



NNAS
a step in the right direction

0 100 200 300 400 500 600 700 800 900 1km

1:25,000

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Chris Cowdrey

AT THE EDGE MOUNTAINEERING



1:40,000

0 200 400 600 800 1km 1.2 1.4 1.6 1.8 2

1:50,000

0 200 400 600 800 1km 1.2 1.4 1.6 1.8 2

Distance	Speed (kph) (Timings rounded to nearest ½ minute)			
	5	4	3	2
1,000m	12 min	15 min	20 min	30 min
900m	11 min	13½ min	18 min	27 min
800m	9½ min	12 min	16 min	24 min
700m	8½ min	10½ min	14 min	21 min
600m	7 min	9 min	12 min	18 min
500m	6 min	7½ min	10 min	15 min
400m	5 min	6 min	8 min	12 min
300m	3½ min	4½ min	6 min	9 min
200m	2½ min	3 min	4 min	6 min
100m	1 min	1½ min	2 min	3 min
50m	½ min	¾ min	1 min	1½ min

(Add 1 min per 10m height gained)

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