|  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- |
| Samlet belønninger opnået ved konditionstræning | | | | | | | |
|  |  | ★ | ★★ | ★★★ | ★★★★ | ★★★★★ | ★★★★★★ |
| Tid (min) | | 60 | 90 | 120 | 300 | 400 | 500 |
| Afstand (km) | | 5 | 25 | 50 | 100 | 300 | 500 |
| Træning (antal) | | 3 | 30 | 90 | 210 | 300 | 450 |
| Konditionstræning (antal) | | 1 | 10 | 30 | 70 | 100 | 150 |