

TABLE OF STOPS AND TIMES

<u>Stops</u>	<u>Seconds</u>	<u>Stops</u>	<u>Seconds</u>	<u>Stops</u>	<u>Seconds</u>
-3.0	0.12	1.5	2.83	6.0	64.0
-2.9	0.13	1.6	3.03	6.1	68.6
-2.8	0.14	1.7	3.25	6.2	73.5
-2.7	0.15	1.8	3.48	6.3	78.8
-2.6	0.16	1.9	3.73	6.4	84.4
-2.5	0.18	2.0	4.00	6.5	90.5
-2.4	0.19	2.1	4.29	6.6	97.0
-2.3	0.20	2.2	4.59	6.7	104.
-2.2	0.22	2.3	4.92	6.8	111.
-2.1	0.23	2.4	5.28	6.9	119.
-2.0	0.25	2.5	5.66	7.0	128.
-1.9	0.27	2.6	6.06	7.1	137.
-1.8	0.29	2.7	6.50	7.2	147.
-1.7	0.31	2.8	6.96	7.3	158.
-1.6	0.33	2.9	7.46	7.4	169.
-1.5	0.35	3.0	8.00	7.5	181.
-1.4	0.38	3.1	8.57	7.6	194.
-1.3	0.41	3.2	9.19	7.7	208.
-1.2	0.44	3.3	9.85	7.8	223.
-1.1	0.47	3.4	10.6	7.9	239.
-1.0	0.50	3.5	11.3	8.0	256.
-0.9	0.54	3.6	12.1	8.1	274.
-0.8	0.57	3.7	13.0	8.2	294.
-0.7	0.62	3.8	13.9	8.3	315.
-0.6	0.66	3.9	14.9	8.4	338.
-0.5	0.71	4.0	16.0	8.5	362.
-0.4	0.76	4.1	17.1	8.6	388.
-0.3	0.81	4.2	18.4	8.7	416.
-0.2	0.87	4.3	19.7	8.8	446.
-0.1	0.93	4.4	21.1	8.9	478.
0.0	1.00	4.5	22.6	9.0	512.
0.1	1.07	4.6	24.2	9.1	549.
0.2	1.15	4.7	26.0	9.2	588.
0.3	1.23	4.8	27.9	9.3	630.
0.4	1.32	4.9	29.9	9.4	676.
0.5	1.41	5.0	32.0	9.5	724.
0.6	1.52	5.1	34.3	9.6	776.
0.7	1.62	5.2	36.8	9.7	832.
0.8	1.74	5.3	39.4	9.8	891.
0.9	1.87	5.4	42.2	9.9	955.
1.0	2.00	5.5	45.2	10.0	1024.
1.1	2.14	5.6	48.5	10.1	1097.
1.2	2.30	5.7	52.0	10.2	1176.
1.3	2.46	5.8	55.7	10.3	1261.
1.4	2.64	5.9	59.7	10.4	1351.

To adjust a time: Multiply the original time by the number in the chart. Example: to add 1.4 stops to 5 seconds, multiply 5 seconds by 2.64 - the new time is 13.2 seconds