

# 1 km rating tabel

Rating 800 ELO, Distance 1.00 km, Speed 6.93 km/h  
Time 0 hours 8 minutes 40 seconds.

Rating 850 ELO, Distance 1.00 km, Speed 7.30 km/h  
Time 0 hours 8 minutes 13 seconds.

Rating 900 ELO, Distance 1.00 km, Speed 7.67 km/h  
Time 0 hours 7 minutes 50 seconds.

Rating 950 ELO, Distance 1.00 km, Speed 8.04 km/h  
Time 0 hours 7 minutes 28 seconds.

Rating 1000 ELO, Distance 1.00 km, Speed 8.41 km/h  
Time 0 hours 7 minutes 8 seconds.

Rating 1050 ELO, Distance 1.00 km, Speed 8.78 km/h  
Time 0 hours 6 minutes 50 seconds.

Rating 1100 ELO, Distance 1.00 km, Speed 9.15 km/h  
Time 0 hours 6 minutes 34 seconds.

Rating 1150 ELO, Distance 1.00 km, Speed 9.52 km/h  
Time 0 hours 6 minutes 18 seconds.

Rating 1200 ELO, Distance 1.00 km, Speed 9.89 km/h  
Time 0 hours 6 minutes 4 seconds.

Rating 1250 ELO, Distance 1.00 km, Speed 10.26 km/h  
Time 0 hours 5 minutes 51 seconds.

Rating 1300 ELO, Distance 1.00 km, Speed 10.63 km/h  
Time 0 hours 5 minutes 39 seconds.

Rating 1350 ELO, Distance 1.00 km, Speed 11.00 km/h  
Time 0 hours 5 minutes 27 seconds.

Rating 1400 ELO, Distance 1.00 km, Speed 11.44 km/h  
Time 0 hours 5 minutes 15 seconds.

Rating 1450 ELO, Distance 1.00 km, Speed 11.89 km/h  
Time 0 hours 5 minutes 3 seconds.

Rating 1500 ELO, Distance 1.00 km, Speed 12.33 km/h  
Time 0 hours 4 minutes 52 seconds.

Rating 1550 ELO, Distance 1.00 km, Speed 12.78 km/h  
Time 0 hours 4 minutes 42 seconds.

Rating 1600 ELO, Distance 1.00 km, Speed 13.22 km/h  
Time 0 hours 4 minutes 32 seconds.

Rating 1650 ELO, Distance 1.00 km, Speed 13.67 km/h  
Time 0 hours 4 minutes 23 seconds.

Rating 1700 ELO, Distance 1.00 km, Speed 14.11 km/h  
Time 0 hours 4 minutes 15 seconds.

Rating 1750 ELO, Distance 1.00 km, Speed 14.56 km/h  
Time 0 hours 4 minutes 7 seconds.

Rating 1800 ELO, Distance 1.00 km, Speed 15.00 km/h  
Time 0 hours 4 minutes 0 seconds.

Rating 1850 ELO, Distance 1.00 km, Speed 15.56 km/h  
Time 0 hours 3 minutes 51 seconds.

Rating 1900 ELO, Distance 1.00 km, Speed 16.11 km/h  
Time 0 hours 3 minutes 43 seconds.

Rating 1950 ELO, Distance 1.00 km, Speed 16.67 km/h  
Time 0 hours 3 minutes 36 seconds.

Rating 2000 ELO, Distance 1.00 km, Speed 17.22 km/h  
Time 0 hours 3 minutes 29 seconds.

Rating 2050 ELO, Distance 1.00 km, Speed 17.78 km/h  
Time 0 hours 3 minutes 22 seconds.

Rating 2100 ELO, Distance 1.00 km, Speed 18.33 km/h  
Time 0 hours 3 minutes 16 seconds.

Rating 2150 ELO, Distance 1.00 km, Speed 18.89 km/h  
Time 0 hours 3 minutes 11 seconds.

Rating 2200 ELO, Distance 1.00 km, Speed 19.44 km/h  
Time 0 hours 3 minutes 5 seconds.

Rating 2250 ELO, Distance 1.00 km, Speed 20.00 km/h  
Time 0 hours 3 minutes 0 seconds.

Rating 2300 ELO, Distance 1.00 km, Speed 20.56 km/h  
Time 0 hours 2 minutes 55 seconds.

Rating 2350 ELO, Distance 1.00 km, Speed 21.11 km/h  
Time 0 hours 2 minutes 51 seconds.

Rating 2400 ELO, Distance 1.00 km, Speed 21.67 km/h  
Time 0 hours 2 minutes 46 seconds.

Rating 2450 ELO, Distance 1.00 km, Speed 22.22 km/h  
Time 0 hours 2 minutes 42 seconds.

Rating 2500 ELO, Distance 1.00 km, Speed 22.78 km/h  
Time 0 hours 2 minutes 38 seconds.

Rating 2550 ELO, Distance 1.00 km, Speed 23.33 km/h  
Time 0 hours 2 minutes 34 seconds.

Rating 2600 ELO, Distance 1.00 km, Speed 23.89 km/h  
Time 0 hours 2 minutes 31 seconds.

Rating 2650 ELO, Distance 1.00 km, Speed 24.44 km/h  
Time 0 hours 2 minutes 27 seconds.

Rating 2700 ELO, Distance 1.00 km, Speed 25.00 km/h  
Time 0 hours 2 minutes 24 seconds.

Rating 2750 ELO, Distance 1.00 km, Speed 25.56 km/h  
Time 0 hours 2 minutes 21 seconds.

Rating 2800 ELO, Distance 1.00 km, Speed 26.11 km/h  
Time 0 hours 2 minutes 18 seconds.

Rating 2850 ELO, Distance 1.00 km, Speed 26.67 km/h  
Time 0 hours 2 minutes 15 seconds.

Rating 2900 ELO, Distance 1.00 km, Speed 27.22 km/h  
Time 0 hours 2 minutes 12 seconds.

Rating 2950 ELO, Distance 1.00 km, Speed 27.78 km/h  
Time 0 hours 2 minutes 10 seconds.

Rating 3000 ELO, Distance 1.00 km, Speed 28.33 km/h  
Time 0 hours 2 minutes 7 seconds.

Rating 3050 ELO, Distance 1.00 km, Speed 28.89 km/h  
Time 0 hours 2 minutes 5 seconds.

Rating 3100 ELO, Distance 1.00 km, Speed 29.44 km/h  
Time 0 hours 2 minutes 2 seconds.

Rating 3150 ELO, Distance 1.00 km, Speed 30.00 km/h  
Time 0 hours 2 minutes 0 seconds.

Rating 3200 ELO, Distance 1.00 km, Speed 30.56 km/h  
Time 0 hours 1 minutes 58 seconds.

Rating 3250 ELO, Distance 1.00 km, Speed 31.11 km/h  
Time 0 hours 1 minutes 56 seconds.

Rating 3300 ELO, Distance 1.00 km, Speed 31.67 km/h  
Time 0 hours 1 minutes 54 seconds.

Rating 3350 ELO, Distance 1.00 km, Speed 32.22 km/h  
Time 0 hours 1 minutes 52 seconds.

Rating 3400 ELO, Distance 1.00 km, Speed 32.78 km/h  
Time 0 hours 1 minutes 50 seconds.

Rating 3450 ELO, Distance 1.00 km, Speed 33.33 km/h  
Time 0 hours 1 minutes 48 seconds.

Rating 3500 ELO, Distance 1.00 km, Speed 33.89 km/h  
Time 0 hours 1 minutes 46 seconds.

## 2 km rating tabel

Rating 800 ELO, Distance 2.00 km, Speed 6.77 km/h  
Time 0 hours 17 minutes 44 seconds.

Rating 850 ELO, Distance 2.00 km, Speed 7.13 km/h  
Time 0 hours 16 minutes 50 seconds.

Rating 900 ELO, Distance 2.00 km, Speed 7.49 km/h  
Time 0 hours 16 minutes 2 seconds.

Rating 950 ELO, Distance 2.00 km, Speed 7.85 km/h  
Time 0 hours 15 minutes 18 seconds.

Rating 1000 ELO, Distance 2.00 km, Speed 8.21 km/h  
Time 0 hours 14 minutes 37 seconds.

Rating 1050 ELO, Distance 2.00 km, Speed 8.57 km/h  
Time 0 hours 14 minutes 0 seconds.

Rating 1100 ELO, Distance 2.00 km, Speed 8.93 km/h  
Time 0 hours 13 minutes 26 seconds.

