time 0 hours 9 minutes 58 seconds.

Rating 1650 ELO, Distance 2.00 km, Speed 12.47 km/h Time 0 hours 9 minutes 37 seconds.

Rating 1700 ELO, Distance 2.00 km, Speed 12.90 km/h Time 0 hours 9 minutes 18 seconds.

Rating 1750 ELO, Distance 2.00 km, Speed 13.34 km/h Time 0 hours 9 minutes 0 seconds.

Rating 1800 ELO, Distance 2.00 km, Speed 13.77 km/h Time 0 hours 8 minutes 43 seconds.

Rating 1850 ELO, Distance 2.00 km, Speed 14.20 km/h Time 0 hours 8 minutes 27 seconds.

Rating 1900 ELO, Distance 2.00 km, Speed 14.63 km/h Time 0 hours 8 minutes 12 seconds.

Rating 1950 ELO, Distance 2.00 km, Speed 15.08 km/h Time 0 hours 7 minutes 57 seconds.

Rating 2000 ELO, Distance 2.00 km, Speed 15.62 km/h Time 0 hours 7 minutes 41 seconds.

Rating 2050 ELO, Distance 2.00 km, Speed 16.16 km/h Time 0 hours 7 minutes 25 seconds.

Rating 2100 ELO, Distance 2.00 km, Speed 16.70 km/h Time 0 hours 7 minutes 11 seconds.

Rating 2150 ELO, Distance 2.00 km, Speed 17.24 km/h Time 0 hours 6 minutes 58 seconds.

Rating 2200 ELO, Distance 2.00 km, Speed 17.78 km/h Time 0 hours 6 minutes 45 seconds.

Rating 2250 ELO, Distance 2.00 km, Speed 18.32 km/h Time 0 hours 6 minutes 33 seconds.

Rating 2300 ELO, Distance 2.00 km, Speed 18.86 km/h Time 0 hours 6 minutes 22 seconds.

Rating 2350 ELO, Distance 2.00 km, Speed 19.41 km/h Time 0 hours 6 minutes 11 seconds.

Rating 2400 ELO, Distance 2.00 km, Speed 19.95 km/h Time 0 hours 6 minutes 1 seconds.

Rating 2450 ELO, Distance 2.00 km, Speed 20.49 km/h Time 0 hours 5 minutes 51 seconds.

Rating 2500 ELO, Distance 2.00 km, Speed 21.03 km/h Time 0 hours 5 minutes 42 seconds.

Rating 2550 ELO, Distance 2.00 km, Speed 21.57 km/h Time 0 hours 5 minutes 34 seconds.

Rating 2600 ELO, Distance 2.00 km, Speed 22.11 km/h Time 0 hours 5 minutes 26 seconds.

Rating 2650 ELO, Distance 2.00 km, Speed 22.65 km/h Time 0 hours 5 minutes 18 seconds.

Rating 2700 ELO, Distance 2.00 km, Speed 23.19 km/h Time 0 hours 5 minutes 10 seconds.

Rating 2750 ELO, Distance 2.00 km, Speed 23.73 km/h Time 0 hours 5 minutes 3 seconds.

Rating 2800 ELO, Distance 2.00 km, Speed 24.27 km/h Time 0 hours 4 minutes 57 seconds.

Rating 2850 ELO, Distance 2.00 km, Speed 24.81 km/h Time 0 hours 4 minutes 50 seconds.

Rating 2900 ELO, Distance 2.00 km, Speed 25.35 km/h Time 0 hours 4 minutes 44 seconds.

Rating 2950 ELO, Distance 2.00 km, Speed 25.89 km/h Time 0 hours 4 minutes 38 seconds.

Rating 3000 ELO, Distance 2.00 km, Speed 26.43 km/h Time 0 hours 4 minutes 32 seconds.

Rating 3050 ELO, Distance 2.00 km, Speed 26.97 km/h Time 0 hours 4 minutes 27 seconds.

Rating 3100 ELO, Distance 2.00 km, Speed 27.51 km/h Time 0 hours 4 minutes 22 seconds.

Rating 3150 ELO, Distance 2.00 km, Speed 28.05 km/h Time 0 hours 4 minutes 17 seconds.

Rating 3200 ELO, Distance 2.00 km, Speed 28.59 km/h Time 0 hours 4 minutes 12 seconds.

Rating 3250 ELO, Distance 2.00 km, Speed 29.14 km/h Time 0 hours 4 minutes 7 seconds.

Rating 3300 ELO, Distance 2.00 km, Speed 29.68 km/h Time 0 hours 4 minutes 3 seconds.

Rating 3350 ELO, Distance 2.00 km, Speed 30.22 km/h Time 0 hours 3 minutes 58 seconds.

Rating 3400 ELO, Distance 2.00 km, Speed 30.76 km/h Time 0 hours 3 minutes 54 seconds.

Rating 3450 ELO, Distance 2.00 km, Speed 31.30 km/h Time 0 hours 3 minutes 50 seconds.

Rating 3500 ELO, Distance 2.00 km, Speed 31.84 km/h Time 0 hours 3 minutes 46 seconds.

# 3 km rating tabel

Rating 800 ELO, Distance 3.00 km, Speed 5.78 km/h Time 0 hours 31 minutes 8 seconds.

Rating 850 ELO, Distance 3.00 km, Speed 6.13 km/h Time 0 hours 29 minutes 21 seconds.

Rating 900 ELO, Distance 3.00 km, Speed 6.48 km/h Time 0 hours 27 minutes 46 seconds.

Rating 950 ELO, Distance 3.00 km, Speed 6.83 km/h Time 0 hours 26 minutes 20 seconds.

Rating 1000 ELO, Distance 3.00 km, Speed 7.18 km/h Time 0 hours 25 minutes 3 seconds.

Rating 1050 ELO, Distance 3.00 km, Speed 7.54 km/h Time 0 hours 23 minutes 53 seconds.

Rating 1100 ELO, Distance 3.00 km, Speed 7.89 km/h Time 0 hours 22 minutes 50 seconds.

Rating 1150 ELO, Distance 3.00 km, Speed 8.24 km/h Time 0 hours 21 minutes 51 seconds.

Rating 1200 ELO, Distance 3.00 km, Speed 8.59 km/h Time 0 hours 20 minutes 58 seconds.

Rating 1250 ELO, Distance 3.00 km, Speed 8.94 km/h Time 0 hours 20 minutes 8 seconds.

Rating 1300 ELO, Distance 3.00 km, Speed 9.29 km/h Time 0 hours 19 minutes 23 seconds.

Rating 1350 ELO, Distance 3.00 km, Speed 9.64 km/h Time 0 hours 18 minutes 40 seconds.

Rating 1400 ELO, Distance 3.00 km, Speed 9.99 km/h Time 0 hours 18 minutes 1 seconds.

Rating 1450 ELO, Distance 3.00 km, Speed 10.41 km/h Time 0 hours 17 minutes 17 seconds.

Rating 1500 ELO, Distance 3.00 km, Speed 10.83 km/h Time 0 hours 16 minutes 37 seconds.

