



These are your SHORTS

Please send your reports, running news etc to:
barry@bg1.co.uk or barry@1bg1.com

DEADLINE for submissions etc 17:30 TUESDAY

Wednesday runs from the clubhouse. 7.15 start
£1 fee per run payable by card/device only, no cash
Changing rooms, showers & bar available.
Paces and distances to suit all abilities

Tuesday speed work at Alleyns School track
track and grass intervals suitable for all abilities

In your SHORTS this week !

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Feel free to send in any running or sport related stories, anecdotes etc, photos also welcome.

Like us on Facebook @dulwichrunners

Please remember to sign in and pay your £1 on arrival at the clubhouse for the Wednesday run

Connect with us:



Christmas Drinks Friday 9th Dec

Come along for some Christmas sparkle & celebrations on Friday 9th Dec

at The Plough, 381 Lordship Lane, SE22 8JJ

7.30 til late - Food available to purchase.

Presentation of Club Championship Trophies and Marathon medals

Two Club Places for London Marathon 2023 available



After a hiatus of two years Dulwich Runners have just been awarded two places for next year's London Marathon (23. April). We will decide in a ballot at our Christmas Party on 9. December amongst all eligible members who like to be considered for a place. To qualify you must have been a 1st claim member for at least 12 months and been rejected in the LM ballot. You also should not be eligible for a Good-For-Age or championship place.

To apply email Dulwichchair@gmail.com or comment on post in our Facebook group.

Deadline Wednesday 7. December midnight.

We encourage all applicants to be present at the draw at our Christmas Party if possible.

Club Runs & Training Sessions

Wednesday Evening Club Runs

Groups with a leader leaving the clubhouse at 7:15pm...

time you run - Contactless payments only

Meet upstairs in clubhouse, aim to arrive by 7pm to sign in pay & sort out which group you'll run with.

The usual runs are : long 8-9M, medium 6-7M, short around 5M

NOTE: £1 club run fee for members and guests each

If you're new at the club, we will place you with others at your preferred pace and distance.

Tuesday evening track speed/strength

Until further notice Crystal Palace Track is closed due to safety issues with the flood light pillars.

Alternative training sessions will be arranged on a week by week basis and we will notify you of them by email, our website & Facebook group. You can also contact coach Tom Poynton: tpoynton@hotmail.com

Tuesday Morning Speed - Dulwich Park

Sessions start 11am in Dulwich Park, we meet by the cricket nets. . We use either the grass and or the parkrun circuit - followed by coffee. - Further details Mike Mann mcmann90@yahoo.co.uk

Thur. Mornings - Brockwell & Crystal Palace Pk.

Sessions at 11.00am - Alternating each week between Brockwell Park and Crystal Palace Park, mix of short hills and longer efforts on the grass - followed by coffee. - for all standards and abilities - Further details Mike Mann mcmann90@yahoo.co.uk

Sunday Morning Runs

Runs starting at 8am led by Ola Balme from Brockwell Park, Herne Hill Gate. Circa 10km, can be longer, around 9 mins per mile. - Contact Ola olabalme1@gmail.com

Medium pace (around 8 min/mile) long runs starting from Peckham Rye Common, bottom of Barry Road, usually starts around 9am . Contact Ebe: ebepri11@yahoo.co.uk

Longer & faster - 8am from July for marathon training. Circa 7 min. mile pace 13/14 miles, speed and length can vary, mainly from Dulwich Park, check in advance. - Tom South thomas_south@hotmail.com

If interested in any of these runs check in advance with the respective contacts

Marathon Talk Wednesday 30th November

I will be speaking for about 30 minutes after the club runs about preparing for a marathon. This will be primarily aimed at those planning to run a marathon next spring, but this should also be useful if you are merely curious or looking further ahead to next autumn. There will be lots of opportunities to ask questions and find out more about how the club can help you achieve your ambitions. Tom Poynton (Coach in Running Fitness)

Surrey League

We compete in the Surrey League and it's the club's main priority. Details of the seasons four fixtures start times etc. will be in Shorts and on the website with more info nearer the time. Keep these dates free if possible. Our men and women are in Division 1. With good turnouts and performances from our strongest runners, we have a good chance of avoiding relegation.

