

	3 kmh	4kmh	5kmh
1000m	20 mins	15 mins	12 mins
500m	10 mins	7.5 mins	6 mins
250m	5 mins	3 mins 45 secs	3 mins
100m	2 mins	1.5 mins	1 min 12 secs

Uphill: Add 1 minute per 10 metres of ascent
Alternatively use 1.5 minutes per 10 metres of ascent.