Rating 1150 ELO, Distance 2.00 km, Speed 9.29 km/h  
Time 0 hours 12 minutes 55 seconds.

Rating 1200 ELO, Distance 2.00 km, Speed 9.65 km/h  
Time 0 hours 12 minutes 26 seconds.

Rating 1250 ELO, Distance 2.00 km, Speed 10.01 km/h  
Time 0 hours 11 minutes 59 seconds.

Rating 1300 ELO, Distance 2.00 km, Speed 10.37 km/h  
Time 0 hours 11 minutes 34 seconds.

Rating 1350 ELO, Distance 2.00 km, Speed 10.73 km/h  
Time 0 hours 11 minutes 11 seconds.

Rating 1400 ELO, Distance 2.00 km, Speed 11.11 km/h  
Time 0 hours 10 minutes 48 seconds.

Rating 1450 ELO, Distance 2.00 km, Speed 11.54 km/h  
Time 0 hours 10 minutes 24 seconds.

Rating 1500 ELO, Distance 2.00 km, Speed 11.97 km/h  
Time 0 hours 10 minutes 1 seconds.

Rating 1550 ELO, Distance 2.00 km, Speed 12.41 km/h  
Time 0 hours 9 minutes 40 seconds.

Rating 1600 ELO, Distance 2.00 km, Speed 12.84 km/h  
Time 0 hours 9 minutes 21 seconds.

Rating 1650 ELO, Distance 2.00 km, Speed 13.27 km/h  
Time 0 hours 9 minutes 3 seconds.

Rating 1700 ELO, Distance 2.00 km, Speed 13.70 km/h  
Time 0 hours 8 minutes 45 seconds.

Rating 1750 ELO, Distance 2.00 km, Speed 14.14 km/h  
Time 0 hours 8 minutes 29 seconds.

Rating 1800 ELO, Distance 2.00 km, Speed 14.57 km/h  
Time 0 hours 8 minutes 14 seconds.

Rating 1850 ELO, Distance 2.00 km, Speed 15.00 km/h  
Time 0 hours 8 minutes 0 seconds.

Rating 1900 ELO, Distance 2.00 km, Speed 15.54 km/h  
Time 0 hours 7 minutes 43 seconds.

Rating 1950 ELO, Distance 2.00 km, Speed 16.08 km/h  
Time 0 hours 7 minutes 28 seconds.

Rating 2000 ELO, Distance 2.00 km, Speed 16.62 km/h  
Time 0 hours 7 minutes 13 seconds.

Rating 2050 ELO, Distance 2.00 km, Speed 17.16 km/h  
Time 0 hours 7 minutes 0 seconds.

Rating 2100 ELO, Distance 2.00 km, Speed 17.70 km/h  
Time 0 hours 6 minutes 47 seconds.

Rating 2150 ELO, Distance 2.00 km, Speed 18.24 km/h  
Time 0 hours 6 minutes 35 seconds.

Rating 2200 ELO, Distance 2.00 km, Speed 18.78 km/h  
Time 0 hours 6 minutes 23 seconds.

Rating 2250 ELO, Distance 2.00 km, Speed 19.32 km/h  
Time 0 hours 6 minutes 13 seconds.

Rating 2300 ELO, Distance 2.00 km, Speed 19.86 km/h  
Time 0 hours 6 minutes 2 seconds.

Rating 2350 ELO, Distance 2.00 km, Speed 20.41 km/h  
Time 0 hours 5 minutes 53 seconds.

Rating 2400 ELO, Distance 2.00 km, Speed 20.95 km/h  
Time 0 hours 5 minutes 44 seconds.

Rating 2450 ELO, Distance 2.00 km, Speed 21.49 km/h  
Time 0 hours 5 minutes 35 seconds.

Rating 2500 ELO, Distance 2.00 km, Speed 22.03 km/h  
Time 0 hours 5 minutes 27 seconds.

Rating 2550 ELO, Distance 2.00 km, Speed 22.57 km/h  
Time 0 hours 5 minutes 19 seconds.

Rating 2600 ELO, Distance 2.00 km, Speed 23.11 km/h  
Time 0 hours 5 minutes 12 seconds.

Rating 2650 ELO, Distance 2.00 km, Speed 23.65 km/h  
Time 0 hours 5 minutes 4 seconds.

Rating 2700 ELO, Distance 2.00 km, Speed 24.19 km/h  
Time 0 hours 4 minutes 58 seconds.

Rating 2750 ELO, Distance 2.00 km, Speed 24.73 km/h  
Time 0 hours 4 minutes 51 seconds.

Rating 2800 ELO, Distance 2.00 km, Speed 25.27 km/h  
Time 0 hours 4 minutes 45 seconds.

Rating 2850 ELO, Distance 2.00 km, Speed 25.81 km/h  
Time 0 hours 4 minutes 39 seconds.

Rating 2900 ELO, Distance 2.00 km, Speed 26.35 km/h  
Time 0 hours 4 minutes 33 seconds.

Rating 2950 ELO, Distance 2.00 km, Speed 26.89 km/h  
Time 0 hours 4 minutes 28 seconds.

Rating 3000 ELO, Distance 2.00 km, Speed 27.43 km/h  
Time 0 hours 4 minutes 22 seconds.

Rating 3050 ELO, Distance 2.00 km, Speed 27.97 km/h  
Time 0 hours 4 minutes 17 seconds.

Rating 3100 ELO, Distance 2.00 km, Speed 28.51 km/h  
Time 0 hours 4 minutes 13 seconds.

Rating 3150 ELO, Distance 2.00 km, Speed 29.05 km/h  
Time 0 hours 4 minutes 8 seconds.

Rating 3200 ELO, Distance 2.00 km, Speed 29.59 km/h  
Time 0 hours 4 minutes 3 seconds.

Rating 3250 ELO, Distance 2.00 km, Speed 30.14 km/h  
Time 0 hours 3 minutes 59 seconds.

Rating 3300 ELO, Distance 2.00 km, Speed 30.68 km/h  
Time 0 hours 3 minutes 55 seconds.

Rating 3350 ELO, Distance 2.00 km, Speed 31.22 km/h  
Time 0 hours 3 minutes 51 seconds.

Rating 3400 ELO, Distance 2.00 km, Speed 31.76 km/h  
Time 0 hours 3 minutes 47 seconds.

Rating 3450 ELO, Distance 2.00 km, Speed 32.30 km/h  
Time 0 hours 3 minutes 43 seconds.

Rating 3500 ELO, Distance 2.00 km, Speed 32.84 km/h  
Time 0 hours 3 minutes 39 seconds.



# 3 km rating tabel

Rating 800 ELO, Distance 3.00 km, Speed 6.61 km/h  
Time 0 hours 27 minutes 13 seconds.

Rating 850 ELO, Distance 3.00 km, Speed 6.96 km/h  
Time 0 hours 25 minutes 51 seconds.

Rating 900 ELO, Distance 3.00 km, Speed 7.32 km/h  
Time 0 hours 24 minutes 36 seconds.

Rating 950 ELO, Distance 3.00 km, Speed 7.67 km/h  
Time 0 hours 23 minutes 29 seconds.

Rating 1000 ELO, Distance 3.00 km, Speed 8.02 km/h  
Time 0 hours 22 minutes 27 seconds.

Rating 1050 ELO, Distance 3.00 km, Speed 8.37 km/h  
Time 0 hours 21 minutes 31 seconds.

Rating 1100 ELO, Distance 3.00 km, Speed 8.72 km/h  
Time 0 hours 20 minutes 39 seconds.

Rating 1150 ELO, Distance 3.00 km, Speed 9.07 km/h  
Time 0 hours 19 minutes 51 seconds.

Rating 1200 ELO, Distance 3.00 km, Speed 9.42 km/h  
Time 0 hours 19 minutes 6 seconds.

Rating 1250 ELO, Distance 3.00 km, Speed 9.77 km/h  
Time 0 hours 18 minutes 25 seconds.

Rating 1300 ELO, Distance 3.00 km, Speed 10.12 km/h  
Time 0 hours 17 minutes 47 seconds.

Rating 1350 ELO, Distance 3.00 km, Speed 10.47 km/h  
Time 0 hours 17 minutes 11 seconds.

Rating 1400 ELO, Distance 3.00 km, Speed 10.82 km/h  
Time 0 hours 16 minutes 38 seconds.

Rating 1450 ELO, Distance 3.00 km, Speed 11.21 km/h  
Time 0 hours 16 minutes 3 seconds.

