

Distance (Km)	Time	Road Speed	Effort Speed
62.25	2:56:02	21.2 kph	18.3 kph
26.41	1:11:40	22.1 kph	18.0 kph
100.11	4:36:34	21.7 kph	19.4 kph
13.13	44:20:00	17.7 kph	16.1 kph
44.84	2:03:04	21.8 kph	19.9 kph