Road Rally Speed Tables

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How to Use the Speed Tables

Speed tables are used in road rallies to answer the question: How long does it take to travel x distance at speed y. The tables work for km or miles as long as speed is expressed in km/hr or mi/hr respectively.

The tables are supplied in a separate PDF file. To assemble the complete book:

1. print this file,
2. print the actual tables.
3. Insert the tables after this page.
4. Add a blank sheet as a back cover.

For best results, front and back covers should be card stock and the whole book spiral bound. This makes the book more robust and ensures that it always lies flat. As an additional help, add labelled tabs every 5 or so pages so you can quickly find the table for any speed.

The demonstrate how to use the speed tables let's use the following example. We are starting a new Commence Average Speed (CAS) portion with an average speed of 67km. The next CAS change is in 12.65km. We need to know how long does it take to travel 12.65km at 67km/hr.

1. Find the table for speed 67.
2. In column 1 of the table find the row for 12
3. Reading along the row find the entry under the header 0.6.
4. This gives a time of 0:11:17.0, the time to travel 12.6km
5. Go to the bottom row and find the entry under the heading 0.05 (the row above), this value is 0:00:02.7
6. Add the time from step 5 to the time from step4 to give the time to travel 12.65km, which is 0:11:19.7.

The approach I have used is to have an odometer on the rally computer and a stopwatch dedicated to timing. At each CAS (speed) change, reset the odometer and stop watch. Use the times in the 0 distance column of the speed table to determine the ideal time at the end of each kilometre. As the odometer rolls past each kilometre, check the stopwatch and compare with the time in the table. For example, as the odometer reaches 1.00km, the stopwatch should read 0:00:53.7 seconds, as it reaches 2.00km the stopwatch should read 0:01:47.5. You can let the driver know if they are running ahead or behind ideal time as each km passes. At the end of the 12.65km CAS portion the stopwatch should read 0:11:19.7, just as you reset it.