Rating 1500 ELO, Distance 3.00 km, Speed 11.63 km/h  
Time 0 hours 15 minutes 29 seconds.

Rating 1550 ELO, Distance 3.00 km, Speed 12.05 km/h  
Time 0 hours 14 minutes 56 seconds.

Rating 1600 ELO, Distance 3.00 km, Speed 12.47 km/h  
Time 0 hours 14 minutes 26 seconds.

Rating 1650 ELO, Distance 3.00 km, Speed 12.89 km/h  
Time 0 hours 13 minutes 58 seconds.

Rating 1700 ELO, Distance 3.00 km, Speed 13.32 km/h  
Time 0 hours 13 minutes 31 seconds.

Rating 1750 ELO, Distance 3.00 km, Speed 13.74 km/h  
Time 0 hours 13 minutes 6 seconds.

Rating 1800 ELO, Distance 3.00 km, Speed 14.16 km/h  
Time 0 hours 12 minutes 43 seconds.

Rating 1850 ELO, Distance 3.00 km, Speed 14.58 km/h  
Time 0 hours 12 minutes 21 seconds.

Rating 1900 ELO, Distance 3.00 km, Speed 15.00 km/h  
Time 0 hours 12 minutes 0 seconds.

Rating 1950 ELO, Distance 3.00 km, Speed 15.53 km/h  
Time 0 hours 11 minutes 36 seconds.

Rating 2000 ELO, Distance 3.00 km, Speed 16.05 km/h  
Time 0 hours 11 minutes 13 seconds.

Rating 2050 ELO, Distance 3.00 km, Speed 16.58 km/h  
Time 0 hours 10 minutes 51 seconds.

Rating 2100 ELO, Distance 3.00 km, Speed 17.11 km/h  
Time 0 hours 10 minutes 31 seconds.

Rating 2150 ELO, Distance 3.00 km, Speed 17.63 km/h  
Time 0 hours 10 minutes 13 seconds.

Rating 2200 ELO, Distance 3.00 km, Speed 18.16 km/h  
Time 0 hours 9 minutes 55 seconds.

Rating 2250 ELO, Distance 3.00 km, Speed 18.68 km/h  
Time 0 hours 9 minutes 38 seconds.

Rating 2300 ELO, Distance 3.00 km, Speed 19.21 km/h  
Time 0 hours 9 minutes 22 seconds.

Rating 2350 ELO, Distance 3.00 km, Speed 19.74 km/h  
Time 0 hours 9 minutes 7 seconds.

Rating 2400 ELO, Distance 3.00 km, Speed 20.26 km/h  
Time 0 hours 8 minutes 53 seconds.

Rating 2450 ELO, Distance 3.00 km, Speed 20.79 km/h  
Time 0 hours 8 minutes 39 seconds.

Rating 2500 ELO, Distance 3.00 km, Speed 21.32 km/h  
Time 0 hours 8 minutes 27 seconds.

Rating 2550 ELO, Distance 3.00 km, Speed 21.84 km/h  
Time 0 hours 8 minutes 14 seconds.

Rating 2600 ELO, Distance 3.00 km, Speed 22.37 km/h  
Time 0 hours 8 minutes 3 seconds.

Rating 2650 ELO, Distance 3.00 km, Speed 22.89 km/h  
Time 0 hours 7 minutes 52 seconds.

Rating 2700 ELO, Distance 3.00 km, Speed 23.42 km/h  
Time 0 hours 7 minutes 41 seconds.

Rating 2750 ELO, Distance 3.00 km, Speed 23.95 km/h  
Time 0 hours 7 minutes 31 seconds.

Rating 2800 ELO, Distance 3.00 km, Speed 24.47 km/h  
Time 0 hours 7 minutes 21 seconds.

Rating 2850 ELO, Distance 3.00 km, Speed 25.00 km/h  
Time 0 hours 7 minutes 12 seconds.

Rating 2900 ELO, Distance 3.00 km, Speed 25.53 km/h  
Time 0 hours 7 minutes 3 seconds.

Rating 2950 ELO, Distance 3.00 km, Speed 26.05 km/h  
Time 0 hours 6 minutes 55 seconds.

Rating 3000 ELO, Distance 3.00 km, Speed 26.58 km/h  
Time 0 hours 6 minutes 46 seconds.

Rating 3050 ELO, Distance 3.00 km, Speed 27.11 km/h  
Time 0 hours 6 minutes 38 seconds.

Rating 3100 ELO, Distance 3.00 km, Speed 27.63 km/h  
Time 0 hours 6 minutes 31 seconds.

Rating 3150 ELO, Distance 3.00 km, Speed 28.16 km/h  
Time 0 hours 6 minutes 24 seconds.

Rating 3200 ELO, Distance 3.00 km, Speed 28.68 km/h  
Time 0 hours 6 minutes 17 seconds.

Rating 3250 ELO, Distance 3.00 km, Speed 29.21 km/h  
Time 0 hours 6 minutes 10 seconds.

Rating 3300 ELO, Distance 3.00 km, Speed 29.74 km/h  
Time 0 hours 6 minutes 3 seconds.

Rating 3350 ELO, Distance 3.00 km, Speed 30.26 km/h  
Time 0 hours 5 minutes 57 seconds.

Rating 3400 ELO, Distance 3.00 km, Speed 30.79 km/h  
Time 0 hours 5 minutes 51 seconds.

Rating 3450 ELO, Distance 3.00 km, Speed 31.32 km/h  
Time 0 hours 5 minutes 45 seconds.

Rating 3500 ELO, Distance 3.00 km, Speed 31.84 km/h  
Time 0 hours 5 minutes 39 seconds.

# 4 km rating tabel

Rating 800 ELO, Distance 4.00 km, Speed 6.47 km/h  
Time 0 hours 37 minutes 6 seconds.

Rating 850 ELO, Distance 4.00 km, Speed 6.81 km/h  
Time 0 hours 35 minutes 14 seconds.

Rating 900 ELO, Distance 4.00 km, Speed 7.15 km/h  
Time 0 hours 33 minutes 33 seconds.

Rating 950 ELO, Distance 4.00 km, Speed 7.50 km/h  
Time 0 hours 32 minutes 1 seconds.

Rating 1000 ELO, Distance 4.00 km, Speed 7.84 km/h  
Time 0 hours 30 minutes 37 seconds.

Rating 1050 ELO, Distance 4.00 km, Speed 8.18 km/h  
Time 0 hours 29 minutes 21 seconds.

Rating 1100 ELO, Distance 4.00 km, Speed 8.52 km/h  
Time 0 hours 28 minutes 10 seconds.

Rating 1150 ELO, Distance 4.00 km, Speed 8.86 km/h  
Time 0 hours 27 minutes 5 seconds.

Rating 1200 ELO, Distance 4.00 km, Speed 9.21 km/h  
Time 0 hours 26 minutes 4 seconds.

Rating 1250 ELO, Distance 4.00 km, Speed 9.55 km/h  
Time 0 hours 25 minutes 8 seconds.

Rating 1300 ELO, Distance 4.00 km, Speed 9.89 km/h  
Time 0 hours 24 minutes 16 seconds.

Rating 1350 ELO, Distance 4.00 km, Speed 10.23 km/h  
Time 0 hours 23 minutes 28 seconds.

Rating 1400 ELO, Distance 4.00 km, Speed 10.57 km/h  
Time 0 hours 22 minutes 42 seconds.

Rating 1450 ELO, Distance 4.00 km, Speed 10.91 km/h  
Time 0 hours 21 minutes 59 seconds.

Rating 1500 ELO, Distance 4.00 km, Speed 11.31 km/h  
Time 0 hours 21 minutes 13 seconds.

Rating 1550 ELO, Distance 4.00 km, Speed 11.72 km/h  
Time 0 hours 20 minutes 29 seconds.

Rating 1600 ELO, Distance 4.00 km, Speed 12.13 km/h  
Time 0 hours 19 minutes 47 seconds.

Rating 1650 ELO, Distance 4.00 km, Speed 12.54 km/h  
Time 0 hours 19 minutes 8 seconds.

Rating 1700 ELO, Distance 4.00 km, Speed 12.95 km/h  
Time 0 hours 18 minutes 32 seconds.

Rating 1750 ELO, Distance 4.00 km, Speed 13.36 km/h  
Time 0 hours 17 minutes 58 seconds.

Rating 1800 ELO, Distance 4.00 km, Speed 13.77 km/h  
Time 0 hours 17 minutes 26 seconds.

