

**TIMETABLE**

**CONES SPEEDS, TIMES AND DISTANCES**

	<b>Distance in m</b>	<b>Speed in m/min</b>	<b>Speed in km/h</b>	<b>Time HH:MM:SS</b>	<b>Time sec</b>
<b>Training Division</b>	675	180	10.80	<b>:3:45</b>	<b>225</b>
<b>Preliminary Division</b>	675	200	12.00	<b>:3:23</b>	<b>203</b>
<b>Intermediate Division</b>	675	220	13.20	<b>:3:05</b>	<b>185</b>
<b>Hybrid Pair Pony</b>	675	250	15.00	<b>:2:42</b>	<b>162</b>