

BLACK PRONG CDE AND CT**TIMETABLE****CONES SPEEDS, TIMES AND DISTANCES**

	Distance in m	Speed in m/min	Speed in km/h	Time HH:MM:SS	Time sec
Training VSE	690	160	9.60	:4:19	259
Training Division	690	180	10.80	:3:50	230
Prelim VSE	690	180	10.80	:3:50	230
Prelim Division	690	200	12.00	:3:27	207
Intermediate Division	690	220	13.20	:3:09	189