Rating 1850 ELO, Distance 4.00 km, Speed 14.18 km/h  
Time 0 hours 16 minutes 56 seconds.

Rating 1900 ELO, Distance 4.00 km, Speed 14.59 km/h  
Time 0 hours 16 minutes 27 seconds.

Rating 1950 ELO, Distance 4.00 km, Speed 15.00 km/h  
Time 0 hours 16 minutes 0 seconds.

Rating 2000 ELO, Distance 4.00 km, Speed 15.51 km/h  
Time 0 hours 15 minutes 28 seconds.

Rating 2050 ELO, Distance 4.00 km, Speed 16.03 km/h  
Time 0 hours 14 minutes 59 seconds.

Rating 2100 ELO, Distance 4.00 km, Speed 16.54 km/h  
Time 0 hours 14 minutes 31 seconds.

Rating 2150 ELO, Distance 4.00 km, Speed 17.05 km/h  
Time 0 hours 14 minutes 5 seconds.

Rating 2200 ELO, Distance 4.00 km, Speed 17.56 km/h  
Time 0 hours 13 minutes 40 seconds.

Rating 2250 ELO, Distance 4.00 km, Speed 18.08 km/h  
Time 0 hours 13 minutes 17 seconds.

Rating 2300 ELO, Distance 4.00 km, Speed 18.59 km/h  
Time 0 hours 12 minutes 55 seconds.

Rating 2350 ELO, Distance 4.00 km, Speed 19.10 km/h  
Time 0 hours 12 minutes 34 seconds.

Rating 2400 ELO, Distance 4.00 km, Speed 19.62 km/h  
Time 0 hours 12 minutes 14 seconds.

Rating 2450 ELO, Distance 4.00 km, Speed 20.13 km/h  
Time 0 hours 11 minutes 55 seconds.

Rating 2500 ELO, Distance 4.00 km, Speed 20.64 km/h  
Time 0 hours 11 minutes 38 seconds.

Rating 2550 ELO, Distance 4.00 km, Speed 21.15 km/h  
Time 0 hours 11 minutes 21 seconds.

Rating 2600 ELO, Distance 4.00 km, Speed 21.67 km/h  
Time 0 hours 11 minutes 5 seconds.

Rating 2650 ELO, Distance 4.00 km, Speed 22.18 km/h  
Time 0 hours 10 minutes 49 seconds.

Rating 2700 ELO, Distance 4.00 km, Speed 22.69 km/h  
Time 0 hours 10 minutes 35 seconds.

Rating 2750 ELO, Distance 4.00 km, Speed 23.21 km/h  
Time 0 hours 10 minutes 21 seconds.

Rating 2800 ELO, Distance 4.00 km, Speed 23.72 km/h  
Time 0 hours 10 minutes 7 seconds.

Rating 2850 ELO, Distance 4.00 km, Speed 24.23 km/h  
Time 0 hours 9 minutes 54 seconds.

Rating 2900 ELO, Distance 4.00 km, Speed 24.74 km/h  
Time 0 hours 9 minutes 42 seconds.

Rating 2950 ELO, Distance 4.00 km, Speed 25.26 km/h  
Time 0 hours 9 minutes 30 seconds.

Rating 3000 ELO, Distance 4.00 km, Speed 25.77 km/h  
Time 0 hours 9 minutes 19 seconds.

Rating 3050 ELO, Distance 4.00 km, Speed 26.28 km/h  
Time 0 hours 9 minutes 8 seconds.

Rating 3100 ELO, Distance 4.00 km, Speed 26.79 km/h  
Time 0 hours 8 minutes 57 seconds.

Rating 3150 ELO, Distance 4.00 km, Speed 27.31 km/h  
Time 0 hours 8 minutes 47 seconds.

Rating 3200 ELO, Distance 4.00 km, Speed 27.82 km/h  
Time 0 hours 8 minutes 38 seconds.

Rating 3250 ELO, Distance 4.00 km, Speed 28.33 km/h  
Time 0 hours 8 minutes 28 seconds.

Rating 3300 ELO, Distance 4.00 km, Speed 28.85 km/h  
Time 0 hours 8 minutes 19 seconds.

Rating 3350 ELO, Distance 4.00 km, Speed 29.36 km/h  
Time 0 hours 8 minutes 10 seconds.

Rating 3400 ELO, Distance 4.00 km, Speed 29.87 km/h  
Time 0 hours 8 minutes 2 seconds.

Rating 3450 ELO, Distance 4.00 km, Speed 30.38 km/h  
Time 0 hours 7 minutes 54 seconds.

Rating 3500 ELO, Distance 4.00 km, Speed 30.90 km/h  
Time 0 hours 7 minutes 46 seconds.



# 5 km rating tabel

Rating 800 ELO, Distance 5.00 km, Speed 6.33 km/h  
Time 0 hours 47 minutes 22 seconds.

Rating 850 ELO, Distance 5.00 km, Speed 6.67 km/h  
Time 0 hours 45 minutes 0 seconds.

Rating 900 ELO, Distance 5.00 km, Speed 7.00 km/h  
Time 0 hours 42 minutes 51 seconds.

Rating 950 ELO, Distance 5.00 km, Speed 7.33 km/h  
Time 0 hours 40 minutes 55 seconds.

Rating 1000 ELO, Distance 5.00 km, Speed 7.67 km/h  
Time 0 hours 39 minutes 8 seconds.

Rating 1050 ELO, Distance 5.00 km, Speed 8.00 km/h  
Time 0 hours 37 minutes 30 seconds.

Rating 1100 ELO, Distance 5.00 km, Speed 8.33 km/h  
Time 0 hours 36 minutes 0 seconds.

Rating 1150 ELO, Distance 5.00 km, Speed 8.67 km/h  
Time 0 hours 34 minutes 37 seconds.

Rating 1200 ELO, Distance 5.00 km, Speed 9.00 km/h  
Time 0 hours 33 minutes 20 seconds.

Rating 1250 ELO, Distance 5.00 km, Speed 9.33 km/h  
Time 0 hours 32 minutes 9 seconds.

Rating 1300 ELO, Distance 5.00 km, Speed 9.67 km/h  
Time 0 hours 31 minutes 2 seconds.

Rating 1350 ELO, Distance 5.00 km, Speed 10.00 km/h  
Time 0 hours 30 minutes 0 seconds.

Rating 1400 ELO, Distance 5.00 km, Speed 10.33 km/h  
Time 0 hours 29 minutes 2 seconds.

Rating 1450 ELO, Distance 5.00 km, Speed 10.67 km/h  
Time 0 hours 28 minutes 7 seconds.

Rating 1500 ELO, Distance 5.00 km, Speed 11.00 km/h  
Time 0 hours 27 minutes 16 seconds.

Rating 1550 ELO, Distance 5.00 km, Speed 11.40 km/h  
Time 0 hours 26 minutes 19 seconds.

Rating 1600 ELO, Distance 5.00 km, Speed 11.80 km/h  
Time 0 hours 25 minutes 25 seconds.

Rating 1650 ELO, Distance 5.00 km, Speed 12.20 km/h  
Time 0 hours 24 minutes 35 seconds.

Rating 1700 ELO, Distance 5.00 km, Speed 12.60 km/h  
Time 0 hours 23 minutes 49 seconds.

Rating 1750 ELO, Distance 5.00 km, Speed 13.00 km/h  
Time 0 hours 23 minutes 5 seconds.

Rating 1800 ELO, Distance 5.00 km, Speed 13.40 km/h  
Time 0 hours 22 minutes 23 seconds.

Rating 1850 ELO, Distance 5.00 km, Speed 13.80 km/h  
Time 0 hours 21 minutes 44 seconds.

Rating 1900 ELO, Distance 5.00 km, Speed 14.20 km/h  
Time 0 hours 21 minutes 8 seconds.

Rating 1950 ELO, Distance 5.00 km, Speed 14.60 km/h  
Time 0 hours 20 minutes 33 seconds.

Rating 2000 ELO, Distance 5.00 km, Speed 15.00 km/h  
Time 0 hours 20 minutes 0 seconds.

Rating 2050 ELO, Distance 5.00 km, Speed 15.50 km/h  
Time 0 hours 19 minutes 21 seconds.

Rating 2100 ELO, Distance 5.00 km, Speed 16.00 km/h  
Time 0 hours 18 minutes 45 seconds.

