_____ Paces = 100m Time: _____

_____ Paces = 10m (divide by 10 and round)

_____ Miniutes for 1km (pavement at sea level)

Conversion formulas:
Distance in meters = Paces / 100mPace X 100
Paces = Distance in meters X 100mPace / 100

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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.