

NAISMITH TABLE

Height gain in metres	500	52	55	57	60	62	64	67	69	72	74	86	98	110	122	134	146
	400	42	45	47	50	52	54	57	59	62	64	76	88	100	112	124	136
	300	32	35	37	40	42	44	47	49	52	54	66	78	90	102	114	126
	260	28	31	33	36	38	40	43	45	48	50	62	74	86	98	110	122
	240	26	29	31	34	36	38	41	43	46	48	60	72	84	96	108	120
	220	24	27	29	32	34	36	39	41	44	46	58	70	82	94	106	118
	200	22	25	27	30	32	34	37	39	42	44	56	68	80	92	104	116
	180	20	23	25	28	30	32	35	37	40	42	54	66	78	90	102	114
	160	18	21	23	26	28	30	33	35	38	40	52	64	76	88	100	112
	150	17	20	22	25	27	29	32	34	37	39	51	63	75	87	99	111
	140	16	19	21	24	26	28	31	33	36	38	50	62	74	86	98	110
	120	14	17	19	22	24	26	29	31	34	36	48	60	72	84	96	108
	100	12	15	17	20	22	24	27	29	32	34	46	58	70	82	94	106
0	2	5	7	10	12	14	17	19	22	24	36	48	60	72	84	96	

	0.2	0.4	0.6	0.8	1.0	1.2	1.4	1.6	1.8	2.0	3.0	4.0	5.0	6.0	7.0	8.0
	Horizontal distance in kilometres															

Total time taken in minutes based on 5km/hour flat and 10m/min slope

Example shown – 1.2km flat with 240m height gain will take 38 mins.