Rating 2150 ELO, Distance 5.00 km, Speed 16.50 km/h  
Time 0 hours 18 minutes 11 seconds.

Rating 2200 ELO, Distance 5.00 km, Speed 17.00 km/h  
Time 0 hours 17 minutes 39 seconds.

Rating 2250 ELO, Distance 5.00 km, Speed 17.50 km/h  
Time 0 hours 17 minutes 9 seconds.

Rating 2300 ELO, Distance 5.00 km, Speed 18.00 km/h  
Time 0 hours 16 minutes 40 seconds.

Rating 2350 ELO, Distance 5.00 km, Speed 18.50 km/h  
Time 0 hours 16 minutes 13 seconds.

Rating 2400 ELO, Distance 5.00 km, Speed 19.00 km/h  
Time 0 hours 15 minutes 47 seconds.

Rating 2450 ELO, Distance 5.00 km, Speed 19.50 km/h  
Time 0 hours 15 minutes 23 seconds.

Rating 2500 ELO, Distance 5.00 km, Speed 20.00 km/h  
Time 0 hours 15 minutes 0 seconds.

Rating 2550 ELO, Distance 5.00 km, Speed 20.50 km/h  
Time 0 hours 14 minutes 38 seconds.

Rating 2600 ELO, Distance 5.00 km, Speed 21.00 km/h  
Time 0 hours 14 minutes 17 seconds.

Rating 2650 ELO, Distance 5.00 km, Speed 21.50 km/h  
Time 0 hours 13 minutes 57 seconds.

Rating 2700 ELO, Distance 5.00 km, Speed 22.00 km/h  
Time 0 hours 13 minutes 38 seconds.

Rating 2750 ELO, Distance 5.00 km, Speed 22.50 km/h  
Time 0 hours 13 minutes 20 seconds.

Rating 2800 ELO, Distance 5.00 km, Speed 23.00 km/h  
Time 0 hours 13 minutes 3 seconds.

Rating 2850 ELO, Distance 5.00 km, Speed 23.50 km/h  
Time 0 hours 12 minutes 46 seconds.

Rating 2900 ELO, Distance 5.00 km, Speed 24.00 km/h  
Time 0 hours 12 minutes 30 seconds.

Rating 2950 ELO, Distance 5.00 km, Speed 24.50 km/h  
Time 0 hours 12 minutes 15 seconds.

Rating 3000 ELO, Distance 5.00 km, Speed 25.00 km/h  
Time 0 hours 12 minutes 0 seconds.

Rating 3050 ELO, Distance 5.00 km, Speed 25.50 km/h  
Time 0 hours 11 minutes 46 seconds.

Rating 3100 ELO, Distance 5.00 km, Speed 26.00 km/h  
Time 0 hours 11 minutes 32 seconds.

Rating 3150 ELO, Distance 5.00 km, Speed 26.50 km/h  
Time 0 hours 11 minutes 19 seconds.

Rating 3200 ELO, Distance 5.00 km, Speed 27.00 km/h  
Time 0 hours 11 minutes 7 seconds.

Rating 3250 ELO, Distance 5.00 km, Speed 27.50 km/h  
Time 0 hours 10 minutes 55 seconds.

Rating 3300 ELO, Distance 5.00 km, Speed 28.00 km/h  
Time 0 hours 10 minutes 43 seconds.

Rating 3350 ELO, Distance 5.00 km, Speed 28.50 km/h  
Time 0 hours 10 minutes 32 seconds.

Rating 3400 ELO, Distance 5.00 km, Speed 29.00 km/h  
Time 0 hours 10 minutes 21 seconds.

Rating 3450 ELO, Distance 5.00 km, Speed 29.50 km/h  
Time 0 hours 10 minutes 10 seconds.

Rating 3500 ELO, Distance 5.00 km, Speed 30.00 km/h  
Time 0 hours 10 minutes 0 seconds.

## 7.7 km rating tabel

Rating 800 ELO, Distance 7.70 km, Speed 6.06 km/h  
Time 1 hours 16 minutes 14 seconds.

Rating 850 ELO, Distance 7.70 km, Speed 6.38 km/h  
Time 1 hours 12 minutes 27 seconds.

Rating 900 ELO, Distance 7.70 km, Speed 6.69 km/h  
Time 1 hours 9 minutes 2 seconds.

Rating 950 ELO, Distance 7.70 km, Speed 7.01 km/h  
Time 1 hours 5 minutes 55 seconds.

Rating 1000 ELO, Distance 7.70 km, Speed 7.33 km/h  
Time 1 hours 3 minutes 4 seconds.

Rating 1050 ELO, Distance 7.70 km, Speed 7.64 km/h  
Time 1 hours 0 minutes 28 seconds.

Rating 1100 ELO, Distance 7.70 km, Speed 7.96 km/h  
Time 0 hours 58 minutes 3 seconds.

Rating 1150 ELO, Distance 7.70 km, Speed 8.27 km/h  
Time 0 hours 55 minutes 50 seconds.

Rating 1200 ELO, Distance 7.70 km, Speed 8.59 km/h  
Time 0 hours 53 minutes 47 seconds.

Rating 1250 ELO, Distance 7.70 km, Speed 8.91 km/h  
Time 0 hours 51 minutes 52 seconds.

Rating 1300 ELO, Distance 7.70 km, Speed 9.22 km/h  
Time 0 hours 50 minutes 6 seconds.

Rating 1350 ELO, Distance 7.70 km, Speed 9.54 km/h  
Time 0 hours 48 minutes 26 seconds.

Rating 1400 ELO, Distance 7.70 km, Speed 9.86 km/h  
Time 0 hours 46 minutes 53 seconds.

Rating 1450 ELO, Distance 7.70 km, Speed 10.17 km/h  
Time 0 hours 45 minutes 25 seconds.

Rating 1500 ELO, Distance 7.70 km, Speed 10.49 km/h  
Time 0 hours 44 minutes 3 seconds.

Rating 1550 ELO, Distance 7.70 km, Speed 10.80 km/h  
Time 0 hours 42 minutes 46 seconds.

Rating 1600 ELO, Distance 7.70 km, Speed 11.14 km/h  
Time 0 hours 41 minutes 27 seconds.

Rating 1650 ELO, Distance 7.70 km, Speed 11.52 km/h  
Time 0 hours 40 minutes 5 seconds.

Rating 1700 ELO, Distance 7.70 km, Speed 11.90 km/h  
Time 0 hours 38 minutes 49 seconds.

Rating 1750 ELO, Distance 7.70 km, Speed 12.28 km/h  
Time 0 hours 37 minutes 37 seconds.

Rating 1800 ELO, Distance 7.70 km, Speed 12.66 km/h  
Time 0 hours 36 minutes 29 seconds.

Rating 1850 ELO, Distance 7.70 km, Speed 13.04 km/h  
Time 0 hours 35 minutes 25 seconds.

Rating 1900 ELO, Distance 7.70 km, Speed 13.42 km/h  
Time 0 hours 34 minutes 25 seconds.

Rating 1950 ELO, Distance 7.70 km, Speed 13.80 km/h  
Time 0 hours 33 minutes 29 seconds.

Rating 2000 ELO, Distance 7.70 km, Speed 14.18 km/h  
Time 0 hours 32 minutes 35 seconds.

Rating 2050 ELO, Distance 7.70 km, Speed 14.56 km/h  
Time 0 hours 31 minutes 44 seconds.

Rating 2100 ELO, Distance 7.70 km, Speed 14.94 km/h  
Time 0 hours 30 minutes 56 seconds.

Rating 2150 ELO, Distance 7.70 km, Speed 15.40 km/h  
Time 0 hours 30 minutes 0 seconds.

Rating 2200 ELO, Distance 7.70 km, Speed 15.87 km/h  
Time 0 hours 29 minutes 6 seconds.

Rating 2250 ELO, Distance 7.70 km, Speed 16.35 km/h  
Time 0 hours 28 minutes 16 seconds.

Rating 2300 ELO, Distance 7.70 km, Speed 16.82 km/h  
Time 0 hours 27 minutes 28 seconds.

Rating 2350 ELO, Distance 7.70 km, Speed 17.30 km/h  
Time 0 hours 26 minutes 43 seconds.

Rating 2400 ELO, Distance 7.70 km, Speed 17.77 km/h  
Time 0 hours 26 minutes 0 seconds.

Rating 2450 ELO, Distance 7.70 km, Speed 18.24 km/h  
Time 0 hours 25 minutes 19 seconds.

