

Miles Payable @ 16.25 MPH

Min	HR 0	HR 1	HR 2	HR 3	HR 4	HR 5	HR 6	HR 7
0	0.0	16.3	32.5	48.8	65.0	81.3	97.5	113.8
1	0.3	16.5	32.8	49.0	65.3	81.5	97.8	114.0
2	0.5	16.8	33.0	49.3	65.5	81.8	98.0	114.3
3	0.8	17.1	33.3	49.6	65.8	82.1	98.3	114.6
4	1.1	17.3	33.6	49.8	66.1	82.3	98.6	114.8
5	1.4	17.6	33.9	50.1	66.4	82.6	98.9	115.1
6	1.6	17.9	34.1	50.4	66.6	82.9	99.1	115.4
7	1.9	18.1	34.4	50.6	66.9	83.1	99.4	115.6
8	2.2	18.4	34.7	50.9	67.2	83.4	99.7	115.9
9	2.4	18.7	34.9	51.2	67.4	83.7	99.9	116.2
10	2.7	19.0	35.2	51.5	67.7	84.0	100.2	116.5
11	3.0	19.2	35.5	51.7	68.0	84.2	100.5	116.7
12	3.3	19.5	35.8	52.0	68.3	84.5	100.8	117.0
13	3.5	19.8	36.0	52.3	68.5	84.8	101.0	117.3
14	3.8	20.0	36.3	52.5	68.8	85.0	101.3	117.5
15	4.1	20.3	36.6	52.8	69.1	85.3	101.6	117.8
16	4.3	20.6	36.8	53.1	69.3	85.6	101.8	118.1
17	4.6	20.9	37.1	53.4	69.6	85.9	102.1	118.4
18	4.9	21.1	37.4	53.6	69.9	86.1	102.4	118.6
19	5.1	21.4	37.6	53.9	70.1	86.4	102.6	118.9
20	5.4	21.7	37.9	54.2	70.4	86.7	102.9	119.2
21	5.7	21.9	38.2	54.4	70.7	86.9	103.2	119.4
22	6.0	22.2	38.5	54.7	71.0	87.2	103.5	119.7
23	6.2	22.5	38.7	55.0	71.2	87.5	103.7	120.0
24	6.5	22.8	39.0	55.3	71.5	87.8	104.0	120.3
25	6.8	23.0	39.3	55.5	71.8	88.0	104.3	120.5
26	7.0	23.3	39.5	55.8	72.0	88.3	104.5	120.8
27	7.3	23.6	39.8	56.1	72.3	88.6	104.8	121.1
28	7.6	23.8	40.1	56.3	72.6	88.8	105.1	121.3
29	7.9	24.1	40.4	56.6	72.9	89.1	105.4	121.6
30	8.1	24.4	40.6	56.9	73.1	89.4	105.6	121.9
31	8.4	24.6	40.9	57.1	73.4	89.6	105.9	122.1
32	8.7	24.9	41.2	57.4	73.7	89.9	106.2	122.4
33	8.9	25.2	41.4	57.7	73.9	90.2	106.4	122.7
34	9.2	25.5	41.7	58.0	74.2	90.5	106.7	123.0
35	9.5	25.7	42.0	58.2	74.5	90.7	107.0	123.2
36	9.8	26.0	42.3	58.5	74.8	91.0	107.3	123.5
37	10.0	26.3	42.5	58.8	75.0	91.3	107.5	123.8
38	10.3	26.5	42.8	59.0	75.3	91.5	107.8	124.0
39	10.6	26.8	43.1	59.3	75.6	91.8	108.1	124.3
40	10.8	27.1	43.3	59.6	75.8	92.1	108.3	124.6
41	11.1	27.4	43.6	59.9	76.1	92.4	108.6	124.9
42	11.4	27.6	43.9	60.1	76.4	92.6	108.9	125.1
43	11.6	27.9	44.1	60.4	76.6	92.9	109.1	125.4
44	11.9	28.2	44.4	60.7	76.9	93.2	109.4	125.7
45	12.2	28.4	44.7	60.9	77.2	93.4	109.7	125.9
46	12.5	28.7	45.0	61.2	77.5	93.7	110.0	126.2
47	12.7	29.0	45.2	61.5	77.7	94.0	110.2	126.5
48	13.0	29.3	45.5	61.8	78.0	94.3	110.5	126.8
49	13.3	29.5	45.8	62.0	78.3	94.5	110.8	127.0
50	13.5	29.8	46.0	62.3	78.5	94.8	111.0	127.3
51	13.8	30.1	46.3	62.6	78.8	95.1	111.3	127.6
52	14.1	30.3	46.6	62.8	79.1	95.3	111.6	127.8
53	14.4	30.6	46.9	63.1	79.4	95.6	111.9	128.1
54	14.6	30.9	47.1	63.4	79.6	95.9	112.1	128.4
55	14.9	31.1	47.4	63.6	79.9	96.1	112.4	128.6
56	15.2	31.4	47.7	63.9	80.2	96.4	112.7	128.9
57	15.4	31.7	47.9	64.2	80.4	96.7	112.9	129.2
58	15.7	32.0	48.2	64.5	80.7	97.0	113.2	129.5
59	16.0	32.2	48.5	64.7	81.0	97.2	113.5	129.7

