Paces = 100m Time:	Paces = 100m Time:
Paces = 10m ( divide by 10 and round)	Paces = 10m ( divide by 10 and round)
— Miniutes for 1km (pavement at sea level)	— Miniutes for 1km (pavement at sea level)
Conversion formulas: Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100 -	Conversion formulas: Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100
Paces = 100m Time:	Paces = 100m Time:
Paces = 10m ( divide by 10 and round)	Paces = 10m ( divide by 10 and round)
Miniutes for 1km (pavement at sea level)	Miniutes for 1km (pavement at sea level)
Conversion formulas: Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100	Conversion formulas: Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100
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	Conversion formulas:
Conversion formulas: Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100 -	Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100
Distance in meters = Paces / 100mPace X 100	Distance in meters = Paces / 100mPace X 100
Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100	Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100
Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100 - Paces = 100m Time:	Distance in meters = Paces / 100mPace X 100 Paces = Distance in meters X 100mPace / 100 Paces = 100m Time:

Time and distance estimating Time to hike 1km 10 min/km (6km/hr) - Flat, good trail, low altitude 10 min/km (6km/hr) - Flat, good trail, low altitude 15 min/km (4km/hr) - An easy hike 20 min/km (3km/hr) - A harder hike 30 min/km (2km/hr) - A really tough hike Use gps to measure speed in km/hr divide by 60 to get min/km 40 ft contour add 10 min for every index line. 20 ft contour add 5 min for every index line. Time and distance estimating Time to hike 1km 10 min/km (6km/hr) - Flat, good trail, low altitude 10 min/km (6km/hr) - Flat, good trail, low altitude 15 min/km (4km/hr) - An easy hike 20 min/km (3km/hr) - A harder hike 30 min/km (2km/hr) - A really tough hike Use gps to measure speed in km/hr divide by 60 to get min/km 40 ft contour add 10 min for every index line. 20 ft contour add 5 min for every index line. Time and distance estimating Time to hike 1km 10 min/km (6km/hr) - Flat, good trail, low altitude 15 min/km (4km/hr) - An easy hike 20 min/km (3km/hr) - A harder hike 30 min/km (2km/hr) - A really tough hike Use gps to measure speed in km/hr divide by 60 to get min/km 40 ft contour add 10 min for every index line. 20 ft contour add 5 min for every index line. Time and distance estimating Time to hike 1km 10 min/km (6km/hr) - Flat, good trail, low altitude 15 min/km (4km/hr) - An easy hike 20 min/km (3km/hr) - A harder hike 30 min/km (2km/hr) - A really tough hike

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Time and distance estimating Time to hike 1km 15 min/km (4km/hr) - An easy hike 20 min/km (3km/hr) - A harder hike 30 min/km (2km/hr) - A really tough hike Use gps to measure speed in km/hr divide by 60 to get min/km 40 ft contour add 10 min for every index line. 20 ft contour add 5 min for every index line.

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