

REC	STEP	MT	TEMPO SEC	TEMPO MIN	TEMPO SEC
17"	1.1	50	27	0	27
	1.2	100	54	0	54
	1.3	150	81	1	21
15"	2.1	200	106	1	46
	2.2	250	131	2	11
	2.3	300	156	2	36
13"	3.1	350	179	2	59
	3.2	400	202	3	22
	3.3	450	225	3	45
	3.4	500	248	4	8
11"	4.1	550	269	4	29
	4.2	600	290	4	50
	4.3	650	311	5	11
	4.4	700	332	5	32
10"	5.1	750	352	5	52
	5.2	800	372	6	12
	5.3	850	392	6	32
	5.4	900	412	6	52
9"	6.1	950	431	7	11
	6.2	1000	450	7	30
	6.3	1050	469	7	49
	6.4	1100	488	8	8
8"	7.1	1150	506	8	26
	7.2	1200	524	8	44
	7.3	1250	542	9	2
	7.4	1300	560	9	20
	7.5	1350	578	9	38
7"	8.1	1400	595	9	55
	8.2	1450	612	10	12
	8.3	1500	629	10	29
	8.4	1550	646	10	46
	8.5	1600	663	11	3
6"	9.1	1650	679	11	19
	9.2	1700	695	11	35
	9.3	1750	711	11	51
	9.4	1800	727	12	7
	9.5	1850	743	12	23
5"	10.1	1900	758	12	38
	10.2	1950	773	12	53
	10.3	2000	788	13	8
	10.4	2050	803	13	23
	10.5	2100	818	13	38
	10.6	2150	833	13	53
4"	11.1	2200	847	14	7
	11.2	2250	861	14	21
	11.3	2300	875	14	35
	11.4	2350	889	14	49
	11.5	2400	903	15	3
	11.6	2450	917	15	17
3"	12.1	2500	930	15	30
	12.2	2550	943	15	43
	12.3	2600	956	15	56
	12.4	2650	969	16	9
	12.5	2700	982	16	22
	12.6	2750	995	16	35
	12.7	2800	1008	16	48

REC	STEP	MT	TEMPO SEC	TEMPO MIN	TEMPO SEC
2"	13.1	2850	1020	17	0
	13.2	2900	1032	17	12
	13.3	2950	1044	17	24
	13.4	3000	1056	17	36
	13.5	3050	1068	17	48
	13.6	3100	1080	18	0
	13.7	3150	1092	18	12
	13.8	3200	1104	18	24
	13.9	3250	1116	18	36
	14	3300	1128	18	48
	14.1	3350	1140	19	0
	14.2	3400	1152	19	12
	14.3	3450	1164	19	24
	14.4	3500	1176	19	36
	14.5	3550	1188	19	48
	14.6	3600	1200	20	0
	14.7	3650	1212	20	12
	14.8	3700	1224	20	24
	14.9	3750	1236	20	36
	15	3800	1248	20	48
	15.1	3850	1260	21	0
	15.2	3900	1272	21	12
	15.3	3950	1284	21	24
	15.4	4000	1296	21	36
	15.5	4050	1308	21	48
	15.6	4100	1320	22	0
	15.7	4150	1332	22	12
	15.8	4200	1344	22	24
	15.9	4250	1356	22	36
	16	4300	1368	22	48
	16.1	4350	1380	23	0
	16.2	4400	1392	23	12
	16.3	4450	1404	23	24
16.4	4500	1416	23	36	
16.5	4550	1428	23	48	
16.6	4600	1440	24	0	
16.7	4650	1452	24	12	
16.8	4700	1464	24	24	
16.9	4750	1476	24	36	