Miles Payable @ 12.50 MPH

Min	HR 0	HR 1	HR 2	HR 3	HR 4	HR 5	HR 6	HR 7
0	0.0	12.5	25.0	37.5	50.0	62.5	75.0	87.5
1	0.2	12.7	25.2	37.7	50.2	62.7	75.2	87.7
2	0.4	12.9	25.4	37.9	50.4	62.9	75.4	87.9
3	0.6	13.1	25.6	38.1	50.6	63.1	75.6	88.1
4	0.8	13.3	25.8	38.3	50.8	63.3	75.8	88.3
5	1.0	13.5	26.0	38.5	51.0	63.5	76.0	88.5
6	1.3	13.8	26.3	38.8	51.3	63.8	76.3	88.8
7	1.5	14.0	26.5	39.0	51.5	64.0	76.5	89.0
8	1.7	14.2	26.7	39.2	51.7	64.2	76.7	89.2
9	1.9	14.4	26.9	39.4	51.9	64.4	76.9	89.4
10	2.1	14.6	27.1	39.6	52.1	64.6	77.1	89.6
11	2.3	14.8	27.3	39.8	52.3	64.8	77.3	89.8
12	2.5	15.0	27.5	40.0	52.5	65.0	77.5	90.0
13	2.7	15.2	27.7	40.2	52.7	65.2	77.7	90.2
14	2.9	15.4	27.9	40.4	52.9	65.4	77.9	90.4
15	3.1	15.6	28.1	40.6	53.1	65.6	78.1	90.6
16	3.3	15.8	28.3	40.8	53.3	65.8	78.3	90.8
17	3.5	16.0	28.5	41.0	53.5	66.0	78.5	91.0
18	3.8	16.3	28.8	41.3	53.8	66.3	78.8	91.3
19	4.0	16.5	29.0	41.5	54.0	66.5	79.0	91.5
20	4.2	16.7	29.2	41.7	54.2	66.7	79.2	91.7
21	4.4	16.9	29.4	41.9	54.4	66.9	79.4	91.9
22	4.6	17.1	29.6	42.1	54.6	67.1	79.6	92.1
23	4.8	17.3	29.8	42.3	54.8	67.3	79.8	92.3
24	5.0	17.5	30.0	42.5	55.0	67.5	80.0	92.5
25	5.2	17.7	30.2	42.7	55.2	67.7	80.2	92.7
26	5.4	17.9	30.4	42.9	55.4	67.9	80.4	92.9
27	5.6	18.1	30.6	43.1	55.6	68.1	80.6	93.1
28	5.8	18.3	30.8	43.3	55.8	68.3	80.8	93.3
29	6.0	18.5	31.0	43.5	56.0	68.5	81.0	93.5
30	6.3	18.8	31.3	43.8	56.3	68.8	81.3	93.8
31	6.5	19.0	31.5	44.0	56.5	69.0	81.5	94.0
32	6.7	19.2	31.7	44.2	56.7	69.2	81.7	94.2
33	6.9	19.4	31.9	44.4	56.9	69.4	81.9	94.4
34	7.1	19.6	32.1	44.6	57.1	69.6	82.1	94.6
35	7.3	19.8	32.3	44.8	57.3	69.8	82.3	94.8
36	7.5	20.0	32.5	45.0	57.5	70.0	82.5	95.0
37	7.7	20.2	32.7	45.2	57.7	70.2	82.7	95.2
38	7.9	20.4	32.9	45.4	57.9	70.4	82.9	95.4
39	8.1	20.6	33.1	45.6	58.1	70.6	83.1	95.6
40	8.3	20.8	33.3	45.8	58.3	70.8	83.3	95.8
41	8.5	21.0	33.5	46.0	58.5	71.0	83.5	96.0
42	8.8	21.3	33.8	46.3	58.8	71.3	83.8	96.3
43	9.0	21.5	34.0	46.5	59.0	71.5	84.0	96.5
44	9.2	21.7	34.2	46.7	59.2	71.7	84.2	96.7
45	9.4	21.9	34.4	46.9	59.4	71.9	84.4	96.9
46	9.6	22.1	34.6	47.1	59.6	72.1	84.6	97.1
47	9.8	22.3	34.8	47.3	59.8	72.3	84.8	97.3
48	10.0	22.5	35.0	47.5	60.0	72.5	85.0	97.5
49	10.2	22.7	35.2	47.7	60.2	72.7	85.2	97.7
50	10.4	22.9	35.4	47.9	60.4	72.9	85.4	97.9
51	10.6	23.1	35.6	48.1	60.6	73.1	85.6	98.1
52	10.8	23.3	35.8	48.3	60.8	73.3	85.8	98.3
53	11.0	23.5	36.0	48.5	61.0	73.5	86.0	98.5
54	11.3	23.8	36.3	48.8	61.3	73.8	86.3	98.8
55	11.5	24.0	36.5	49.0	61.5	74.0	86.5	99.0
56	11.7	24.2	36.7	49.2	61.7	74.2	86.7	99.2
57	11.9	24.4	36.9	49.4	61.9	74.4	86.9	99.4
58	12.1	24.6	37.1	49.6	62.1	74.6	87.1	99.6
59	12.3	24.8	37.3	49.8	62.3	74.8	87.3	99.8

Time Calculation Example