



HOW TO WORK YOUR RIDE TIMES

Select the speed you wish to travel at and multiply kilometres (distance) by the number of minutes shown below

For example you wish to ride 14km at 8kph

$14 \times 7.5 = 105$ minutes (1 hour 45 minutes)

4 kph	will take	15 minutes
5 kph	will take	12 minutes
6 kph	will take	10 minutes
7 kph	will take	8 ½ minutes
8 kph	will take	7 ½ minutes (minimum speed for all EGB PR and novice GER rides)
9 kph	will take	6 ½ minutes
10 kph	will take	6 minutes (minimum speed for all GER open and advanced & CER rides)
10½ kph	will take	5.71 minutes
11 kph	will take	5.45 minutes
12 kph	will take	5 minutes (maximum speed for all EGB PR rides)
13 kph	will take	4.6 minutes
14 kph	will take	4.25 minutes
15 kph	will take	4 minutes (maximum speed for all Group PR and novice rides for open and advance members)
16 kph	will take	3.75 minutes
17 kph	will take	3.53 minutes
18 kph	will take	3.33 minutes (maximum speed for all EGB GER rides for open and advance members)
19 kph	will take	3.16 minutes
20 kph	will take	3 minutes

Practice your speeds at home. Measure a distance on a map and ride it at different paces taking note of how long it has taken then use the above chart to calculate the speed taken. This will help you plan your speeds and ride time for a ride.