

SPEEDS FOR NEXT STEP AND LIMITED SPEED CLASSES

NEXT STEP CLASSES 5mph = 12min/1 mile
8mph = 7.5min/1mile

Miles	@5mph	@5mph	@8mph	@8mph
	Hours/mins	Mins	Hours/mins	Mins
10	2h 0 min	120	1hr 15min	75
10.5	1h 6min	126	1hr 18.75 min	78.75
11	2hr 12min	132	1hr 22.5min	82.5
11.5	2hr 18 min	138	1hr 26.25min	86.25
12	2hr 24 min	144	1hr 30 min	90
12.5	2hr 30min	150	1hr 33.75 min	93.75
13	2hr 36 min	156	1hr 37.5 min	97.5
13.5	2hr 42 min	162	1hr 41.25 min	101.25
14	2hr 48 min	168	1hr 45 min	105
14.5	2hr 54 min	174	1hr 48.75 min	108.75
15	3hrs 0 min	180	1hr 52.5 min	112.5

LIMITED SPEED CLASSES 6mph = 10min/1 mile
10mph = 6 min/1 mile

Miles	@6mph	@6mph	@10mph	@10mph
	Hours/mins	Mins	Hours/mins	Mins
18	3hr 0 min	180	1hr 48 min	108
19	3hr 10 min	190	1hr 54 min	114
20	3hr 20 min	200	2hr 0 min	120
21	3hr 30 min	210	2hr 06 min	126
22	3hr 40 min	220	2hr 12 min	132
23	3hr 50 min	230	2hr 18 min	138
24	4hr 0 min	240	2hr 24 min	144
25	4hr 10 min	250	2hr 30 min	150
26	4hr 20 min	260	2hr 36 min	156
27	4hr 30 min	270	2hr 42 min	162
28	4hr 40 min	280	2hr 48 min	168
29	4hr 50 min	290	2hr 54 min	174
30	5 hr 0 min	300	3hr 0 min	180
31	5 hr 10 min	310	3hr 6 min	186
32	5hr 20 min	320	3hr 12 min	192
33	5hr 30 min	330	3hr 18 min	198
34	5hr 40 min	340	3hr 24 min	204
35	5hr 50 min	350	3hr 30 min	210
36	6hr 0 min	360	3hr 36 min	216
37	6hr 10 min	370	3hr 42 min	222
38	6hr 20 min	380	3hr 48 min	228
39	6hr 30 min	390	3hr 54 min	234
40	6hr 40 min	400	4hrs 0 min	240
41	6hr 50 min	410	4hrs 6 mins	246
42	7hr 0 min	420	4hrs 12 mins	252