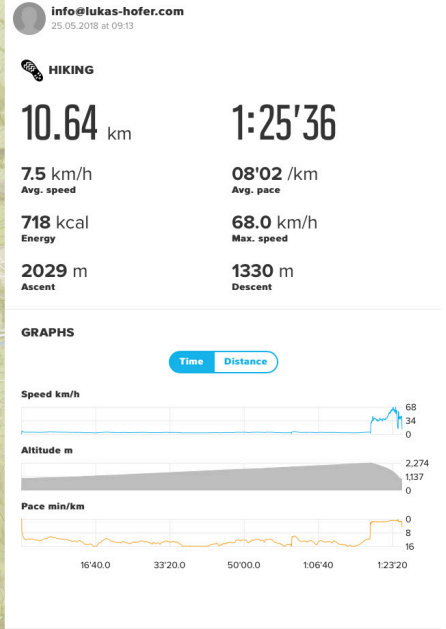
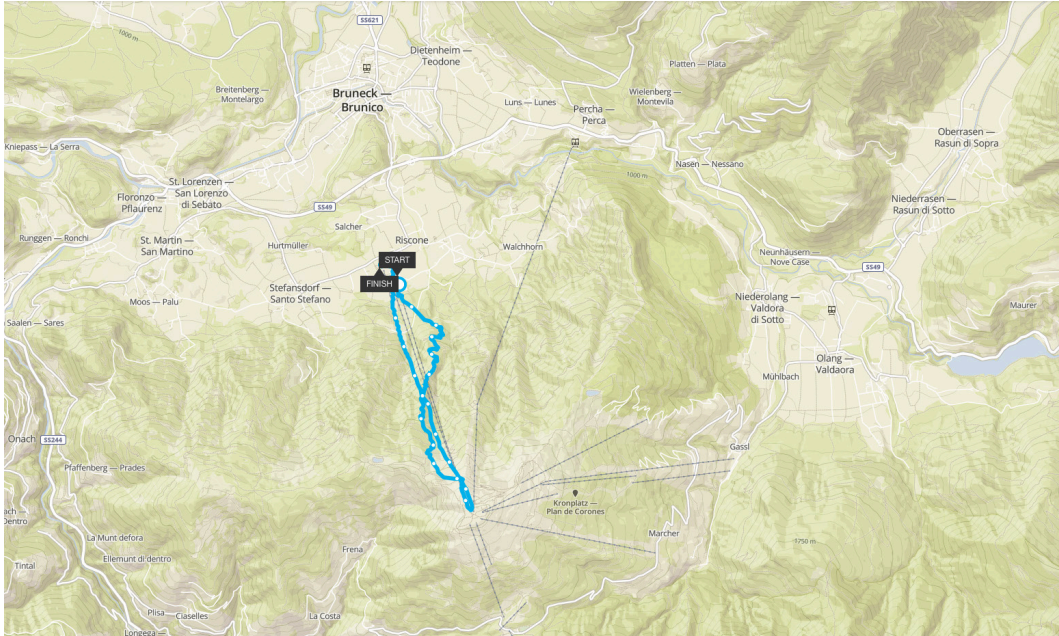


HIKE & FLY

LUKAS'S WORLD RECORD PROJECT



SPLITS

	0.5km	1km	2km	5km	10km
#	Duration	km	km/h	min/km	
1	0:05'47	0.5	5.2	11'36	
2	0:06'06	1.0	4.9	12'17	
3	0:07'03	1.5	4.2	14'09	
4	0:07'10	2.0	4.2	14'21	
5	0:06'59	2.5	4.3	14'06	
6	0:08'05	3.0	3.6	16'29	
7	0:07'03	3.5	4.2	14'09	
8	0:06'17	4.0	4.7	12'40	
9	0:07'05	4.5	4.2	14'13	
10	0:06'46	5.0	4.4	13'36	

1 2 3

SPLITS

	0.5km	1km	2km	5km	10km
#	Duration	km	km/h	min/km	
11	0:07'24	5.5	4.0	14'55	
12	0:02'45	6.0	10.9	05'31	
13	0:04'70	6.5	37.4	01'36	
14	0:05'00	7.0	35.4	01'41	
15	0:04'48.0	7.5	36.4	01'38	
16	0:04'5.0	8.0	39.0	01'32	
17	0:03'35.0	8.5	49.7	01'12	
18	0:03'00.0	9.0	58.3	01'01	
19	0:02'29.0	9.5	60.0	01'00	
20	0:03'32.0	10.0	54.0	01'06	

1 2 3

SPLITS

	0.5km	1km	2km	5km	10km
#	Duration	km	km/h	min/km	
21	0:03'37.0	10.5	45.7	01'18	
22	0:01'14.0	10.6	33.4	01'47	

1 2 3

<https://app.suunto.com/move/infolukashofercom/5b07da89f175727f6ffb74cb>

