

## Section A

Distance=6.2km, Speed=14kph, Window=2 minutes.

<u>km</u>	<u>min-dist</u>	<u>allowed</u>
1	3:58	4:17
2	7:56	8:34
3	11:53	12:51
4	15:51	17:09
5	19:49	21:26
6	23:47	25:43
6200m	24:35	26:35
<b>Minimum</b>		<b>24:35</b>

## Section D

Distance=1km, Speed=6kph.

<u>500m</u>	<u>1000m</u>
5:00	10:00

## Section E

Distance=7.5km, Speed=13kph, Window=3 minutes.

<u>km</u>	<u>min-dist</u>	<u>allowed</u>
1	4:13	4:37
2	8:26	9:14
3	12:39	13:51
4	16:52	18:28
5	21:05	23:05
6	25:18	27:42
7	29:30	32:18
7500m	31:37	34:37
<b>Minimum</b>		<b>31:37</b>