Rating 2500 ELO, Distance 7.70 km, Speed 18.72 km/h  
Time 0 hours 24 minutes 41 seconds.

Rating 2550 ELO, Distance 7.70 km, Speed 19.19 km/h  
Time 0 hours 24 minutes 4 seconds.

Rating 2600 ELO, Distance 7.70 km, Speed 19.67 km/h  
Time 0 hours 23 minutes 29 seconds.

Rating 2650 ELO, Distance 7.70 km, Speed 20.14 km/h  
Time 0 hours 22 minutes 56 seconds.

Rating 2700 ELO, Distance 7.70 km, Speed 20.62 km/h  
Time 0 hours 22 minutes 25 seconds.

Rating 2750 ELO, Distance 7.70 km, Speed 21.09 km/h  
Time 0 hours 21 minutes 54 seconds.

Rating 2800 ELO, Distance 7.70 km, Speed 21.57 km/h  
Time 0 hours 21 minutes 25 seconds.

Rating 2850 ELO, Distance 7.70 km, Speed 22.04 km/h  
Time 0 hours 20 minutes 58 seconds.

Rating 2900 ELO, Distance 7.70 km, Speed 22.51 km/h  
Time 0 hours 20 minutes 31 seconds.

Rating 2950 ELO, Distance 7.70 km, Speed 22.99 km/h  
Time 0 hours 20 minutes 6 seconds.

Rating 3000 ELO, Distance 7.70 km, Speed 23.46 km/h  
Time 0 hours 19 minutes 41 seconds.

Rating 3050 ELO, Distance 7.70 km, Speed 23.94 km/h  
Time 0 hours 19 minutes 18 seconds.

Rating 3100 ELO, Distance 7.70 km, Speed 24.41 km/h  
Time 0 hours 18 minutes 56 seconds.

Rating 3150 ELO, Distance 7.70 km, Speed 24.89 km/h  
Time 0 hours 18 minutes 34 seconds.

Rating 3200 ELO, Distance 7.70 km, Speed 25.36 km/h  
Time 0 hours 18 minutes 13 seconds.

Rating 3250 ELO, Distance 7.70 km, Speed 25.83 km/h  
Time 0 hours 17 minutes 53 seconds.

Rating 3300 ELO, Distance 7.70 km, Speed 26.31 km/h  
Time 0 hours 17 minutes 34 seconds.

Rating 3350 ELO, Distance 7.70 km, Speed 26.78 km/h  
Time 0 hours 17 minutes 15 seconds.

Rating 3400 ELO, Distance 7.70 km, Speed 27.26 km/h  
Time 0 hours 16 minutes 57 seconds.

Rating 3450 ELO, Distance 7.70 km, Speed 27.73 km/h  
Time 0 hours 16 minutes 40 seconds.

Rating 3500 ELO, Distance 7.70 km, Speed 28.21 km/h  
Time 0 hours 16 minutes 23 seconds.



# 10 km rating tabel

Rating 800 ELO, Distance 10.00 km, Speed 5.85 km/h  
Time 1 hours 42 minutes 35 seconds.

Rating 850 ELO, Distance 10.00 km, Speed 6.15 km/h  
Time 1 hours 37 minutes 32 seconds.

Rating 900 ELO, Distance 10.00 km, Speed 6.45 km/h  
Time 1 hours 32 minutes 57 seconds.

Rating 950 ELO, Distance 10.00 km, Speed 6.76 km/h  
Time 1 hours 28 minutes 47 seconds.

Rating 1000 ELO, Distance 10.00 km, Speed 7.06 km/h  
Time 1 hours 24 minutes 59 seconds.

Rating 1050 ELO, Distance 10.00 km, Speed 7.36 km/h  
Time 1 hours 21 minutes 29 seconds.

Rating 1100 ELO, Distance 10.00 km, Speed 7.67 km/h  
Time 1 hours 18 minutes 16 seconds.

Rating 1150 ELO, Distance 10.00 km, Speed 7.97 km/h  
Time 1 hours 15 minutes 17 seconds.

Rating 1200 ELO, Distance 10.00 km, Speed 8.27 km/h  
Time 1 hours 12 minutes 32 seconds.

Rating 1250 ELO, Distance 10.00 km, Speed 8.58 km/h  
Time 1 hours 9 minutes 58 seconds.

Rating 1300 ELO, Distance 10.00 km, Speed 8.88 km/h  
Time 1 hours 7 minutes 35 seconds.

Rating 1350 ELO, Distance 10.00 km, Speed 9.18 km/h  
Time 1 hours 5 minutes 21 seconds.

Rating 1400 ELO, Distance 10.00 km, Speed 9.48 km/h  
Time 1 hours 3 minutes 16 seconds.

Rating 1450 ELO, Distance 10.00 km, Speed 9.79 km/h  
Time 1 hours 1 minutes 18 seconds.

Rating 1500 ELO, Distance 10.00 km, Speed 10.09 km/h  
Time 0 hours 59 minutes 28 seconds.

Rating 1550 ELO, Distance 10.00 km, Speed 10.39 km/h  
Time 0 hours 57 minutes 44 seconds.

Rating 1600 ELO, Distance 10.00 km, Speed 10.70 km/h  
Time 0 hours 56 minutes 5 seconds.

Rating 1650 ELO, Distance 10.00 km, Speed 11.00 km/h  
Time 0 hours 54 minutes 33 seconds.

Rating 1700 ELO, Distance 10.00 km, Speed 11.36 km/h  
Time 0 hours 52 minutes 48 seconds.

Rating 1750 ELO, Distance 10.00 km, Speed 11.73 km/h  
Time 0 hours 51 minutes 10 seconds.

Rating 1800 ELO, Distance 10.00 km, Speed 12.09 km/h  
Time 0 hours 49 minutes 37 seconds.

Rating 1850 ELO, Distance 10.00 km, Speed 12.45 km/h  
Time 0 hours 48 minutes 11 seconds.

Rating 1900 ELO, Distance 10.00 km, Speed 12.82 km/h  
Time 0 hours 46 minutes 49 seconds.

Rating 1950 ELO, Distance 10.00 km, Speed 13.18 km/h  
Time 0 hours 45 minutes 31 seconds.

Rating 2000 ELO, Distance 10.00 km, Speed 13.55 km/h  
Time 0 hours 44 minutes 18 seconds.

Rating 2050 ELO, Distance 10.00 km, Speed 13.91 km/h  
Time 0 hours 43 minutes 8 seconds.

Rating 2100 ELO, Distance 10.00 km, Speed 14.27 km/h  
Time 0 hours 42 minutes 2 seconds.

Rating 2150 ELO, Distance 10.00 km, Speed 14.64 km/h  
Time 0 hours 41 minutes 0 seconds.

Rating 2200 ELO, Distance 10.00 km, Speed 15.00 km/h  
Time 0 hours 40 minutes 0 seconds.

Rating 2250 ELO, Distance 10.00 km, Speed 15.45 km/h  
Time 0 hours 38 minutes 49 seconds.

Rating 2300 ELO, Distance 10.00 km, Speed 15.91 km/h  
Time 0 hours 37 minutes 43 seconds.

Rating 2350 ELO, Distance 10.00 km, Speed 16.36 km/h  
Time 0 hours 36 minutes 40 seconds.

Rating 2400 ELO, Distance 10.00 km, Speed 16.82 km/h  
Time 0 hours 35 minutes 41 seconds.

Rating 2450 ELO, Distance 10.00 km, Speed 17.27 km/h  
Time 0 hours 34 minutes 44 seconds.

Rating 2500 ELO, Distance 10.00 km, Speed 17.73 km/h  
Time 0 hours 33 minutes 51 seconds.

Rating 2550 ELO, Distance 10.00 km, Speed 18.18 km/h  
Time 0 hours 33 minutes 0 seconds.

Rating 2600 ELO, Distance 10.00 km, Speed 18.64 km/h  
Time 0 hours 32 minutes 12 seconds.

Rating 2650 ELO, Distance 10.00 km, Speed 19.09 km/h  
Time 0 hours 31 minutes 26 seconds.

Rating 2700 ELO, Distance 10.00 km, Speed 19.55 km/h  
Time 0 hours 30 minutes 42 seconds.

Rating 2750 ELO, Distance 10.00 km, Speed 20.00 km/h  
Time 0 hours 30 minutes 0 seconds.

Rating 2800 ELO, Distance 10.00 km, Speed 20.45 km/h  
Time 0 hours 29 minutes 20 seconds.