Distance

Men's and women's Surrey League races are around 8km and Div1, men and women race at the same venues. Other races vary in length, courses are generally shorter for women when there are separate men's and women's races..

Scoring

Surrey League, first 5 women and first 10 men finishing score for the club as the A team, it's important we field as many of our strongest runners as possible. Cross country races are for all abilities, men's and ladies Surrey League have a B team competition, second 5 women and 10 men score. These races are excellent for improving overall fitness, uneven hilly terrain provides good strength and endurance training, from which you will benefit over a wide range of races. All members are encouraged to take part. These team events are good to meet other members.

Surrey League entry

All men intending to take part should inform their captains as online entries are made in advance. Keep race numbers for the whole season, either return them to captains after the races, or take them home, in which case you must remember to take them to the next race. Surrey League is free for all runners. Second claim members can compete in the Surrey League, but not in most other cross country races.

Other Races

As well as Surrey League there's other cross country races, mostly Saturdays. It's possible to find a race most Saturdays in the season. eg: county champs (inc. Masters), London Champs, 2 South of Thames races, South of England and National champs. Plus others for Masters. Fixture list in Shorts and website.

Which races to go for

Races are October to late Feb. Main priority is the 4 Surrey League races, and the 4 races from the Ken Crooke cross country champs. You're also encouraged to race in the Surrey & Kent county and masters champs.

Entry for other races

For most races other than Surrey League, captains have to submit entries in advance, some more than a month. Details will be in Shorts and emailed asking those interested to put their names forward before the



Dulwich Runners Cross Country Fixtures 2022/23

These races are open to all Dulwich Runners members. These are free to enter as the club pays for race entry. A great benefit of club membership! Please speak to our captains (Kay Sheedy, Ola Balme, Ed Chuck and Alex Loftus) for more information. Further details will appear in the Shorts Newsletter each week.

Races with the trophy icon 🏆 feature in our annual Ken Crooke Cross Country Championships with awards for all men and women age groups. Cake and social events also feature post race!

Surrey League Cross Country League

🏆 15 October	Race 1	Effingham Common
🏆 12 November	Race 2	Wimbledon Common
🏆 14 January	Race 3	TBC
🏆 11 February	Race 4	Lloyd Park, Croydon

Other Popular Fixtures

29 October	Surrey Masters Champs	Nonsuch Park, Sutton
🏆 19 November	London XC Champs	Parliament Hill
🏆 26 November	South of Thames 5M	Lloyd Park, Croydon
3 December	Kent Masters Champs	Dartford
🏆 17 December	South of Thames 7.5M	Aldershot
7 January	Kent XC Champs	Brands Hatch
7 January	Surrey XC Champs	Lloyd Park, Croydon
🏆 28 January	South of England Champs	Beckenham Place Park

deadlines, please read them carefully. As the club pays for entries don't put yourself forward on a speculative basis, check you are free, it's ok if you have to withdraw later for good reason eg: injury or illness.

Footwear

Early season use road or trail shoes, when ground is heavier late autumn onwards, cross country spikes or fell shoes are a must. Get screw in cross country spikes 6-15mm not track spikes. As ground gets heavier use longer spikes eg:Parliament Hill and Lloyd Park. Fell shoes are studded with more grip than trail shoes and ok for most conditions except ice. Most running shops sell Cross country shoes and should offer 10% discount to members with EA reg.

2022/23 Ken Crooke XC Champs.