Rating 1550 ELO, Distance 3.00 km, Speed 11.25 km/h Time 0 hours 16 minutes 0 seconds.

Rating 1600 ELO, Distance 3.00 km, Speed 11.67 km/h Time 0 hours 15 minutes 25 seconds.

Rating 1650 ELO, Distance 3.00 km, Speed 12.09 km/h Time 0 hours 14 minutes 53 seconds.

Rating 1700 ELO, Distance 3.00 km, Speed 12.52 km/h Time 0 hours 14 minutes 23 seconds.

Rating 1750 ELO, Distance 3.00 km, Speed 12.94 km/h Time 0 hours 13 minutes 55 seconds.

Rating 1800 ELO, Distance 3.00 km, Speed 13.36 km/h Time 0 hours 13 minutes 29 seconds.

Rating 1850 ELO, Distance 3.00 km, Speed 13.78 km/h Time 0 hours 13 minutes 4 seconds.

Rating 1900 ELO, Distance 3.00 km, Speed 14.20 km/h Time 0 hours 12 minutes 41 seconds.

Rating 1950 ELO, Distance 3.00 km, Speed 14.62 km/h Time 0 hours 12 minutes 19 seconds.

Rating 2000 ELO, Distance 3.00 km, Speed 15.05 km/h Time 0 hours 11 minutes 57 seconds.

Rating 2050 ELO, Distance 3.00 km, Speed 15.58 km/h Time 0 hours 11 minutes 33 seconds.

Rating 2100 ELO, Distance 3.00 km, Speed 16.11 km/h Time 0 hours 11 minutes 11 seconds. Rating 2150 ELO, Distance 3.00 km, Speed 16.63 km/h Time 0 hours 10 minutes 49 seconds.

Rating 2200 ELO, Distance 3.00 km, Speed 17.16 km/h Time 0 hours 10 minutes 29 seconds.

Rating 2250 ELO, Distance 3.00 km, Speed 17.68 km/h Time 0 hours 10 minutes 11 seconds.

Rating 2300 ELO, Distance 3.00 km, Speed 18.21 km/h Time 0 hours 9 minutes 53 seconds.

Rating 2350 ELO, Distance 3.00 km, Speed 18.74 km/h Time 0 hours 9 minutes 36 seconds.

Rating 2400 ELO, Distance 3.00 km, Speed 19.26 km/h Time 0 hours 9 minutes 21 seconds.

Rating 2450 ELO, Distance 3.00 km, Speed 19.79 km/h Time 0 hours 9 minutes 6 seconds.

Rating 2500 ELO, Distance 3.00 km, Speed 20.32 km/h Time 0 hours 8 minutes 52 seconds.

Rating 2550 ELO, Distance 3.00 km, Speed 20.84 km/h Time 0 hours 8 minutes 38 seconds.

Rating 2600 ELO, Distance 3.00 km, Speed 21.37 km/h Time 0 hours 8 minutes 25 seconds.

Rating 2650 ELO, Distance 3.00 km, Speed 21.89 km/h Time 0 hours 8 minutes 13 seconds.

Rating 2700 ELO, Distance 3.00 km, Speed 22.42 km/h Time 0 hours 8 minutes 2 seconds.

Rating 2750 ELO, Distance 3.00 km, Speed 22.95 km/h Time 0 hours 7 minutes 51 seconds.

Rating 2800 ELO, Distance 3.00 km, Speed 23.47 km/h Time 0 hours 7 minutes 40 seconds.

Rating 2850 ELO, Distance 3.00 km, Speed 24.00 km/h Time 0 hours 7 minutes 30 seconds.

Rating 2900 ELO, Distance 3.00 km, Speed 24.53 km/h Time 0 hours 7 minutes 20 seconds.

Rating 2950 ELO, Distance 3.00 km, Speed 25.05 km/h Time 0 hours 7 minutes 11 seconds.

Rating 3000 ELO, Distance 3.00 km, Speed 25.58 km/h Time 0 hours 7 minutes 2 seconds.

Rating 3050 ELO, Distance 3.00 km, Speed 26.11 km/h Time 0 hours 6 minutes 54 seconds.

Rating 3100 ELO, Distance 3.00 km, Speed 26.63 km/h Time 0 hours 6 minutes 46 seconds.

Rating 3150 ELO, Distance 3.00 km, Speed 27.16 km/h Time 0 hours 6 minutes 38 seconds.

Rating 3200 ELO, Distance 3.00 km, Speed 27.68 km/h Time 0 hours 6 minutes 30 seconds.

Rating 3250 ELO, Distance 3.00 km, Speed 28.21 km/h Time 0 hours 6 minutes 23 seconds.

Rating 3300 ELO, Distance 3.00 km, Speed 28.74 km/h Time 0 hours 6 minutes 16 seconds.

Rating 3350 ELO, Distance 3.00 km, Speed 29.26 km/h Time 0 hours 6 minutes 9 seconds.

Rating 3400 ELO, Distance 3.00 km, Speed 29.79 km/h Time 0 hours 6 minutes 3 seconds.

Rating 3450 ELO, Distance 3.00 km, Speed 30.32 km/h Time 0 hours 5 minutes 56 seconds.

Rating 3500 ELO, Distance 3.00 km, Speed 30.84 km/h Time 0 hours 5 minutes 50 seconds.

# 4 km rating tabel

Rating 800 ELO, Distance 4.00 km, Speed 5.64 km/h Time 0 hours 42 minutes 35 seconds.

Rating 850 ELO, Distance 4.00 km, Speed 5.98 km/h Time 0 hours 40 minutes 9 seconds.

Rating 900 ELO, Distance 4.00 km, Speed 6.32 km/h Time 0 hours 37 minutes 58 seconds.

Rating 950 ELO, Distance 4.00 km, Speed 6.66 km/h Time 0 hours 36 minutes 1 seconds.

Rating 1000 ELO, Distance 4.00 km, Speed 7.00 km/h Time 0 hours 34 minutes 16 seconds.

Rating 1050 ELO, Distance 4.00 km, Speed 7.35 km/h Time 0 hours 32 minutes 40 seconds.

Rating 1100 ELO, Distance 4.00 km, Speed 7.69 km/h Time 0 hours 31 minutes 13 seconds.

Rating 1150 ELO, Distance 4.00 km, Speed 8.03 km/h Time 0 hours 29 minutes 53 seconds.

Rating 1200 ELO, Distance 4.00 km, Speed 8.37 km/h Time 0 hours 28 minutes 40 seconds.

Rating 1250 ELO, Distance 4.00 km, Speed 8.71 km/h Time 0 hours 27 minutes 33 seconds.

Rating 1300 ELO, Distance 4.00 km, Speed 9.06 km/h Time 0 hours 26 minutes 30 seconds.

Rating 1350 ELO, Distance 4.00 km, Speed 9.40 km/h Time 0 hours 25 minutes 32 seconds.

