

Distance	Δt	Speed
100 km	2 h	
75 m	3 min	
60 km	4 h	
50 km	10 h	
369 km	4.5 h	

Speed

$$v = \frac{d}{\Delta t}$$

Speed	Δt	Distance
75 km/h	2 h	
8 m/s	10 s	
5 cm/min	60 min	
94 m/s	1.8 s	

Distance

$$d = v \times \Delta t$$