



Naismith's Rule

Distance (Meters)	Speed (Km Per Hour)			
	5 K/hr	4 K/hr	3 K/hr	2 K/hr
1km	12 min	15 min	20 min	30 min
800m	10 min	12 min	16 min	24 min
700m	9 min	11 min	14 min	21 min
500m	6 min	7.5 min	10 min	15 min
400m	5 min	6 min	8 min	12 min
200m	2.5 min	3 min	4 min	6 min
100m	1.25 min	1.5 min	2 min	3 min

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