For the 2022/23 season, the champs will consist of 4 men's and women's Surrey League fixtures plus 4 other races. You need to complete 5 events, including 3 Surrey League races to qualify. Awards for first 3 men and women, winners of the men's and women's 40-49, 50-59, 60+ age categories. Qualifying races: the 4 Surrey League, London champs, 2 South of Thames, South of England champs.

Contacts

Further info contact your captains at:
dulwichladiescaptain@gmail.com
alexloftus75@gmail.com
chuckedward@googlemail.com

Further info about races will usually be here in SHORTS and or announced on a Wednesday club night. Some dates and locations are subject to confirmation and or changes, so make sure to check here regularly.

For further info about events in Shorts, how to enter etc, contact your captains:
 Alex Loftus alexloftus75@gmail.com Ed Chuck chuckedward@googlemail.com
 Ola Balme, Kay Sheedy, dulwichladiescaptain@gmail.com

Road & other Club Champs Assembly League Track Cross Country

Date	Race	Venue
Dec	3 Kent Masters Champs	Dartford
	10 SEAA Masters XC	Oxford
	17 South of Thames XC 7.M	Aldershot
Jan	7 Kent & Surrey County Champs	K- Brands Hatch/ S-Lloyd Pk
	14 Surrey League XC	tbc
	28 South of England Champs	Beckenham
Feb	11 Surrey League XC	Lloyd Park
	25 National Cross Country Champs	Bolesworth Castle, Tattenhall

Box Hill Fell Race - Saturday 21 January 2023 11am

Entries for this brilliant race open on Boxing Day; exact time to be announced.

More details on South London Orienteers website: <https://slow.org.uk>

If you have never done any fell running, Box Hill near Dorking is an ideal introduction. The course is 7.5 miles (12 km), is well marked and run mainly on good paths (no bogs, becks or boulder fields and no chance of getting lost). There is about 1750 feet (530 m) of ascent with some quite challenging climbs and exciting descents. In January the course is very slippery in places and you'll need proper fell shoes (Walshes or Inov8s). You will have a bad time in trail shoes and a horrible time in road shoes. Cross-country spikes are not allowed.

A very popular race that fills up very quickly (in a few hours). Entry last time was £10 so it won't break the bank.

If interested, I am at the club most Wednesdays, or email me Hugh Balfour: hugh@christchurchpeckham.info

Masters International Championships

There is a World indoor track and field championship plus cross country and road 10k/half marathon in Torun, Poland from 26 March to 1 April 2023. Note that there is no selection and any master in a club affiliated to British Masters Athletics Federation can enter the championships as part of the British team. Veterans AC is affiliated to BMAF and 2nd claim membership is £12 p.a. Ros, Andy M, Mike M, Tony, Steve S have competed in the past in Torun, a historic town with a modern indoor stadium.

vetsac.org.uk - World Masters Athletics Championships Indoor – Toruń 2023 wmaci2023.com

September 2023 the European Masters Champs -outdoor track and field plus- is being held in Pescara, Italy, details not released yet.

English Fell Racing championships 2023

The 2022 Fell racing championship season has been completed. A few of us completed some amazing races this year and we are keen to give the championship races another go next year. The aim is to do 4 of these races in a year to score as an Individual (or a team). Last year we co-ordinated cars and had one overnight stay in the Lake district camping for the Langdale horseshoe. Anyone interested drop me an email and will add you to the group. Mark Foster Markafos@gmail.com

- Feb 11 Long Mynd Valleys - AM 18.5km/11.5miles; 1372m/4501' Church Stretton, Shropshire.
- May 13 Fairfield Horseshoe - AM 14.5km/9 miles; 914m/1999' Rydal Hall, Cumbria.
- June 3 Duddon Valley - AL 29km/18 miles; 1830m/6004' Newfield Inn, Seathwaite, Cumbria.
- July 23 Chapelfell Top - AS 7km/4.4 miles; 400m/1312' - St. John's Chapel, Weardale.
- Aug 20 Sedbergh Hills - AL 22.5k/14miles; 1830m/6004' - Sedbergh, Cumbria (British Counter)
- Sept 23 John Hewitt Shelf Moor - AS 9.1km/5.7miles; 457m/1499' - Old Glossop, Derbyshire.

