

Timing Calculator

	6	5	4	3	2
1000	10	12	15	20	30
800	8	10	12	16	24
500	5	6	7.5	10	15
200	2	2.5	3	4	6
100	1	1.25	1.5	2	3

Add between half and 1 minute for each 10m ascent

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Pace Calculator

1:25000	1:25000	1:50000
mm=M	mm=M	mm=M
1=25	21=525	1=50
2=50	22=550	2=100
3=75	23=575	3=150
4=100	24=600	4=200
5=125	25=625	5=250
6=150	26=650	6=300
7=175	27=675	7=350
8=200	28=700	8=400
9=225	29=725	9=450
10=250	30=750	10=500
11=275	31=775	11=550
12=300	32=800	12=600
13=325	33=825	13=650
14=350	34=850	14=700
15=375	35=875	15=750
16=400	36=900	16=800
17=425	37=925	17=850
18=450	38=950	18=900
19=475	39=975	19=950
20=500	40=1000	20=1000