

1.1

STOP  
THEN ACCELERATE  
TO LAP SPEED

0.6

DECELERATE  
TO 30 KM/H  
THEN ACCELERATE  
TO LAP SPEED



0 AND 6.0  
KILOMETRES

START-FINISH  
STOP  
THEN ACCELERATE  
TO LAP SPEED

DECELERATE  
TO 30 KM/H  
THEN ACCELERATE  
TO LAP SPEED

2.1

5.3

DECELERATE  
TO 30 KM/H  
THEN ACCELERATE  
TO LAP SPEED

4.7

STOP  
THEN ACCELERATE  
TO LAP SPEED

DECELERATE  
TO 30 KM/H  
THEN ACCELERATE  
TO LAP SPEED

3.1

4.2

DECELERATE  
TO 30 KM/H  
THEN ACCELERATE  
TO LAP SPEED

3.5

STOP  
THEN ACCELERATE  
TO LAP SPEED

ALL STOPS ARE 15 SECONDS