Dear all, Elkie from Goring on Thames writing.

It's been 18 months since we left lovely SE London and Dulwich AC and I wanted to give you an update and make an ask if possible.

I am continuing my running coaching business here and much of my work is online now. I was lucky to get Lucy P and Michelle up to Goring for a retreat I organised in the summer but missed Gower in the middle of the night on his Thames path epic. Personally, since breaking my hip/ hip replacement, I've spent two years trying to unsuccessfully rehabilitate and relearn to run, so I am focusing on cycling and swimming now. I remember with much joy Dulwich track and XC - run your next rep/ race with me in mind!



I am also the new Race Director of the Goring 10k - 12th March 2023. It is a big event of 1,000 runners, closed roads and a UK Athletics accredited course so you know you are getting a quality race experience. Michelle and Lucy will attest that there are some stunning hills in our area but it's unlikely to be a PB course owing to the elevation.

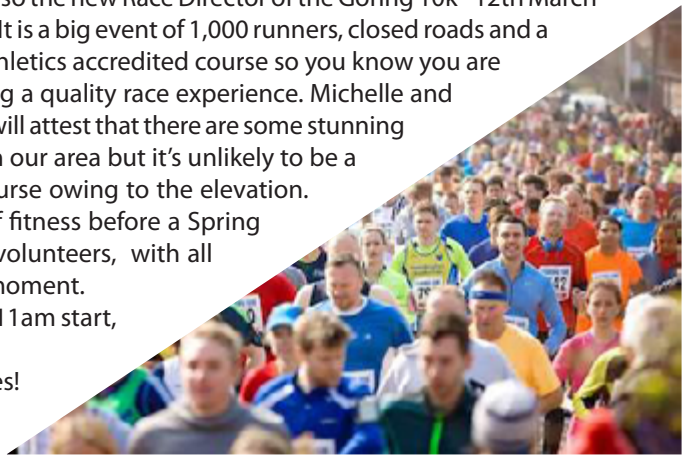
However the timing of the event is a good precursor for a test of fitness before a Spring half or marathon. Plus we are a not-for-profit race, arranged by volunteers, with all proceeds going to Goring Primary School - much needed at the moment.

I appreciate it is a way to travel from SE London, but the race is an 11am start, so it is possible (2 hours drive).

It would be lovely to see a few Dulwich vests, individual / team prizes!

You can book online now at www.goring10k.com

or please email me Elkie Mace: runwithelkie@gmail.com



Club Champs Survey Results

We want to thank all of you who provided feedback for the Club Champs survey.

We received 76 responses and many useful suggestions.

Summary of the points where there was a clear direction:

- make it easier to complete the champs, by requiring a minimum of 4 results instead of 5
- communicate more and in a more timely fashion about the rules, results, race calendar and when to sign up for races;
- using Shorts, email reminders, social media and every in-person opportunity
- provide multiple race options for at least one of the distances in the champs (e.g. the 5k)
- spread the races over a longer period of time, trying not to have races too close to each other (ideally one per month, when suitable races are available)
- ensure there's a social event after each race, as the spirit of club champs is to run with team members, and spend time together
- awards and general race format, including the type of races included in the champs, are generally fine as they are
- We will also make an effort to use the Tuesday sessions to target the following club champs event(s).

The award ceremony for the 2022 club champs will be held on Friday 9th December at The Plough, 381 Lordship Lane SE22 8JJ, 7.20 pm - late.

We hope you can make it.

Club captains and coaches are already at work, we are planning to publish the 2023 club champs calendar by the 15th December.