Rating 1400 ELO, Distance 4.00 km, Speed 9.74 km/h Time 0 hours 24 minutes 39 seconds.

Rating 1450 ELO, Distance 4.00 km, Speed 10.10 km/h Time 0 hours 23 minutes 46 seconds.

Rating 1500 ELO, Distance 4.00 km, Speed 10.51 km/h Time 0 hours 22 minutes 50 seconds.

Rating 1550 ELO, Distance 4.00 km, Speed 10.92 km/h Time 0 hours 21 minutes 59 seconds.

Rating 1600 ELO, Distance 4.00 km, Speed 11.33 km/h Time 0 hours 21 minutes 11 seconds.

Rating 1650 ELO, Distance 4.00 km, Speed 11.74 km/h Time 0 hours 20 minutes 27 seconds.

Rating 1700 ELO, Distance 4.00 km, Speed 12.15 km/h Time 0 hours 19 minutes 45 seconds.

Rating 1750 ELO, Distance 4.00 km, Speed 12.56 km/h Time 0 hours 19 minutes 7 seconds.

Rating 1800 ELO, Distance 4.00 km, Speed 12.97 km/h Time 0 hours 18 minutes 30 seconds.

Rating 1850 ELO, Distance 4.00 km, Speed 13.38 km/h Time 0 hours 17 minutes 56 seconds.

Rating 1900 ELO, Distance 4.00 km, Speed 13.79 km/h Time 0 hours 17 minutes 24 seconds.

Rating 1950 ELO, Distance 4.00 km, Speed 14.20 km/h Time 0 hours 16 minutes 54 seconds.

Rating 2000 ELO, Distance 4.00 km, Speed 14.61 km/h Time 0 hours 16 minutes 26 seconds.

Rating 2050 ELO, Distance 4.00 km, Speed 15.03 km/h Time 0 hours 15 minutes 58 seconds.

Rating 2100 ELO, Distance 4.00 km, Speed 15.54 km/h Time 0 hours 15 minutes 27 seconds.

Rating 2150 ELO, Distance 4.00 km, Speed 16.05 km/h Time 0 hours 14 minutes 57 seconds.

Rating 2200 ELO, Distance 4.00 km, Speed 16.56 km/h Time 0 hours 14 minutes 29 seconds.

Rating 2250 ELO, Distance 4.00 km, Speed 17.08 km/h Time 0 hours 14 minutes 3 seconds.

Rating 2300 ELO, Distance 4.00 km, Speed 17.59 km/h Time 0 hours 13 minutes 39 seconds.

Rating 2350 ELO, Distance 4.00 km, Speed 18.10 km/h Time 0 hours 13 minutes 15 seconds.

Rating 2400 ELO, Distance 4.00 km, Speed 18.62 km/h Time 0 hours 12 minutes 54 seconds.

Rating 2450 ELO, Distance 4.00 km, Speed 19.13 km/h Time 0 hours 12 minutes 33 seconds.

Rating 2500 ELO, Distance 4.00 km, Speed 19.64 km/h Time 0 hours 12 minutes 13 seconds.

Rating 2550 ELO, Distance 4.00 km, Speed 20.15 km/h Time 0 hours 11 minutes 55 seconds.

Rating 2600 ELO, Distance 4.00 km, Speed 20.67 km/h Time 0 hours 11 minutes 37 seconds.

Rating 2650 ELO, Distance 4.00 km, Speed 21.18 km/h Time 0 hours 11 minutes 20 seconds.

Rating 2700 ELO, Distance 4.00 km, Speed 21.69 km/h Time 0 hours 11 minutes 4 seconds.

Rating 2750 ELO, Distance 4.00 km, Speed 22.21 km/h Time 0 hours 10 minutes 48 seconds.

Rating 2800 ELO, Distance 4.00 km, Speed 22.72 km/h Time 0 hours 10 minutes 34 seconds.

Rating 2850 ELO, Distance 4.00 km, Speed 23.23 km/h Time 0 hours 10 minutes 20 seconds.

Rating 2900 ELO, Distance 4.00 km, Speed 23.74 km/h Time 0 hours 10 minutes 6 seconds.

Rating 2950 ELO, Distance 4.00 km, Speed 24.26 km/h Time 0 hours 9 minutes 54 seconds.

Rating 3000 ELO, Distance 4.00 km, Speed 24.77 km/h Time 0 hours 9 minutes 41 seconds.

Rating 3050 ELO, Distance 4.00 km, Speed 25.28 km/h Time 0 hours 9 minutes 30 seconds.

Rating 3100 ELO, Distance 4.00 km, Speed 25.79 km/h Time 0 hours 9 minutes 18 seconds.

Rating 3150 ELO, Distance 4.00 km, Speed 26.31 km/h Time 0 hours 9 minutes 7 seconds.

Rating 3200 ELO, Distance 4.00 km, Speed 26.82 km/h Time 0 hours 8 minutes 57 seconds.

Rating 3250 ELO, Distance 4.00 km, Speed 27.33 km/h Time 0 hours 8 minutes 47 seconds.

Rating 3300 ELO, Distance 4.00 km, Speed 27.85 km/h Time 0 hours 8 minutes 37 seconds.

Rating 3350 ELO, Distance 4.00 km, Speed 28.36 km/h Time 0 hours 8 minutes 28 seconds.

Rating 3400 ELO, Distance 4.00 km, Speed 28.87 km/h Time 0 hours 8 minutes 19 seconds.

Rating 3450 ELO, Distance 4.00 km, Speed 29.38 km/h Time 0 hours 8 minutes 10 seconds.

Rating 3500 ELO, Distance 4.00 km, Speed 29.90 km/h Time 0 hours 8 minutes 2 seconds.

# 5 km rating tabel

Rating 800 ELO, Distance 5.00 km, Speed 5.50 km/h Time 0 hours 54 minutes 33 seconds.

Rating 850 ELO, Distance 5.00 km, Speed 5.83 km/h Time 0 hours 51 minutes 26 seconds.

Rating 900 ELO, Distance 5.00 km, Speed 6.17 km/h Time 0 hours 48 minutes 39 seconds.

Rating 950 ELO, Distance 5.00 km, Speed 6.50 km/h Time 0 hours 46 minutes 9 seconds.

Rating 1000 ELO, Distance 5.00 km, Speed 6.83 km/h Time 0 hours 43 minutes 54 seconds.

Rating 1050 ELO, Distance 5.00 km, Speed 7.17 km/h Time 0 hours 41 minutes 52 seconds.

Rating 1100 ELO, Distance 5.00 km, Speed 7.50 km/h Time 0 hours 40 minutes 0 seconds.

Rating 1150 ELO, Distance 5.00 km, Speed 7.83 km/h Time 0 hours 38 minutes 18 seconds.

Rating 1200 ELO, Distance 5.00 km, Speed 8.17 km/h Time 0 hours 36 minutes 44 seconds.

Rating 1250 ELO, Distance 5.00 km, Speed 8.50 km/h Time 0 hours 35 minutes 18 seconds.

