

REC	STEP	MT	TEMPO SEC	TEMPO MIN SEC
17"	1.1	46	27	0 27
	1.2	92	54	0 54
	1.3	138	81	1 21
15"	2.1	184	106	1 46
	2.2	230	131	2 11
	2.3	276	156	2 36
13"	3.1	322	179	2 59
	3.2	368	202	3 22
	3.3	414	225	3 45
	3.4	460	248	4 8
11"	4.1	506	269	4 29
	4.2	552	290	4 50
	4.3	598	311	5 11
	4.4	644	332	5 32
10"	5.1	690	352	5 52
	5.2	736	372	6 12
	5.3	782	392	6 32
	5.4	828	412	6 52
9"	6.1	874	431	7 11
	6.2	920	450	7 30
	6.3	966	469	7 49
	6.4	1012	488	8 8
8"	7.1	1058	506	8 26
	7.2	1104	524	8 44
	7.3	1150	542	9 2
	7.4	1196	560	9 20
	7.5	1242	578	9 38
7"	8.1	1288	595	9 55
	8.2	1334	612	10 12
	8.3	1380	629	10 29
	8.4	1426	646	10 46
	8.5	1472	663	11 3
6"	9.1	1518	679	11 19
	9.2	1564	695	11 35
	9.3	1610	711	11 51
	9.4	1656	727	12 7
	9.5	1702	743	12 23
5"	10.1	1748	758	12 38
	10.2	1794	773	12 53
	10.3	1840	788	13 8
	10.4	1886	803	13 23
	10.5	1932	818	13 38
	10.6	1978	833	13 53
4"	11.1	2024	847	14 7
	11.2	2070	861	14 21
	11.3	2116	875	14 35
	11.4	2162	889	14 49
	11.5	2208	903	15 3
	11.6	2254	917	15 17
3"	12.1	2300	930	15 30
	12.2	2346	943	15 43
	12.3	2392	956	15 56
	12.4	2438	969	16 9
	12.5	2484	982	16 22
	12.6	2530	995	16 35
	12.7	2576	1008	16 48

REC	STEP	MT	TEMPO SEC	TEMPO MIN SEC
2"	13.1	2622	1020	17 0
	13.2	2668	1032	17 12
	13.3	2714	1044	17 24
	13.4	2760	1056	17 36
	13.5	2806	1068	17 48
	13.6	2852	1080	18 0
	13.7	2898	1092	18 12
	13.8	2944	1104	18 24
	13.9	2990	1116	18 36
	14	3036	1128	18 48
	14.1	3082	1140	19 0
	14.2	3128	1152	19 12
	14.3	3174	1164	19 24
	14.4	3220	1176	19 36
	14.5	3266	1188	19 48
	14.6	3312	1200	20 0
	14.7	3358	1212	20 12
	14.8	3404	1224	20 24
	14.9	3450	1236	20 36
	15	3496	1248	20 48
	15.1	3542	1260	21 0
	15.2	3588	1272	21 12
	15.3	3634	1284	21 24
	15.4	3680	1296	21 36
	15.5	3726	1308	21 48
	15.6	3772	1320	22 0
	15.7	3818	1332	22 12
	15.8	3864	1344	22 24
	15.9	3910	1356	22 36
	16	3956	1368	22 48
	16.1	4002	1380	23 0
	16.2	4048	1392	23 12
	16.3	4094	1404	23 24
16.4	4140	1416	23 36	
16.5	4186	1428	23 48	
16.6	4232	1440	24 0	
16.7	4278	1452	24 12	
16.8	4324	1464	24 24	
16.9	4370	1476	24 36	