Rating 2850 ELO, Distance 10.00 km, Speed 20.91 km/h  
Time 0 hours 28 minutes 42 seconds.

Rating 2900 ELO, Distance 10.00 km, Speed 21.36 km/h  
Time 0 hours 28 minutes 5 seconds.

Rating 2950 ELO, Distance 10.00 km, Speed 21.82 km/h  
Time 0 hours 27 minutes 30 seconds.

Rating 3000 ELO, Distance 10.00 km, Speed 22.27 km/h  
Time 0 hours 26 minutes 56 seconds.

Rating 3050 ELO, Distance 10.00 km, Speed 22.73 km/h  
Time 0 hours 26 minutes 24 seconds.

Rating 3100 ELO, Distance 10.00 km, Speed 23.18 km/h  
Time 0 hours 25 minutes 53 seconds.

Rating 3150 ELO, Distance 10.00 km, Speed 23.64 km/h  
Time 0 hours 25 minutes 23 seconds.

Rating 3200 ELO, Distance 10.00 km, Speed 24.09 km/h  
Time 0 hours 24 minutes 54 seconds.

Rating 3250 ELO, Distance 10.00 km, Speed 24.55 km/h  
Time 0 hours 24 minutes 27 seconds.

Rating 3300 ELO, Distance 10.00 km, Speed 25.00 km/h  
Time 0 hours 24 minutes 0 seconds.

Rating 3350 ELO, Distance 10.00 km, Speed 25.45 km/h  
Time 0 hours 23 minutes 34 seconds.

Rating 3400 ELO, Distance 10.00 km, Speed 25.91 km/h  
Time 0 hours 23 minutes 9 seconds.

Rating 3450 ELO, Distance 10.00 km, Speed 26.36 km/h  
Time 0 hours 22 minutes 46 seconds.

Rating 3500 ELO, Distance 10.00 km, Speed 26.82 km/h  
Time 0 hours 22 minutes 22 seconds.

# 15 km rating tabel

Rating 800 ELO, Distance 15.00 km, Speed 5.64 km/h  
Time 2 hours 39 minutes 38 seconds.

Rating 850 ELO, Distance 15.00 km, Speed 5.93 km/h  
Time 2 hours 31 minutes 50 seconds.

Rating 900 ELO, Distance 15.00 km, Speed 6.22 km/h  
Time 2 hours 24 minutes 45 seconds.

Rating 950 ELO, Distance 15.00 km, Speed 6.51 km/h  
Time 2 hours 18 minutes 18 seconds.

Rating 1000 ELO, Distance 15.00 km, Speed 6.80 km/h  
Time 2 hours 12 minutes 25 seconds.

Rating 1050 ELO, Distance 15.00 km, Speed 7.09 km/h  
Time 2 hours 7 minutes 0 seconds.

Rating 1100 ELO, Distance 15.00 km, Speed 7.38 km/h  
Time 2 hours 2 minutes 0 seconds.

Rating 1150 ELO, Distance 15.00 km, Speed 7.67 km/h  
Time 1 hours 57 minutes 23 seconds.

Rating 1200 ELO, Distance 15.00 km, Speed 7.96 km/h  
Time 1 hours 53 minutes 7 seconds.

Rating 1250 ELO, Distance 15.00 km, Speed 8.25 km/h  
Time 1 hours 49 minutes 8 seconds.

Rating 1300 ELO, Distance 15.00 km, Speed 8.54 km/h  
Time 1 hours 45 minutes 26 seconds.

Rating 1350 ELO, Distance 15.00 km, Speed 8.83 km/h  
Time 1 hours 41 minutes 58 seconds.

Rating 1400 ELO, Distance 15.00 km, Speed 9.12 km/h  
Time 1 hours 38 minutes 44 seconds.

Rating 1450 ELO, Distance 15.00 km, Speed 9.41 km/h  
Time 1 hours 35 minutes 41 seconds.

Rating 1500 ELO, Distance 15.00 km, Speed 9.70 km/h  
Time 1 hours 32 minutes 50 seconds.

Rating 1550 ELO, Distance 15.00 km, Speed 9.99 km/h  
Time 1 hours 30 minutes 8 seconds.

Rating 1600 ELO, Distance 15.00 km, Speed 10.28 km/h  
Time 1 hours 27 minutes 35 seconds.

Rating 1650 ELO, Distance 15.00 km, Speed 10.57 km/h  
Time 1 hours 25 minutes 11 seconds.

Rating 1700 ELO, Distance 15.00 km, Speed 10.86 km/h  
Time 1 hours 22 minutes 55 seconds.

Rating 1750 ELO, Distance 15.00 km, Speed 11.17 km/h  
Time 1 hours 20 minutes 33 seconds.

Rating 1800 ELO, Distance 15.00 km, Speed 11.52 km/h  
Time 1 hours 18 minutes 7 seconds.

Rating 1850 ELO, Distance 15.00 km, Speed 11.87 km/h  
Time 1 hours 15 minutes 49 seconds.

Rating 1900 ELO, Distance 15.00 km, Speed 12.22 km/h  
Time 1 hours 13 minutes 40 seconds.

Rating 1950 ELO, Distance 15.00 km, Speed 12.57 km/h  
Time 1 hours 11 minutes 38 seconds.

Rating 2000 ELO, Distance 15.00 km, Speed 12.91 km/h  
Time 1 hours 9 minutes 42 seconds.

Rating 2050 ELO, Distance 15.00 km, Speed 13.26 km/h  
Time 1 hours 7 minutes 52 seconds.

Rating 2100 ELO, Distance 15.00 km, Speed 13.61 km/h  
Time 1 hours 6 minutes 8 seconds.

Rating 2150 ELO, Distance 15.00 km, Speed 13.96 km/h  
Time 1 hours 4 minutes 29 seconds.

Rating 2200 ELO, Distance 15.00 km, Speed 14.30 km/h  
Time 1 hours 2 minutes 55 seconds.

Rating 2250 ELO, Distance 15.00 km, Speed 14.65 km/h  
Time 1 hours 1 minutes 25 seconds.

Rating 2300 ELO, Distance 15.00 km, Speed 15.00 km/h  
Time 1 hours 0 minutes 0 seconds.

Rating 2350 ELO, Distance 15.00 km, Speed 15.43 km/h  
Time 0 hours 58 minutes 19 seconds.

Rating 2400 ELO, Distance 15.00 km, Speed 15.87 km/h  
Time 0 hours 56 minutes 43 seconds.

Rating 2450 ELO, Distance 15.00 km, Speed 16.30 km/h  
Time 0 hours 55 minutes 12 seconds.

Rating 2500 ELO, Distance 15.00 km, Speed 16.74 km/h  
Time 0 hours 53 minutes 46 seconds.

Rating 2550 ELO, Distance 15.00 km, Speed 17.17 km/h  
Time 0 hours 52 minutes 24 seconds.

Rating 2600 ELO, Distance 15.00 km, Speed 17.61 km/h  
Time 0 hours 51 minutes 7 seconds.

Rating 2650 ELO, Distance 15.00 km, Speed 18.04 km/h  
Time 0 hours 49 minutes 53 seconds.

Rating 2700 ELO, Distance 15.00 km, Speed 18.48 km/h  
Time 0 hours 48 minutes 42 seconds.

Rating 2750 ELO, Distance 15.00 km, Speed 18.91 km/h  
Time 0 hours 47 minutes 35 seconds.

Rating 2800 ELO, Distance 15.00 km, Speed 19.35 km/h  
Time 0 hours 46 minutes 31 seconds.

Rating 2850 ELO, Distance 15.00 km, Speed 19.78 km/h  
Time 0 hours 45 minutes 30 seconds.

Rating 2900 ELO, Distance 15.00 km, Speed 20.22 km/h  
Time 0 hours 44 minutes 31 seconds.

Rating 2950 ELO, Distance 15.00 km, Speed 20.65 km/h  
Time 0 hours 43 minutes 35 seconds.

Rating 3000 ELO, Distance 15.00 km, Speed 21.09 km/h  
Time 0 hours 42 minutes 41 seconds.

Rating 3050 ELO, Distance 15.00 km, Speed 21.52 km/h  
Time 0 hours 41 minutes 49 seconds.

Rating 3100 ELO, Distance 15.00 km, Speed 21.96 km/h  
Time 0 hours 40 minutes 59 seconds.

Rating 3150 ELO, Distance 15.00 km, Speed 22.39 km/h  
Time 0 hours 40 minutes 12 seconds.

