



Hver runde er 546 meter

**Hvor langt?**  
**Hvor fort?**

| Km.tider |            | Jevn fart | Antall runder |
|----------|------------|-----------|---------------|
| Km.tid   | = rundetid | = 24H res | 24H           |
| 04:30    | 02:27      | 322,0     | 590           |
| 04:40    | 02:33      | 310,4     | 568           |
| 04:50    | 02:38      | 299,5     | 549           |
| 05:00    | 02:44      | 289,4     | 530           |
| 05:10    | 02:49      | 280,0     | 513           |
| 05:20    | 02:55      | 271,1     | 497           |
| 05:30    | 03:00      | 262,8     | 481           |
| 05:40    | 03:06      | 255,0     | 467           |
| 05:50    | 03:11      | 247,6     | 454           |
| 06:00    | 03:17      | 240,7     | 441           |
| 06:10    | 03:22      | 234,1     | 429           |
| 06:20    | 03:27      | 227,9     | 417           |
| 06:30    | 03:33      | 222,0     | 407           |
| 06:40    | 03:38      | 216,4     | 396           |
| 06:50    | 03:44      | 211,1     | 387           |
| 07:00    | 03:49      | 206,0     | 377           |
| 07:10    | 03:55      | 201,2     | 368           |
| 07:20    | 04:00      | 196,6     | 360           |
| 07:30    | 04:06      | 192,2     | 352           |
| 07:40    | 04:11      | 187,9     | 344           |
| 07:50    | 04:17      | 183,9     | 337           |
| 08:00    | 04:22      | 180,1     | 330           |
| 08:10    | 04:28      | 176,4     | 323           |
| 08:20    | 04:33      | 172,8     | 316           |
| 08:30    | 04:38      | 169,4     | 310           |
| 08:40    | 04:44      | 166,1     | 304           |
| 08:50    | 04:49      | 163,0     | 298           |
| 09:00    | 04:55      | 159,9     | 293           |
| 09:10    | 05:00      | 157,0     | 288           |
| 09:20    | 05:06      | 154,2     | 282           |
| 09:30    | 05:11      | 151,4     | 277           |
| 09:40    | 05:17      | 148,8     | 273           |
| 09:50    | 05:22      | 146,3     | 268           |
| 10:00    | 05:28      | 143,8     | 263           |