Personal Record: Double Pacings per 100 meters   Date:

	Conditions Underfoot		
	Good	**Moderate**	**Poor**
Flat			
Undulating			
Uphill			
Steep uphill			
Downhill			
Steep downhill			

Ready Reckoner: Speed/Distance Chart

Distance: meters	Speed: kilometres per hour			
	5	**4**	**3**	**2**
1000m	12 min	15 min	20 min	30 min
800m	10 min	12 min	16 min	24 min
700m	9 min	11 min	14 min	21 min
500m	6 min	7.5 min	10 min	15 min
400m	5 min	6 min	8 min	12 min
200m	2.5* min	3 min	4 min	6 min
100m	1.25* min	1.5 min	2 min	3 min
* These fractions have been rounded up to simplify timings – they should be multiples of 1.2				

Time Estimates for Ascents and Descents:

Ascents: Allow 1 min per contour (10m) or 5mins per thick contour (50m)
Slower Group: Allow 6 to 7 mins per thick contour (50m)
Need to increase these estimates for rocky terrain, snow, backpacking or night.

Descents: Generally the height lost in descent can be ignored except for steep descent, rocky terrain, snow.