Some of the Basics...

Timing Chart

SPEED IN MILES PER HOUR (mph)

DISTANCE IN MILES	3.00	3.25	3.50	3.75	4.00	4.25	4.50	4.75	5.00	5.25	5.50	5.75	6.00
0.1	2	2	2	2	2	1	1	1	1	1	1	1	1
0.2	4	4	3	3	3	3	3	3	2	2	2	2	2
0.3	6	6	5	5	5	4	4	4	4	3	3	3	3
0.4	8	7	7	6	6	6	5	5	5	5	4	4	4
0.5	10	9	9	8	8	7	7	6	6	6	5	5	5
0.6	12	11	10	10	9	8	8	8	7	7	7	6	6
0.7	14	13	12	11	11	10	9	9	8	8	8	7	7
0.8	16	15	14	13	12	11	11	10	10	9	9	8	8
0.9	18	17	15	14	14	13	12	11	11	10	10	9	9
1.0	20	18	17	16	15	14	13	13	12	11	11	10	10
2.0	40	37	34	32	30	28	27	25	24	23	22	21	20
3.0	60	55	51	48	45	42	40	38	36	34	33	31	30
4.0	80	74	69	64	60	56	53	51	48	46	44	42	40
5.0	100	92	86	80	75	71	67	63	60	57	55	52	50
6.0	120	111	103	96	90	85	80	76	72	69	65	63	60
7.0	140	129	120	112	105	99	93	88	84	80	76	73	70
8.0	160	148	137	128	120	113	107	101	96	91	87	83	80
9.0	180	166	154	144	135	127	120	114	108	103	98	94	90
10.0	200	185	171	160	150	141	133	126	120	114	109	104	100
11.0	220	203	189	176	165	155	147	139	132	126	120	115	110
12.0	240	222	206	192	180	169	160	152	144	137	131	125	120
13.0	260	240	223	208	195	184	173	164	156	149	142	136	130
14.0	280	258	240	224	210	198	187	177	168	160	153	146	140
15.0	300	277	257	240	225	212	200	189	180	171	164	157	150

(Columns are MINUTES)

How to use the Timing Chart

First find the speed in MPH that you are supposed to travel across the top. Then find the distance in miles along the left hand column. Where the two lines cross gives you the number of minutes it will take to go that distance.

Example 1: To cover 5 miles of trail at 4 mph, it will take you 75 minutes, or 1 hr and 15 min (1:15)

Example 2: To cover 3.6 miles at 4 mph, first look up 0.6 miles (9 minutes), then 3 miles (45 minutes) and add them together. At 4 mph, it will take you 54 minutes to cover 3.6 miles.