Rating 3200 ELO, Distance 15.00 km, Speed 22.83 km/h  
Time 0 hours 39 minutes 26 seconds.

Rating 3250 ELO, Distance 15.00 km, Speed 23.26 km/h  
Time 0 hours 38 minutes 41 seconds.

Rating 3300 ELO, Distance 15.00 km, Speed 23.70 km/h  
Time 0 hours 37 minutes 59 seconds.

Rating 3350 ELO, Distance 15.00 km, Speed 24.13 km/h  
Time 0 hours 37 minutes 18 seconds.

Rating 3400 ELO, Distance 15.00 km, Speed 24.57 km/h  
Time 0 hours 36 minutes 38 seconds.

Rating 3450 ELO, Distance 15.00 km, Speed 25.00 km/h  
Time 0 hours 36 minutes 0 seconds.

Rating 3500 ELO, Distance 15.00 km, Speed 25.43 km/h  
Time 0 hours 35 minutes 23 seconds.



# 21.1 km rating tabel

Rating 800 ELO, Distance 21.10 km, Speed 5.44 km/h  
Time 3 hours 52 minutes 32 seconds.

Rating 850 ELO, Distance 21.10 km, Speed 5.72 km/h  
Time 3 hours 41 minutes 15 seconds.

Rating 900 ELO, Distance 21.10 km, Speed 6.00 km/h  
Time 3 hours 31 minutes 0 seconds.

Rating 950 ELO, Distance 21.10 km, Speed 6.28 km/h  
Time 3 hours 21 minutes 40 seconds.

Rating 1000 ELO, Distance 21.10 km, Speed 6.56 km/h  
Time 3 hours 13 minutes 7 seconds.

Rating 1050 ELO, Distance 21.10 km, Speed 6.83 km/h  
Time 3 hours 5 minutes 16 seconds.

Rating 1100 ELO, Distance 21.10 km, Speed 7.11 km/h  
Time 2 hours 58 minutes 2 seconds.

Rating 1150 ELO, Distance 21.10 km, Speed 7.39 km/h  
Time 2 hours 51 minutes 20 seconds.

Rating 1200 ELO, Distance 21.10 km, Speed 7.67 km/h  
Time 2 hours 45 minutes 8 seconds.

Rating 1250 ELO, Distance 21.10 km, Speed 7.94 km/h  
Time 2 hours 39 minutes 21 seconds.

Rating 1300 ELO, Distance 21.10 km, Speed 8.22 km/h  
Time 2 hours 33 minutes 58 seconds.

Rating 1350 ELO, Distance 21.10 km, Speed 8.50 km/h  
Time 2 hours 28 minutes 56 seconds.

Rating 1400 ELO, Distance 21.10 km, Speed 8.78 km/h  
Time 2 hours 24 minutes 14 seconds.

Rating 1450 ELO, Distance 21.10 km, Speed 9.06 km/h  
Time 2 hours 19 minutes 48 seconds.

Rating 1500 ELO, Distance 21.10 km, Speed 9.33 km/h  
Time 2 hours 15 minutes 39 seconds.

Rating 1550 ELO, Distance 21.10 km, Speed 9.61 km/h  
Time 2 hours 11 minutes 43 seconds.

Rating 1600 ELO, Distance 21.10 km, Speed 9.89 km/h  
Time 2 hours 8 minutes 1 seconds.

Rating 1650 ELO, Distance 21.10 km, Speed 10.17 km/h  
Time 2 hours 4 minutes 31 seconds.

Rating 1700 ELO, Distance 21.10 km, Speed 10.44 km/h  
Time 2 hours 1 minutes 13 seconds.

Rating 1750 ELO, Distance 21.10 km, Speed 10.72 km/h  
Time 1 hours 58 minutes 4 seconds.

Rating 1800 ELO, Distance 21.10 km, Speed 11.00 km/h  
Time 1 hours 55 minutes 5 seconds.

Rating 1850 ELO, Distance 21.10 km, Speed 11.33 km/h  
Time 1 hours 51 minutes 42 seconds.

Rating 1900 ELO, Distance 21.10 km, Speed 11.67 km/h  
Time 1 hours 48 minutes 31 seconds.

Rating 1950 ELO, Distance 21.10 km, Speed 12.00 km/h  
Time 1 hours 45 minutes 30 seconds.

Rating 2000 ELO, Distance 21.10 km, Speed 12.33 km/h  
Time 1 hours 42 minutes 39 seconds.

Rating 2050 ELO, Distance 21.10 km, Speed 12.67 km/h  
Time 1 hours 39 minutes 57 seconds.

Rating 2100 ELO, Distance 21.10 km, Speed 13.00 km/h  
Time 1 hours 37 minutes 23 seconds.

Rating 2150 ELO, Distance 21.10 km, Speed 13.33 km/h  
Time 1 hours 34 minutes 57 seconds.

Rating 2200 ELO, Distance 21.10 km, Speed 13.67 km/h  
Time 1 hours 32 minutes 38 seconds.

Rating 2250 ELO, Distance 21.10 km, Speed 14.00 km/h  
Time 1 hours 30 minutes 26 seconds.

Rating 2300 ELO, Distance 21.10 km, Speed 14.33 km/h  
Time 1 hours 28 minutes 20 seconds.

Rating 2350 ELO, Distance 21.10 km, Speed 14.67 km/h  
Time 1 hours 26 minutes 19 seconds.

Rating 2400 ELO, Distance 21.10 km, Speed 15.00 km/h  
Time 1 hours 24 minutes 24 seconds.

Rating 2450 ELO, Distance 21.10 km, Speed 15.42 km/h  
Time 1 hours 22 minutes 7 seconds.

Rating 2500 ELO, Distance 21.10 km, Speed 15.83 km/h  
Time 1 hours 19 minutes 57 seconds.

Rating 2550 ELO, Distance 21.10 km, Speed 16.25 km/h  
Time 1 hours 17 minutes 54 seconds.

Rating 2600 ELO, Distance 21.10 km, Speed 16.67 km/h  
Time 1 hours 15 minutes 58 seconds.

Rating 2650 ELO, Distance 21.10 km, Speed 17.08 km/h  
Time 1 hours 14 minutes 6 seconds.

Rating 2700 ELO, Distance 21.10 km, Speed 17.50 km/h  
Time 1 hours 12 minutes 21 seconds.

Rating 2750 ELO, Distance 21.10 km, Speed 17.92 km/h  
Time 1 hours 10 minutes 40 seconds.

Rating 2800 ELO, Distance 21.10 km, Speed 18.33 km/h  
Time 1 hours 9 minutes 3 seconds.

Rating 2850 ELO, Distance 21.10 km, Speed 18.75 km/h  
Time 1 hours 7 minutes 31 seconds.

Rating 2900 ELO, Distance 21.10 km, Speed 19.17 km/h  
Time 1 hours 6 minutes 3 seconds.

Rating 2950 ELO, Distance 21.10 km, Speed 19.58 km/h  
Time 1 hours 4 minutes 39 seconds.

Rating 3000 ELO, Distance 21.10 km, Speed 20.00 km/h  
Time 1 hours 3 minutes 18 seconds.

Rating 3050 ELO, Distance 21.10 km, Speed 20.42 km/h  
Time 1 hours 2 minutes 0 seconds.

Rating 3100 ELO, Distance 21.10 km, Speed 20.83 km/h  
Time 1 hours 0 minutes 46 seconds.

Rating 3150 ELO, Distance 21.10 km, Speed 21.25 km/h  
Time 0 hours 59 minutes 35 seconds.

Rating 3200 ELO, Distance 21.10 km, Speed 21.67 km/h  
Time 0 hours 58 minutes 26 seconds.

Rating 3250 ELO, Distance 21.10 km, Speed 22.08 km/h  
Time 0 hours 57 minutes 20 seconds.

Rating 3300 ELO, Distance 21.10 km, Speed 22.50 km/h  
Time 0 hours 56 minutes 16 seconds.

Rating 3350 ELO, Distance 21.10 km, Speed 22.92 km/h  
Time 0 hours 55 minutes 15 seconds.

Rating 3400 ELO, Distance 21.10 km, Speed 23.33 km/h  
Time 0 hours 54 minutes 15 seconds.

Rating 3450 ELO, Distance 21.10 km, Speed 23.75 km/h  
Time 0 hours 53 minutes 18 seconds.

Rating 3500 ELO, Distance 21.10 km, Speed 24.17 km/h  
Time 0 hours 52 minutes 23 seconds.