

PAUL POOLE

— MOUNTAINEERING —

	Speed - KPH	
Distance	3	4
50m	1 min	45 secs
100m	2 min	1.5 min
500m	10 min	7.5 min
1000m	20 min	15 min

THE
5D'S

DANGER
DIRECTION
DESCRIPTION
DISTANCE
DURATION

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Scale 1:25,000	Scale 1:50,000	Distance	Paces
1mm	-	25m	
2mm	1mm	50m	
4mm	2mm	100m	
10mm	5mm	250m	
20mm	10mm	500m	
40mm	20mm	1000m	

Scale 1:40,000	Distance
1mm	40m
2mm	80m
4mm	160m
10mm	400m
20mm	800m
25mm	1000m