Your Dulwich Runners Committee

Physiotherapy services

Many members have used Vita Health (previously known as Crystal Palace Physio) for physiotherapy services to help them get back to full fitness and meet their athletic goals. **Did you know that Dulwich Runners members are eligible for a 10% discount** Simply show your membership details ID card (which came in your annual membership email from Barry Graham when you joined / renewed) when you come to one of Vita's clinics to receive this discount. Appointments can be made online, over the phone or at one of their clinics in person – see their website for more information: <https://www.vitahealthgroup.co.uk/>

Locations include Crystal Palace Jubilee Stand, Mottingham, Croydon, Canary Wharf, Battersea, Wimbledon and Orpington.

Dulwich Runners

For the latest results, personal and club records, leaderboards and runners' stats, championships standings and awards, please go to:

 app.dulwichrunners.org.uk

Now also available on iOS and Android. Search for "Dulwich Runners"



Feedback and requests [Andrea Ceccolini](#)

Please check your profiles on [Power of 10](#) and [Parkrun](#) are properly configured, so your results can be included automatically in the [DR App](#).

Put a spring back in your stride with a Sports Massage.

Ola Balme is an experienced Sports Massage Therapist, Reflexologist (reflexology enhances wellbeing) and DR club runner.

For more details - 07506 554004

Race Reports & Results

Want your race results and reports in SHORTS ? please& email them to barry@1bg1.com
All road, xc, fell, tri and track results etc, are welcome.

Serpentine Last Friday 5k

25 November 2022

Ebe Prill writes: This month it was the undulating two lap version with a modification of the course that avoided a car barrier on the wider path put up to regulate traffic for Winter Wonderland. The alternative route (same as last year around that time) meant navigating a section of a twisty narrow path with some tree-roots in the way. It also meant that the start was set further back and the course measured on most strava activities on average around 40 metres over 5k. At least that's my excuse for an under par performance. There must have been plenty of other reasons for it in my case, as I was almost 90 seconds slower compared to the same November event on the exact same course last year. One of the days one never gets into the race, best to leave it at that.

It was a very fine day for racing otherwise and quite a few, old hands' showed up. Tim way up front finished as 3rd M35 and was quite happy with his run at this stage; Tony a bit less so, feeling that he should have been quicker. But still fast enough to be 1st M60 in this field and two minutes up on me.

Ian made a welcome return to racing after a long spell of injuries and complications preventing him from running much at all. For that he did brilliantly and sped up throughout the race finishing just one position behind me. Equally well did former club member (and sub2min 800m runner in younger days) John with a ,comeback PB' for 5k after many many years of

hardly running at all. His recent spell of sustained training for the Kent Masters XC this Saturday secured him 1st M70 in this race. Top of her age group as well was Ros in her best 5k this year, clearly on the upward curve after having to take it easy for a while post hip replacements. She is already back at 86% age grading, so only 14% more to go to be back at her old level. Gary had the slowest of his eight LFOTM races this year, I don't know why, maybe for similar reasons as Tony and I or maybe he was just enjoying himself out there, in any case he finished cheerfully. As did Andy who ran his fastest 5k of the year to date. Also a thank you to Steve Smythe for supporting along the course!

167 ran, fastest in 15:17min

11	Timothy Bowen	16:53	79.5%	3rd M V35
41	Tony Tuohy	19:08	83.2%	1st M V60
89	Eberhard Prill	21:06	75.6%	M V60
90	Ian Lilley	21:13	69.4%	M V50
119	John McGlashan	23:29	75.7%	1st M V70
132 (27F)	Ros Tabor	25:46	85.7%	1st W V70
134	Gary Budinger	26:18	61.6%	M V60
135	Andrew Murray	26:22	65.9%	M V65

