

## Time and Distance Chart

Level	Shuttles	Cumulative Shuttles	Speed (km/h)	Run (Shuttle) Time (sec)	Total level time (s)	Distance (m)	Cumulative Distance (m)	Cumulative Time (min & sec)
1	7	7	8.0	9.00	63.00	140	140	01:03
2	8	15	9.0	8.00	64.00	160	300	02:07
3	8	23	9.5	7.58	60.63	160	460	03:08
4	9	32	10.0	7.20	64.80	180	640	04:12
5	9	41	10.5	6.86	61.71	180	820	05:14
6	10	51	11.0	6.55	65.50	200	1020	06:20
7	10	61	11.5	6.26	62.61	200	1220	07:22
8	11	72	12.0	6.00	66.00	220	1440	08:28
9	11	83	12.5	5.76	63.36	220	1660	09:31
10	11	94	13.0	5.54	60.92	220	1880	10:32
11	12	106	13.5	5.33	64.00	240	2120	11:36
12	12	118	14.0	5.14	61.71	240	2360	12:38
13	13	131	14.5	4.97	64.55	260	2620	13:43
14	13	144	15.0	4.80	62.40	260	2880	14:45
15	13	157	15.5	4.65	60.39	260	3140	15:46
16	14	171	16.0	4.50	63.00	280	3420	16:49
17	14	185	16.5	4.36	61.09	280	3700	17:50
18	15	200	17.0	4.24	63.53	300	4000	18:54
19	15	215	17.5	4.11	61.71	300	4300	19:56
20	16	231	18.0	4.00	64.00	320	4620	21:00
21	16	247	18.5	3.89	62.27	320	4940	22:03