

ESTIMATING DISTANCE (PACES)

KEY (SEE DIAGRAM)	GRADIENT	DISTANCE		PACES				AVERAGE NUMBER PER 200 m
		MAP	GROUND	UPHILL		DOWNHILL		
				NUMBER PER 100 m	LENGTH cm	NUMBER PER 100 m	LENGTH cm	
A	1:1.2 IN 1	100	180	600	30	400	45	1000
B	1:1 IN 1	100	141	313	45	235	60	548
C	1:1 IN 2	100	112	187	60	165	68	352
D	1:1 IN 3	100	105	154	68	140	75	294
E	1:1 IN 5	100	100	133	75	133	75	266

- NOTES: 1 PACES DO NOT LENGTHEN APPRECIABLY ON STEEP DOWNGRADES
 2 OBSTRUCTION AND TRAVERSING INCREASE NUMBER OF PACES
 3 CAUTIOUS APPROACH SHORTENS PACES
 4 EXPERIENCE AND PRACTICE ARE THE ONLY SURE MEANS OF ACHIEVING ACCURACY

