

Dist	A	B	C	D	E	F	G	H
	156	145.4	150.9	144.2	153.8	155.9	153.8	142.2
mph	3.04	2.86	4.41	4.47	2.24	1.80	5.47	5.03
Walking	30	28	37	35	29	34	44	42
Nordic	47	47	31	29	62	77	26	26
Hiking	71	71	47	44	95	118	39	39
Climbing	13	13	8	8	17	21	7	7
Running	33	32	35	33	39	48	42	40
My calc	47	45	57	55	54	61	70	68
	53	52	62	60	71	72	78	76
Ratios								
Walking	1	1	1	1	1	1	1	1
Nordic	1.567	1.679	0.838	0.829	2.138	2.265	0.591	0.619
Hiking	2.367	2.536	1.270	1.257	3.276	3.471	0.886	0.929
Climbing	0.433	0.464	0.216	0.229	0.586	0.618	0.159	0.167
Running	1.100	1.143	0.946	0.943	1.345	1.412	0.955	0.952
My calc	1.567	1.607	1.541	1.571	1.862	1.794	1.591	1.619