Rating 1300 ELO, Distance 5.00 km, Speed 8.83 km/h Time 0 hours 33 minutes 58 seconds.

Rating 1350 ELO, Distance 5.00 km, Speed 9.17 km/h Time 0 hours 32 minutes 44 seconds.

Rating 1400 ELO, Distance 5.00 km, Speed 9.50 km/h Time 0 hours 31 minutes 35 seconds.

Rating 1450 ELO, Distance 5.00 km, Speed 9.83 km/h Time 0 hours 30 minutes 31 seconds.

Rating 1500 ELO, Distance 5.00 km, Speed 10.20 km/h Time 0 hours 29 minutes 25 seconds.

Rating 1550 ELO, Distance 5.00 km, Speed 10.60 km/h Time 0 hours 28 minutes 18 seconds.

Rating 1600 ELO, Distance 5.00 km, Speed 11.00 km/h Time 0 hours 27 minutes 16 seconds.

Rating 1650 ELO, Distance 5.00 km, Speed 11.40 km/h Time 0 hours 26 minutes 19 seconds.

Rating 1700 ELO, Distance 5.00 km, Speed 11.80 km/h Time 0 hours 25 minutes 25 seconds.

Rating 1750 ELO, Distance 5.00 km, Speed 12.20 km/h Time 0 hours 24 minutes 35 seconds.

Rating 1800 ELO, Distance 5.00 km, Speed 12.60 km/h Time 0 hours 23 minutes 49 seconds.

Rating 1850 ELO, Distance 5.00 km, Speed 13.00 km/h Time 0 hours 23 minutes 5 seconds.

Rating 1900 ELO, Distance 5.00 km, Speed 13.40 km/h Time 0 hours 22 minutes 23 seconds.

Rating 1950 ELO, Distance 5.00 km, Speed 13.80 km/h Time 0 hours 21 minutes 44 seconds.

Rating 2000 ELO, Distance 5.00 km, Speed 14.20 km/h Time 0 hours 21 minutes 8 seconds.

Rating 2050 ELO, Distance 5.00 km, Speed 14.60 km/h Time 0 hours 20 minutes 33 seconds.

Rating 2100 ELO, Distance 5.00 km, Speed 15.00 km/h Time 0 hours 20 minutes 0 seconds.

Rating 2150 ELO, Distance 5.00 km, Speed 15.50 km/h Time 0 hours 19 minutes 21 seconds.

Rating 2200 ELO, Distance 5.00 km, Speed 16.00 km/h Time 0 hours 18 minutes 45 seconds.

Rating 2250 ELO, Distance 5.00 km, Speed 16.50 km/h Time 0 hours 18 minutes 11 seconds.

Rating 2300 ELO, Distance 5.00 km, Speed 17.00 km/h Time 0 hours 17 minutes 39 seconds.

Rating 2350 ELO, Distance 5.00 km, Speed 17.50 km/h Time 0 hours 17 minutes 9 seconds.

Rating 2400 ELO, Distance 5.00 km, Speed 18.00 km/h Time 0 hours 16 minutes 40 seconds.

Rating 2450 ELO, Distance 5.00 km, Speed 18.50 km/h Time 0 hours 16 minutes 13 seconds.

Rating 2500 ELO, Distance 5.00 km, Speed 19.00 km/h Time 0 hours 15 minutes 47 seconds.

Rating 2550 ELO, Distance 5.00 km, Speed 19.50 km/h Time 0 hours 15 minutes 23 seconds.

Rating 2600 ELO, Distance 5.00 km, Speed 20.00 km/h Time 0 hours 15 minutes 0 seconds.

Rating 2650 ELO, Distance 5.00 km, Speed 20.50 km/h Time 0 hours 14 minutes 38 seconds.

Rating 2700 ELO, Distance 5.00 km, Speed 21.00 km/h Time 0 hours 14 minutes 17 seconds.

Rating 2750 ELO, Distance 5.00 km, Speed 21.50 km/h Time 0 hours 13 minutes 57 seconds.

Rating 2800 ELO, Distance 5.00 km, Speed 22.00 km/h Time 0 hours 13 minutes 38 seconds.

Rating 2850 ELO, Distance 5.00 km, Speed 22.50 km/h Time 0 hours 13 minutes 20 seconds.

Rating 2900 ELO, Distance 5.00 km, Speed 23.00 km/h Time 0 hours 13 minutes 3 seconds.

Rating 2950 ELO, Distance 5.00 km, Speed 23.50 km/h Time 0 hours 12 minutes 46 seconds.

Rating 3000 ELO, Distance 5.00 km, Speed 24.00 km/h Time 0 hours 12 minutes 30 seconds.

Rating 3050 ELO, Distance 5.00 km, Speed 24.50 km/h Time 0 hours 12 minutes 15 seconds.

Rating 3100 ELO, Distance 5.00 km, Speed 25.00 km/h Time 0 hours 12 minutes 0 seconds.

Rating 3150 ELO, Distance 5.00 km, Speed 25.50 km/h Time 0 hours 11 minutes 46 seconds.

Rating 3200 ELO, Distance 5.00 km, Speed 26.00 km/h Time 0 hours 11 minutes 32 seconds.

Rating 3250 ELO, Distance 5.00 km, Speed 26.50 km/h Time 0 hours 11 minutes 19 seconds.

Rating 3300 ELO, Distance 5.00 km, Speed 27.00 km/h Time 0 hours 11 minutes 7 seconds.

Rating 3350 ELO, Distance 5.00 km, Speed 27.50 km/h Time 0 hours 10 minutes 55 seconds.

Rating 3400 ELO, Distance 5.00 km, Speed 28.00 km/h Time 0 hours 10 minutes 43 seconds.

Rating 3450 ELO, Distance 5.00 km, Speed 28.50 km/h Time 0 hours 10 minutes 32 seconds.

Rating 3500 ELO, Distance 5.00 km, Speed 29.00 km/h Time 0 hours 10 minutes 21 seconds.

# 7.7 km rating tabel

Rating 800 ELO, Distance 7.70 km, Speed 5.23 km/h Time 1 hours 28 minutes 23 seconds.

Rating 850 ELO, Distance 7.70 km, Speed 5.54 km/h Time 1 hours 23 minutes 21 seconds.

Rating 900 ELO, Distance 7.70 km, Speed 5.86 km/h Time 1 hours 18 minutes 51 seconds.

Rating 950 ELO, Distance 7.70 km, Speed 6.18 km/h Time 1 hours 14 minutes 49 seconds.

Rating 1000 ELO, Distance 7.70 km, Speed 6.49 km/h Time 1 hours 11 minutes 10 seconds.

Rating 1050 ELO, Distance 7.70 km, Speed 6.81 km/h Time 1 hours 7 minutes 52 seconds.

Rating 1100 ELO, Distance 7.70 km, Speed 7.12 km/h Time 1 hours 4 minutes 51 seconds.

Rating 1150 ELO, Distance 7.70 km, Speed 7.44 km/h Time 1 hours 2 minutes 6 seconds.

