

## DST - Kilometre

Speed KPH	100m	250m	500m	1km	5km	10km
2	3	7 30 secs	15	30	150	5hr
3	2	5	10	20	1hr 40	3hr 20
4	1 30 secs	3 45 secs	7 30 secs	15	1hr 15	2hr 30
5	1 12 secs	3	6	12	1hr	2hr
6	1	2 30 secs	5	10	50	1hr 40
7	52 secs	2 10 secs	4 19 secs	8 34 secs	43	1hr 26
8	45 secs	1 52 secs	3 45 secs	7 30 secs	37 30 secs	1hr 15

## DST - Nautical Mile

Speed NM	0.1	0.2	0.5	0.7	1	2	3	4
2	3	6	15	21	30	60	90	120
2.5	2	5	12	17	24	48	72	96
3	2	4	10	14	20	40	60	80
4	2	3	8	11	15	30	45	60