

Ihumanea Pāngarau

Te Tere o te Omaoma

MĀ TE POUAKO

Kia Mōhio te Ākongā ki:

- te pāpātanga hei waeine
- te whakawhitiwhiti waeine

Kupu Matua:

tere, manomita i te haora

Whāinga Paetae:

Taumata 4, Te Tau me te Taurangi

5. Ka kōwhiri, ka whakamārama i te rautaki e tino whaihua ana hei whakaoti rapanga e whai wāhi mai ana te tauoti, te hautau, te tau ā-ira, te ōrau, te ōwehenga, te tau tōpū me te taupū māmā.

6. Ka mārama ki te whaitakenga o te otinga o tētahi rapanga.

Te Rapanga:

Ko te omaoma te hākinakina e tino kaingākau ana a Hinewai. Ko tana wā tere mō te oma taumano (42.195km), ko te 2:42:35. Ko tana wā tere mō te oma taumano haurua, ko te 1:16:07.



Flickr - Zurich Marathon (chris brown)

1. He aha te tikanga o ēnei wā, te 2:42:35 me te 1:16:07? Tuhia ēnei wā hei kupu.

He pātai āwhina hei tuku mā te kaiako (ina hiahiatia):

- Kei te takiwā o te 40km te roa o te omaoma. Nō reira, he aha te tikanga o te 2 i te tuhinga wā 2:42:35?
- He aha ētahi waeine mō te wā? Nō reira, ki a koe, e tohu ana te 2 i te haora, te meneti, te hākona rānei?
- Mēnā ko te '2' hei tohu i te haora, he aha te waeine e whai muri ana?

Ngā Whakautu:

2:42:35 = E rua haora, e whā tekau mā rua meneti, e toru tekau mā rima hākona.

1:16:07 = Kotahi haora, tekau mā ono meneti, me te whitu hākona.

2. Whiriwhiria te tere o Hinewai i te oma taumano, hei manomita i te haora (km/h).

He pātai āwhina hei tuku mā te kaiako (ina hiahiatia):

- He aha tētahi whakatau tata? Mēnā ka oti te 42km i te 3 haora, pēhea nei tana tere? Whakawehea te 42 ki te 3, kei te takiwā pea o te 14km/h. He paku tere ake i tērā.
- E hia katoa ngā meneti ka oti i a Hinewai te oma taumano? E hia meneti kei roto i te rua haora? E hia meneti te 35 hākona?
- Mēnā ka oti te 42.195km i te 162.5 meneti, me pēhea te whiriwhiri i te tawhiti ka oti i te 1 meneti?
- E 60 meneti i te haora, nō reira me pēhea te whiriwhiri i te tawhiti ka oti i te haora?

Hei tauira whakautu:

Te raupapa o ngā mahi mō te oma taumano:

1. Ko te 35 hākona, e tino pātata ana ki te 0.5 meneti, nō reira, ka whakaawhiwhia te wā ki te 2haora, 42.5 meneti
2. Ka hurihia te 2 haora 42.5 meneti hei meneti noa iho, arā, $60 + 60 + 42.5 = 162.5$ meneti.
3. Ka whiriwhiria te tawhiti ka oti i te meneti kotahi, arā, ka whakawehea te 42.195km ki te 162.5. Ko te 0.2597km ka oti i te meneti kotahi.
4. Ka whakareatia tērā ki te 60 hei whiriwhiri i te tawhiti ka oti i te 60meneti, arā, te kotahi haora. Ko te 15.58km
5. Nō reira, ko te 15.58km/h te tere o Hinewai i te oma taumano (42.195km)

te tawhiti	te wā
42.195km	2:42.5 162.5 meneti
0.2597km	1 meneti
15.58km	60 meneti (1 haora)

Diagram showing the calculation process with red arrows and labels:

- A red arrow labeled $+162.95$ points from the 42.195km cell to the 0.2597km cell.
- A red arrow labeled $+162.5$ points from the 162.5 meneti cell to the 1 meneti cell.
- A red arrow labeled $\times 60$ points from the 0.2597km cell to the 15.58km cell.
- A red arrow labeled $\times 60$ points from the 1 meneti cell to the 60 meneti (1 haora) cell.