Rating 1200 ELO, Distance 7.70 km, Speed 7.76 km/h Time 0 hours 59 minutes 34 seconds.

Rating 1250 ELO, Distance 7.70 km, Speed 8.07 km/h Time 0 hours 57 minutes 14 seconds.

Rating 1300 ELO, Distance 7.70 km, Speed 8.39 km/h Time 0 hours 55 minutes 4 seconds.

Rating 1350 ELO, Distance 7.70 km, Speed 8.71 km/h Time 0 hours 53 minutes 4 seconds.

Rating 1400 ELO, Distance 7.70 km, Speed 9.02 km/h Time 0 hours 51 minutes 13 seconds.

Rating 1450 ELO, Distance 7.70 km, Speed 9.34 km/h Time 0 hours 49 minutes 28 seconds.

Rating 1500 ELO, Distance 7.70 km, Speed 9.65 km/h Time 0 hours 47 minutes 51 seconds.

Rating 1550 ELO, Distance 7.70 km, Speed 9.97 km/h Time 0 hours 46 minutes 20 seconds.

Rating 1600 ELO, Distance 7.70 km, Speed 10.34 km/h Time 0 hours 44 minutes 40 seconds.

Rating 1650 ELO, Distance 7.70 km, Speed 10.72 km/h Time 0 hours 43 minutes 5 seconds.

Rating 1700 ELO, Distance 7.70 km, Speed 11.10 km/h Time 0 hours 41 minutes 37 seconds.

Rating 1750 ELO, Distance 7.70 km, Speed 11.48 km/h Time 0 hours 40 minutes 14 seconds.

Rating 1800 ELO, Distance 7.70 km, Speed 11.86 km/h Time 0 hours 38 minutes 57 seconds.

Rating 1850 ELO, Distance 7.70 km, Speed 12.24 km/h Time 0 hours 37 minutes 44 seconds.

Rating 1900 ELO, Distance 7.70 km, Speed 12.62 km/h Time 0 hours 36 minutes 36 seconds.

Rating 1950 ELO, Distance 7.70 km, Speed 13.00 km/h Time 0 hours 35 minutes 32 seconds.

Rating 2000 ELO, Distance 7.70 km, Speed 13.38 km/h Time 0 hours 34 minutes 32 seconds.

Rating 2050 ELO, Distance 7.70 km, Speed 13.76 km/h Time 0 hours 33 minutes 35 seconds.

Rating 2100 ELO, Distance 7.70 km, Speed 14.14 km/h Time 0 hours 32 minutes 40 seconds. Rating 2150 ELO, Distance 7.70 km, Speed 14.52 km/h Time 0 hours 31 minutes 49 seconds.

Rating 2200 ELO, Distance 7.70 km, Speed 14.90 km/h Time 0 hours 31 minutes 1 seconds.

Rating 2250 ELO, Distance 7.70 km, Speed 15.35 km/h Time 0 hours 30 minutes 6 seconds.

Rating 2300 ELO, Distance 7.70 km, Speed 15.82 km/h Time 0 hours 29 minutes 12 seconds.

Rating 2350 ELO, Distance 7.70 km, Speed 16.30 km/h Time 0 hours 28 minutes 21 seconds.

Rating 2400 ELO, Distance 7.70 km, Speed 16.77 km/h Time 0 hours 27 minutes 33 seconds.

Rating 2450 ELO, Distance 7.70 km, Speed 17.24 km/h Time 0 hours 26 minutes 47 seconds.

Rating 2500 ELO, Distance 7.70 km, Speed 17.72 km/h Time 0 hours 26 minutes 4 seconds.

Rating 2550 ELO, Distance 7.70 km, Speed 18.19 km/h Time 0 hours 25 minutes 24 seconds.

Rating 2600 ELO, Distance 7.70 km, Speed 18.67 km/h Time 0 hours 24 minutes 45 seconds.

Rating 2650 ELO, Distance 7.70 km, Speed 19.14 km/h Time 0 hours 24 minutes 8 seconds.

Rating 2700 ELO, Distance 7.70 km, Speed 19.62 km/h Time 0 hours 23 minutes 33 seconds.

Rating 2750 ELO, Distance 7.70 km, Speed 20.09 km/h Time 0 hours 23 minutes 0 seconds.

Rating 2800 ELO, Distance 7.70 km, Speed 20.57 km/h Time 0 hours 22 minutes 28 seconds.

Rating 2850 ELO, Distance 7.70 km, Speed 21.04 km/h Time 0 hours 21 minutes 58 seconds.

Rating 2900 ELO, Distance 7.70 km, Speed 21.51 km/h Time 0 hours 21 minutes 28 seconds.

Rating 2950 ELO, Distance 7.70 km, Speed 21.99 km/h Time 0 hours 21 minutes 1 seconds.

Rating 3000 ELO, Distance 7.70 km, Speed 22.46 km/h Time 0 hours 20 minutes 34 seconds.

Rating 3050 ELO, Distance 7.70 km, Speed 22.94 km/h Time 0 hours 20 minutes 9 seconds.

Rating 3100 ELO, Distance 7.70 km, Speed 23.41 km/h Time 0 hours 19 minutes 44 seconds.

Rating 3150 ELO, Distance 7.70 km, Speed 23.89 km/h Time 0 hours 19 minutes 21 seconds.

Rating 3200 ELO, Distance 7.70 km, Speed 24.36 km/h Time 0 hours 18 minutes 58 seconds.

Rating 3250 ELO, Distance 7.70 km, Speed 24.83 km/h Time 0 hours 18 minutes 36 seconds.

Rating 3300 ELO, Distance 7.70 km, Speed 25.31 km/h Time 0 hours 18 minutes 15 seconds.

Rating 3350 ELO, Distance 7.70 km, Speed 25.78 km/h Time 0 hours 17 minutes 55 seconds.

Rating 3400 ELO, Distance 7.70 km, Speed 26.26 km/h Time 0 hours 17 minutes 36 seconds.

Rating 3450 ELO, Distance 7.70 km, Speed 26.73 km/h Time 0 hours 17 minutes 17 seconds.

Rating 3500 ELO, Distance 7.70 km, Speed 27.21 km/h Time 0 hours 16 minutes 59 seconds.

#### 10 km rating tabel

Rating 800 ELO, Distance 10.00 km, Speed 5.02 km/h Time 1 hours 59 minutes 38 seconds.

Rating 850 ELO, Distance 10.00 km, Speed 5.32 km/h Time 1 hours 52 minutes 49 seconds.

Rating 900 ELO, Distance 10.00 km, Speed 5.62 km/h Time 1 hours 46 minutes 44 seconds.

Rating 950 ELO, Distance 10.00 km, Speed 5.92 km/h Time 1 hours 41 minutes 17 seconds.

Rating 1000 ELO, Distance 10.00 km, Speed 6.23 km/h Time 1 hours 36 minutes 21 seconds.

Rating 1050 ELO, Distance 10.00 km, Speed 6.53 km/h Time 1 hours 31 minutes 53 seconds.

