

Distance travelled (metres)	Speed Kilometres per hour				
	2	3	4	5	6
	(Time below in minutes and seconds)				
50	1:30	1	0:45	0:36	0:30
100	3	2	1:30	1:12	1
200	6	4	3	2:24	2
300	9	6	4:30	3:36	3
400	12	8	6	4:48	4
500	15	10	7:30	6	5
600	18	12	9	7:12	6
700	21	14	10:30	8:24	7
800	24	16	12	9:36	8
900	27	18	13.5	10:48	9
1000	30	20	15	12	10

+ 1 minute per 10 metre contour climbed

Example:

Time taken to travel from Silsean to Moanbane, County Wicklow, Sheet 56, using a speed of 5 km per hour.

Distance =	1650m		
Therefore	1000	=	12:00
	600	=	07:12
	50	=	00:36
Total	1650	=	19:48minutes

Height = 5 contours = 5 minutes

Time = 19.48 + 5 = 24.48 minutes

Pacing card

Pacing Card

Double paces per 100m	Terrain		
	Easy	Moderate	Difficult
Flat	64	70	80
Shallow up	75	85	95
Steep up	100	110	120
Shallow down	64	70	80
Steep down	85	100	120

Examples of how pacing is affected by gradient and terrain