3. Whiriwhiria te tere o Hinewai i te oma taumano haurua, hei manomita i te haora (km/h).

He pātai āwhina hei tuku mā te kaiako (ina hiahiatia):

- Pēhea nei te roa o te oma taumano haurua?
- He aha tētahi whakatau tata? Mēnā ka oti te 20km i te 1 haora, pēhea nei tana tere? Nō reira he pātata ki te 20km/h. He paku pōturi ake i tērā.
- E hia katoa ngā meneti ka oti i a Hinewai te oma taumano haurua? E hia meneti kei roto i te kotahi haora? E hia meneti te 7 hākona?
- Mēnā ka oti te 21.0975km i te 76.117 meneti, me pēhea te whiriwhiri i te tawhiti ka oti i te 1 meneti?
- E 60 meneti i te haora, nō reira me pēhea te whiriwhiri i te tawhiti ka oti i te haora?

Hei tauira whakautu:

Te raupapa o ngā mahi mō te oma taumano haurua:

1. Whakawehea te 7 ki te 60, ko te 0.117. He ōrite te 7 hākona ki te 0.117 meneti.
2. Ka hurihia te 1 haora 16.117 meneti hei meneti noa iho, arā, $60 + 16.117 = 76.117$ meneti.
3. Ka whiriwhiria te tawhiti ka oti i te meneti kotahi, arā, ka whakawehea te 21.0975km ki te 76.117. Ko te 0.0.277km ka oti i te meneti kotahi.
4. Ka whakareatia tērā ki te 60 hei whiriwhiri i te tawhiti ka oti i te 60meneti, arā, te kotahi haora. Ko te 16.63km

5. Nō reira, ko te 16.63km/h te tere o Hinewai i te oma taumano haurua (21.0975km)

te tawhiti	te wā
21.0975km	1:16:07 76.117 meneti
0.277km	1 meneti
16.63km	60 meneti

$\div 76.117$ (from 21.0975km to 0.277km)
 $\times 60$ (from 0.277km to 16.63km)
 $\div 76.117$ (from 1:16:07 to 1 meneti)
 $\times 60$ (from 1 meneti to 60 meneti)

4. He pēhea nei tana tere ake i tētahi o ēnei omaoma?

He pātai āwhina hei tuku mā te kaiako (ina hiahiatia):

- Tuhia te tere o Hinewai i ēnei omaoma e rua.
- He tere ake ia i tēhea o ēnei omaoma?
- Me pēhea te whiriwhiri i te tere ake?

Hei tauira whakautu:

16.63km/h (oma taumano haurua) – 15.58km/h (oma taumano) = 1.05km/h

1.05km/h te tere ake o Hinewai i te oma taumano haurua.

5. Ki a koe, he aha te take i tere ake ai ia i tētahi o ēnei omaoma?

He pātai āwhina hei tuku mā te kaiako (ina hiahiatia):

- Whakaarohia te 100m. Ka tere tō oma i te 100m ne rā? Ka pērā tonu te tere o tō oma i te kotahi manomita (1km)?

Hei tauira whakautu:

- He tere ake nā te mea kāore i te pērā rawa te tawhiti.

6. Matapaehia te wā e oti i a Hinewai te 10km. Whakamāramahia tō matapae.

He pātai āwhina hei tuku mā te kaiako (ina hiahiatia):

- Ki a koe, ka tere ake tana oma i te 10km, ka pōturi ake rānei?

Hei tauira whakautu:

- Kei te takiwā pea o te 17.5km/h.
- E pātata ana ki te 1km/h tana tēre ake i te oma taumano haurua.
- Nō reira ka pātata anō pea ki te 1km/h tana tere ake i te omaoma 10km te tawhiti.

oma taumano: 42.195km = 15.58km/h

oma taumano $\frac{1}{2}$: 21.0975km = 16.63km/h

10km: 10km \approx 17.5km/h