Rating 1100 ELO, Distance 10.00 km, Speed 6.83 km/h Time 1 hours 27 minutes 48 seconds.

Rating 1150 ELO, Distance 10.00 km, Speed 7.14 km/h Time 1 hours 24 minutes 5 seconds.

Rating 1200 ELO, Distance 10.00 km, Speed 7.44 km/h Time 1 hours 20 minutes 39 seconds.

Rating 1250 ELO, Distance 10.00 km, Speed 7.74 km/h Time 1 hours 17 minutes 30 seconds.

Rating 1300 ELO, Distance 10.00 km, Speed 8.05 km/h Time 1 hours 14 minutes 35 seconds.

Rating 1350 ELO, Distance 10.00 km, Speed 8.35 km/h Time 1 hours 11 minutes 52 seconds.

Rating 1400 ELO, Distance 10.00 km, Speed 8.65 km/h Time 1 hours 9 minutes 21 seconds.

Rating 1450 ELO, Distance 10.00 km, Speed 8.95 km/h Time 1 hours 7 minutes 0 seconds.

Rating 1500 ELO, Distance 10.00 km, Speed 9.26 km/h Time 1 hours 4 minutes 49 seconds.

Rating 1550 ELO, Distance 10.00 km, Speed 9.56 km/h Time 1 hours 2 minutes 45 seconds.

Rating 1600 ELO, Distance 10.00 km, Speed 9.86 km/h Time 1 hours 0 minutes 50 seconds.

Rating 1650 ELO, Distance 10.00 km, Speed 10.20 km/h Time 0 hours 58 minutes 49 seconds.

Rating 1700 ELO, Distance 10.00 km, Speed 10.56 km/h Time 0 hours 56 minutes 48 seconds.

Rating 1750 ELO, Distance 10.00 km, Speed 10.93 km/h Time 0 hours 54 minutes 55 seconds.

Rating 1800 ELO, Distance 10.00 km, Speed 11.29 km/h Time 0 hours 53 minutes 8 seconds.

Rating 1850 ELO, Distance 10.00 km, Speed 11.65 km/h Time 0 hours 51 minutes 29 seconds.

Rating 1900 ELO, Distance 10.00 km, Speed 12.02 km/h Time 0 hours 49 minutes 55 seconds.

Rating 1950 ELO, Distance 10.00 km, Speed 12.38 km/h Time 0 hours 48 minutes 27 seconds.

Rating 2000 ELO, Distance 10.00 km, Speed 12.75 km/h Time 0 hours 47 minutes 5 seconds.

Rating 2050 ELO, Distance 10.00 km, Speed 13.11 km/h Time 0 hours 45 minutes 46 seconds.

Rating 2100 ELO, Distance 10.00 km, Speed 13.47 km/h Time 0 hours 44 minutes 32 seconds. Rating 2150 ELO, Distance 10.00 km, Speed 13.84 km/h Time 0 hours 43 minutes 22 seconds.

Rating 2200 ELO, Distance 10.00 km, Speed 14.20 km/h Time 0 hours 42 minutes 15 seconds.

Rating 2250 ELO, Distance 10.00 km, Speed 14.56 km/h Time 0 hours 41 minutes 12 seconds.

Rating 2300 ELO, Distance 10.00 km, Speed 14.93 km/h Time 0 hours 40 minutes 12 seconds.

Rating 2350 ELO, Distance 10.00 km, Speed 15.36 km/h Time 0 hours 39 minutes 3 seconds.

Rating 2400 ELO, Distance 10.00 km, Speed 15.82 km/h Time 0 hours 37 minutes 56 seconds.

Rating 2450 ELO, Distance 10.00 km, Speed 16.27 km/h Time 0 hours 36 minutes 52 seconds.

Rating 2500 ELO, Distance 10.00 km, Speed 16.73 km/h Time 0 hours 35 minutes 52 seconds.

Rating 2550 ELO, Distance 10.00 km, Speed 17.18 km/h Time 0 hours 34 minutes 55 seconds.

Rating 2600 ELO, Distance 10.00 km, Speed 17.64 km/h Time 0 hours 34 minutes 1 seconds.

Rating 2650 ELO, Distance 10.00 km, Speed 18.09 km/h Time 0 hours 33 minutes 10 seconds.

Rating 2700 ELO, Distance 10.00 km, Speed 18.55 km/h Time 0 hours 32 minutes 21 seconds.

Rating 2750 ELO, Distance 10.00 km, Speed 19.00 km/h Time 0 hours 31 minutes 35 seconds.

Rating 2800 ELO, Distance 10.00 km, Speed 19.45 km/h Time 0 hours 30 minutes 50 seconds. Rating 2850 ELO, Distance 10.00 km, Speed 19.91 km/h Time 0 hours 30 minutes 8 seconds.

Rating 2900 ELO, Distance 10.00 km, Speed 20.36 km/h Time 0 hours 29 minutes 28 seconds.

Rating 2950 ELO, Distance 10.00 km, Speed 20.82 km/h Time 0 hours 28 minutes 49 seconds.

Rating 3000 ELO, Distance 10.00 km, Speed 21.27 km/h Time 0 hours 28 minutes 12 seconds.

Rating 3050 ELO, Distance 10.00 km, Speed 21.73 km/h Time 0 hours 27 minutes 37 seconds.

Rating 3100 ELO, Distance 10.00 km, Speed 22.18 km/h Time 0 hours 27 minutes 3 seconds.

Rating 3150 ELO, Distance 10.00 km, Speed 22.64 km/h Time 0 hours 26 minutes 30 seconds.

Rating 3200 ELO, Distance 10.00 km, Speed 23.09 km/h Time 0 hours 25 minutes 59 seconds.

Rating 3250 ELO, Distance 10.00 km, Speed 23.55 km/h Time 0 hours 25 minutes 29 seconds.

Rating 3300 ELO, Distance 10.00 km, Speed 24.00 km/h Time 0 hours 25 minutes 0 seconds.

Rating 3350 ELO, Distance 10.00 km, Speed 24.45 km/h Time 0 hours 24 minutes 32 seconds.

Rating 3400 ELO, Distance 10.00 km, Speed 24.91 km/h Time 0 hours 24 minutes 5 seconds.

Rating 3450 ELO, Distance 10.00 km, Speed 25.36 km/h Time 0 hours 23 minutes 39 seconds.

Rating 3500 ELO, Distance 10.00 km, Speed 25.82 km/h Time 0 hours 23 minutes 14 seconds.

# 15 km rating tabel

Rating 800 ELO, Distance 15.00 km, Speed 4.80 km/h Time 3 hours 7 minutes 36 seconds.

Rating 850 ELO, Distance 15.00 km, Speed 5.09 km/h Time 2 hours 56 minutes 40 seconds.

Rating 900 ELO, Distance 15.00 km, Speed 5.38 km/h Time 2 hours 47 minutes 10 seconds.

Rating 950 ELO, Distance 15.00 km, Speed 5.67 km/h Time 2 hours 38 minutes 37 seconds.