London 1/2M

Clare Norris writes: A very soggy and grey Sunday morning didn't deter Harriet and I-and nearly 2000 other runners from gathering for the London Half marathon to celebrate 10 years since the 2012 Olympics. Harriet hadn't had the run up she'd hoped but felt good and had friends from work running too. Using the facilities inside the London Stadium was a smart way to cope with the numbers and it was a slick affair. Live music and lots of freebies helped lift the atmosphere and the very undulating course took you around all the various Olympic legacies-the tennis and hockey, velopark, Aquatics

centre etc. Why they had to include so many coned hairpin turns always escapes me, to quote Harriet "the windy course was a bit tough and those harsh U turns were not much fun!" and some confusion with the 10K needing to take slightly different paths created some congestion. Harriet had a great race, starting conservatively and then pushing on after 3 miles, and subsequently rewarded by over a 1 minute PB and 9 minutes quicker than the Big Half. On the back of a couple of months of good training, definitely my best run this year with negative splits.

Clare Norris 1.36.21 Cat 1/66, gender 18/680
Harriet Roddy 1.43.35 Cat 29/393, gender 46/680

To have your results here ...update your parkrun profile to show Dulwich Runners AC as your club. Only the results of current members will be shown....If you are no longer a member please remove DR as your club from your parkrun profile.

Banstead Woods

161 Ran
Pos Gen
10 7 Tony Tuohy 20:33

Finsbury

474 Ran
Pos Gen
13 12 Tommaso Bendoni 18:51

Bromley

550 Ran
Pos Gen
260 182 Peter Jackson 28:04

Brockwell , Herne Hill

295 Ran
Pos Gen
2 2 Lewis Laylee 16:31
41 35 Robert Tokarski 21:32
53 47 Stephen Trowell 21:57
70 60 Neville Webb 22:47
100 79 James Gordon 23:57
115 20 Nicola Richmond 24:34
228 72 Sharon Erdman 29:45

Maidstone

252 Ran
Pos Gen
13 2 Kim Hainsworth 21:09

Beckenham Place

228 Ran
Pos Gen
7 7 Sam Jenkins 20:56

Crystal Palace

264 Ran
Pos Gen
19 1 Yvette Dore 22:00
23 2 Laura Denison 22:20
42 4 Emma Ibell 23:33
102 20 Belinda Cottrill 26:26
122 26 Joanne Shelton Pereda 27:19
246 136 Bob Bell 39:02

Gunnersbury

461 Ran
Pos Gen
75 65 Cameron Timmis 23:04

South Norwood

128 Ran
Pos Gen
2 2 Andy Bond 18:23

Riddlesdown

101 Ran
Pos Gen
14 12 James Wicks 23:34

Princes , Liverpool

380 Ran
Pos Gen
80 8 Christiana Campbell 23:29

Dulwich

428 Ran
Pos Gen
2 2 Aaron Wilson 15:40
41 31 Rupert Winlaw 19:27
42 32 Rob Fawn 19:28
46 6 Polly Warrack 19:42
60 45 James Auger 20:23
74 10 Clare Norris 20:58
81 63 Rob Mayes 21:16
92 14 Alice Williams 21:45
98 75 Hugh French 22:05
108 83 Ben Boxall 22:29
153 19 Naomi Crowther 23:48

Burgess

451 Ran
Pos Gen
48 44 Lee Wild 20:21
127 99 Martin Kelsen 23:26
280 74 Shoko Okamura 27:43
448 226 Chris Vernon 01:05:01

Southwark

330 Ran
Pos Gen
153 41 Ros Tabor 26:09
239 81 Stephanie Burchill 29:42

Fulham Palace

418 Ran
Pos Gen
212 145 Barrie John Nicholls 26:32
410 166 Lindsey Annable 51:59

Peckham Rye

232 Ran

Pos Gen
1 1 James Blackwood 18:01
14 14 Justin Siderfin 20:37
25 1 Tallulah Jones 21:43
49 7 Teresa Northey 23:17
149 41 Claire Steward 29:29

