

Treadmill – Kullamannen Trial 12,8 km, 83 minutes

From (in km)	To (in km)	Incline	Speed	Time
0.0	0.5	0	10,4	2:53
0.5	1.0	5	8,2	3:40
1.0	1.5	12	6,6	4:33
1.5	2.0	5	9,1	3:18

2.0	2.8	13	6,2	7:45
2.8	3.0	1	10,7	1:07
3.0	3.2	15	6,0	2:00
3.2	3.6	0	11,0	2:11
3.6	4.0	7	9,0	2:40

4.0	4.8	0	11,1	4:19
4.8	5.0	9	7,7	1:34
5.0	5.5	0	10,8	2:47
5.5	5.6	8	8,0	0:45
5.6	6.0	0	9,3	2:35

6.0	6.5	3	9,5	3:09
6.5	7.0	12	8,5	3:32
7.0	7.5	0	10,1	2:58
7.5	8.0	8	8,4	3:34

8.0	8.5	0	10,6	2:50
8.5	9.0	10	7,4	4:03
9.0	9.6	2	10,0	3:36
9.6	10.0	0	10,9	2:12

10.0	10.5	4	8,7	3:27
10.5	11.0	0	11,2	2:41
11.0	12.0	0	11,5	5:13
12.0	12.8	0	12,0	4:00

Total time: 83 minutes 22 seconds