Rating 1000 ELO, Distance 15.00 km, Speed 5.96 km/h Time 2 hours 30 minutes 55 seconds.

Rating 1050 ELO, Distance 15.00 km, Speed 6.25 km/h Time 2 hours 23 minutes 55 seconds.

Rating 1100 ELO, Distance 15.00 km, Speed 6.54 km/h Time 2 hours 17 minutes 32 seconds.

Rating 1150 ELO, Distance 15.00 km, Speed 6.83 km/h Time 2 hours 11 minutes 42 seconds.

Rating 1200 ELO, Distance 15.00 km, Speed 7.12 km/h Time 2 hours 6 minutes 21 seconds.

Rating 1250 ELO, Distance 15.00 km, Speed 7.41 km/h Time 2 hours 1 minutes 24 seconds.

Rating 1300 ELO, Distance 15.00 km, Speed 7.70 km/h Time 1 hours 56 minutes 50 seconds.

Rating 1350 ELO, Distance 15.00 km, Speed 7.99 km/h Time 1 hours 52 minutes 36 seconds.

Rating 1400 ELO, Distance 15.00 km, Speed 8.28 km/h Time 1 hours 48 minutes 40 seconds. Rating 1450 ELO, Distance 15.00 km, Speed 8.57 km/h Time 1 hours 44 minutes 59 seconds.

Rating 1500 ELO, Distance 15.00 km, Speed 8.86 km/h Time 1 hours 41 minutes 33 seconds.

Rating 1550 ELO, Distance 15.00 km, Speed 9.15 km/h Time 1 hours 38 minutes 20 seconds.

Rating 1600 ELO, Distance 15.00 km, Speed 9.44 km/h Time 1 hours 35 minutes 19 seconds.

Rating 1650 ELO, Distance 15.00 km, Speed 9.73 km/h Time 1 hours 32 minutes 29 seconds.

Rating 1700 ELO, Distance 15.00 km, Speed 10.03 km/h Time 1 hours 29 minutes 46 seconds.

Rating 1750 ELO, Distance 15.00 km, Speed 10.37 km/h Time 1 hours 26 minutes 45 seconds.

Rating 1800 ELO, Distance 15.00 km, Speed 10.72 km/h Time 1 hours 23 minutes 56 seconds.

Rating 1850 ELO, Distance 15.00 km, Speed 11.07 km/h Time 1 hours 21 minutes 18 seconds.

Rating 1900 ELO, Distance 15.00 km, Speed 11.42 km/h Time 1 hours 18 minutes 50 seconds.

Rating 1950 ELO, Distance 15.00 km, Speed 11.77 km/h Time 1 hours 16 minutes 30 seconds.

Rating 2000 ELO, Distance 15.00 km, Speed 12.11 km/h Time 1 hours 14 minutes 18 seconds.

Rating 2050 ELO, Distance 15.00 km, Speed 12.46 km/h Time 1 hours 12 minutes 14 seconds.

Rating 2100 ELO, Distance 15.00 km, Speed 12.81 km/h Time 1 hours 10 minutes 16 seconds.

Rating 2150 ELO, Distance 15.00 km, Speed 13.16 km/h Time 1 hours 8 minutes 24 seconds.

Rating 2200 ELO, Distance 15.00 km, Speed 13.50 km/h Time 1 hours 6 minutes 39 seconds.

Rating 2250 ELO, Distance 15.00 km, Speed 13.85 km/h Time 1 hours 4 minutes 58 seconds.

Rating 2300 ELO, Distance 15.00 km, Speed 14.20 km/h Time 1 hours 3 minutes 23 seconds.

Rating 2350 ELO, Distance 15.00 km, Speed 14.55 km/h Time 1 hours 1 minutes 52 seconds.

Rating 2400 ELO, Distance 15.00 km, Speed 14.90 km/h Time 1 hours 0 minutes 25 seconds.

Rating 2450 ELO, Distance 15.00 km, Speed 15.30 km/h Time 0 hours 58 minutes 48 seconds.

Rating 2500 ELO, Distance 15.00 km, Speed 15.74 km/h Time 0 hours 57 minutes 11 seconds.

Rating 2550 ELO, Distance 15.00 km, Speed 16.17 km/h Time 0 hours 55 minutes 39 seconds.

Rating 2600 ELO, Distance 15.00 km, Speed 16.61 km/h Time 0 hours 54 minutes 11 seconds.

Rating 2650 ELO, Distance 15.00 km, Speed 17.04 km/h Time 0 hours 52 minutes 48 seconds.

Rating 2700 ELO, Distance 15.00 km, Speed 17.48 km/h Time 0 hours 51 minutes 30 seconds.

Rating 2750 ELO, Distance 15.00 km, Speed 17.91 km/h Time 0 hours 50 minutes 15 seconds.

Rating 2800 ELO, Distance 15.00 km, Speed 18.35 km/h Time 0 hours 49 minutes 3 seconds.

Rating 2850 ELO, Distance 15.00 km, Speed 18.78 km/h Time 0 hours 47 minutes 55 seconds.

Rating 2900 ELO, Distance 15.00 km, Speed 19.22 km/h Time 0 hours 46 minutes 50 seconds.

Rating 2950 ELO, Distance 15.00 km, Speed 19.65 km/h Time 0 hours 45 minutes 48 seconds.

Rating 3000 ELO, Distance 15.00 km, Speed 20.09 km/h Time 0 hours 44 minutes 48 seconds.

Rating 3050 ELO, Distance 15.00 km, Speed 20.52 km/h Time 0 hours 43 minutes 51 seconds.

Rating 3100 ELO, Distance 15.00 km, Speed 20.96 km/h Time 0 hours 42 minutes 57 seconds.

Rating 3150 ELO, Distance 15.00 km, Speed 21.39 km/h Time 0 hours 42 minutes 4 seconds.

Rating 3200 ELO, Distance 15.00 km, Speed 21.83 km/h Time 0 hours 41 minutes 14 seconds.

Rating 3250 ELO, Distance 15.00 km, Speed 22.26 km/h Time 0 hours 40 minutes 26 seconds.

Rating 3300 ELO, Distance 15.00 km, Speed 22.70 km/h Time 0 hours 39 minutes 39 seconds.

Rating 3350 ELO, Distance 15.00 km, Speed 23.13 km/h Time 0 hours 38 minutes 55 seconds.

Rating 3400 ELO, Distance 15.00 km, Speed 23.57 km/h Time 0 hours 38 minutes 12 seconds.

Rating 3450 ELO, Distance 15.00 km, Speed 24.00 km/h Time 0 hours 37 minutes 30 seconds.

Rating 3500 ELO, Distance 15.00 km, Speed 24.43 km/h Time 0 hours 36 minutes 50 seconds.

# 21.1 km rating tabel

Rating 800 ELO, Distance 21.10 km, Speed 4.60 km/h Time 4 hours 35 minutes 21 seconds.

Rating 850 ELO, Distance 21.10 km, Speed 4.89 km/h Time 4 hours 19 minutes 9 seconds.