Lancaster

199 Ran
Pos Gen
14 11 John Kazantzis 21:23

Tooting Common

503 Ran
Pos Gen
68 51 Jamie Robinson-Nicol 22:13
179 112 Ian Sesnan 25:32

Haga

127 Ran
Pos Gen
41 35 Paul Collyer 20:12

Clapham Common

613 Ran
Pos Gen
39 38 Joe Sheppard 20:20
95 9 Helena Flippance 22:13

Catford

165 Ran
Pos Gen
59 5 Marjorie Epton 25:01
64 8 Josephine Mottram-Epton 25:11

Woodgate Valley Park

121 Ran
Pos Gen
17 2 Laura Vincent 22:43

Sutcliffe

181 Ran
Pos Gen
30 27 Nicholas Brown 22:13

Charlton

146 Ran
Pos Gen
87 63 Paul Keating 27:53

Turkey Trot Handicap Race



10 am Sunday 18th December

Dulwich Park, start by Queen Mary's Gate

5k – parkrun course

A whole week after the festivities of the Christmas party on Friday 9th, we should have had ample time to shake off the hangover and be ready for the traditional annual 5k handicap race!

Runners are given a handicap according to recent parkrun/5k times, which should give an exciting sprint finish with everyone eager to win this most prestigious race.

Fancy dress is not compulsory but it makes it more festive, plus you get reduced entry fee and a chance for an extra prize.

Presentation of prizes is afterwards, either in the park or in the Dulwich Park café. (weather dependant)

Prizes are awarded for –

- 1st runner across the line
- 1st walker across the line
- Runner closest to predicted finish time NB Everyone runs without a watch.
- Best fancy dress – Christmas theme

Defending champion – Ebe Prill

To take part, email Ange – dulwichchair@gmail.com

Cost - £2.50 or £2 if in fancy dress. Card payments only. You can pay on a Wednesday night or on the day.

Deadline – Friday 16th December as I will need to sort handicaps.

Include –

- Name
- Most recent parkrun/5k time
- Predicted finish time on 12/12/21
- Running or walking

NB Any person finishing in 2 mins or more faster than their predicted finish time will not be eligible for a prize.

DULWICH RUNNERS KIT

Vests	£18 each
T-shirts short sleeved	£20 each
T-shirts long sleeved	£22 each
Socks	£5 pair
Bufs-snoods	£6 each

Most kit is usually available
Wednesdays at the club from Ros
ros.tabor49@gmail.com



DULWICH RUNNERS' SHORTS - All sizes available
Traditionally cut either 'racing' style, or slightly
longer - Both styles are a bargain £15.



Bufs-snoods - only £6
An ideal face covering!

Socks only £5



The Beast from the East!
It's always on the way!.. be prepared..get
yourself a bobble hat £15



! Available now!
Women's "Racer Back"
vests - £25

For all club kit enquiries: ros.tabor49@gmail.com



NEW KIT – BUY DIRECT FROM OUR ONLINE SHOP

We have set up an arrangement with pbteamwear to provide showerproof jackets, mid-layer training tops, fleeces & hoodies.

Just click the link to the Dulwich Runners shop and purchase directly.

<https://www.pbteamwear.co.uk-athletics-clubs-dulwich-runners.html>

any questions contact Ros at: ros.tabor49@gmail.com



College Hoodie



Micro Fleece Jacket



Showerproof Team Jacket



Pro Mid Layer 1-4 Zip Top

Dulwich Runners Winter Map 14

All routes go anti-clockwise

9.8 miles / 15.8 km - 158 m elevation

7.8 miles / 12.5 km - 99 m elevation

4.7 miles / 7.6 km - 47 m elevation

per/M	per/Km
6:30	4:02
6:45	4:11
7:00	4:20
7:15	4:30
7:30	4:39
7:45	4:48
8:00	4:58
8:15	5:07
8:30	5:16
8:45	5:26
9:00	5:35
9:15	5:44
9:30	5:54
9:45	6:03
10:00	6:12