Rating 900 ELO, Distance 21.10 km, Speed 5.17 km/h Time 4 hours 5 minutes 2 seconds.

Rating 950 ELO, Distance 21.10 km, Speed 5.44 km/h Time 3 hours 52 minutes 32 seconds.

Rating 1000 ELO, Distance 21.10 km, Speed 5.72 km/h Time 3 hours 41 minutes 15 seconds.

Rating 1050 ELO, Distance 21.10 km, Speed 6.00 km/h Time 3 hours 31 minutes 0 seconds.

Rating 1100 ELO, Distance 21.10 km, Speed 6.28 km/h Time 3 hours 21 minutes 40 seconds.

Rating 1150 ELO, Distance 21.10 km, Speed 6.56 km/h Time 3 hours 13 minutes 7 seconds.

Rating 1200 ELO, Distance 21.10 km, Speed 6.83 km/h Time 3 hours 5 minutes 16 seconds.

Rating 1250 ELO, Distance 21.10 km, Speed 7.11 km/h Time 2 hours 58 minutes 2 seconds.

Rating 1300 ELO, Distance 21.10 km, Speed 7.39 km/h Time 2 hours 51 minutes 20 seconds.

Rating 1350 ELO, Distance 21.10 km, Speed 7.67 km/h Time 2 hours 45 minutes 8 seconds.

Rating 1400 ELO, Distance 21.10 km, Speed 7.94 km/h Time 2 hours 39 minutes 21 seconds. Rating 1450 ELO, Distance 21.10 km, Speed 8.22 km/h Time 2 hours 33 minutes 58 seconds.

Rating 1500 ELO, Distance 21.10 km, Speed 8.50 km/h Time 2 hours 28 minutes 56 seconds.

Rating 1550 ELO, Distance 21.10 km, Speed 8.78 km/h Time 2 hours 24 minutes 14 seconds.

Rating 1600 ELO, Distance 21.10 km, Speed 9.06 km/h Time 2 hours 19 minutes 48 seconds.

Rating 1650 ELO, Distance 21.10 km, Speed 9.33 km/h Time 2 hours 15 minutes 39 seconds.

Rating 1700 ELO, Distance 21.10 km, Speed 9.61 km/h Time 2 hours 11 minutes 43 seconds.

Rating 1750 ELO, Distance 21.10 km, Speed 9.89 km/h Time 2 hours 8 minutes 1 seconds.

Rating 1800 ELO, Distance 21.10 km, Speed 10.20 km/h Time 2 hours 4 minutes 7 seconds.

Rating 1850 ELO, Distance 21.10 km, Speed 10.53 km/h Time 2 hours 0 minutes 11 seconds.

Rating 1900 ELO, Distance 21.10 km, Speed 10.87 km/h Time 1 hours 56 minutes 30 seconds.

Rating 1950 ELO, Distance 21.10 km, Speed 11.20 km/h Time 1 hours 53 minutes 2 seconds.

Rating 2000 ELO, Distance 21.10 km, Speed 11.53 km/h Time 1 hours 49 minutes 46 seconds.

Rating 2050 ELO, Distance 21.10 km, Speed 11.87 km/h Time 1 hours 46 minutes 41 seconds.

Rating 2100 ELO, Distance 21.10 km, Speed 12.20 km/h Time 1 hours 43 minutes 46 seconds.

Rating 2150 ELO, Distance 21.10 km, Speed 12.53 km/h Time 1 hours 41 minutes 1 seconds.

Rating 2200 ELO, Distance 21.10 km, Speed 12.87 km/h Time 1 hours 38 minutes 24 seconds.

Rating 2250 ELO, Distance 21.10 km, Speed 13.20 km/h Time 1 hours 35 minutes 55 seconds.

Rating 2300 ELO, Distance 21.10 km, Speed 13.53 km/h Time 1 hours 33 minutes 33 seconds.

Rating 2350 ELO, Distance 21.10 km, Speed 13.87 km/h Time 1 hours 31 minutes 18 seconds.

Rating 2400 ELO, Distance 21.10 km, Speed 14.20 km/h Time 1 hours 29 minutes 9 seconds.

Rating 2450 ELO, Distance 21.10 km, Speed 14.53 km/h Time 1 hours 27 minutes 7 seconds.

Rating 2500 ELO, Distance 21.10 km, Speed 14.87 km/h Time 1 hours 25 minutes 9 seconds.

Rating 2550 ELO, Distance 21.10 km, Speed 15.25 km/h Time 1 hours 23 minutes 1 seconds.

Rating 2600 ELO, Distance 21.10 km, Speed 15.67 km/h Time 1 hours 20 minutes 49 seconds.

Rating 2650 ELO, Distance 21.10 km, Speed 16.08 km/h Time 1 hours 18 minutes 43 seconds.

Rating 2700 ELO, Distance 21.10 km, Speed 16.50 km/h Time 1 hours 16 minutes 44 seconds.

Rating 2750 ELO, Distance 21.10 km, Speed 16.92 km/h Time 1 hours 14 minutes 50 seconds.

Rating 2800 ELO, Distance 21.10 km, Speed 17.33 km/h Time 1 hours 13 minutes 2 seconds.

Rating 2850 ELO, Distance 21.10 km, Speed 17.75 km/h Time 1 hours 11 minutes 19 seconds.

Rating 2900 ELO, Distance 21.10 km, Speed 18.17 km/h Time 1 hours 9 minutes 41 seconds.

Rating 2950 ELO, Distance 21.10 km, Speed 18.58 km/h Time 1 hours 8 minutes 8 seconds.

Rating 3000 ELO, Distance 21.10 km, Speed 19.00 km/h Time 1 hours 6 minutes 38 seconds.

Rating 3050 ELO, Distance 21.10 km, Speed 19.42 km/h Time 1 hours 5 minutes 12 seconds.

Rating 3100 ELO, Distance 21.10 km, Speed 19.83 km/h Time 1 hours 3 minutes 50 seconds.

Rating 3150 ELO, Distance 21.10 km, Speed 20.25 km/h Time 1 hours 2 minutes 31 seconds.

Rating 3200 ELO, Distance 21.10 km, Speed 20.67 km/h Time 1 hours 1 minutes 15 seconds.

Rating 3250 ELO, Distance 21.10 km, Speed 21.08 km/h Time 1 hours 0 minutes 3 seconds.

Rating 3300 ELO, Distance 21.10 km, Speed 21.50 km/h Time 0 hours 58 minutes 53 seconds.

Rating 3350 ELO, Distance 21.10 km, Speed 21.92 km/h Time 0 hours 57 minutes 46 seconds.

Rating 3400 ELO, Distance 21.10 km, Speed 22.33 km/h Time 0 hours 56 minutes 41 seconds.

Rating 3450 ELO, Distance 21.10 km, Speed 22.75 km/h Time 0 hours 55 minutes 39 seconds.

Rating 3500 ELO, Distance 21.10 km, Speed 23.17 km/h Time 0 hours 54 minutes 39 seconds.