

TABLE OF STOPS AND TIMES

<u>Stops</u>	<u>Secs</u>	<u>Stops</u>	<u>Secs</u>	<u>Stops</u>	<u>Secs</u>	<u>Stops</u>	<u>Secs</u>
0.0	1.00	2.5	5.66	5.0	32.0	7.5	181.0
0.1	1.07	2.6	6.06	5.1	34.3	7.6	194.0
0.2	1.15	2.7	6.50	5.2	36.8	7.7	207.9
0.3	1.23	2.8	6.96	5.3	39.4	7.8	222.9
0.4	1.32	2.9	7.46	5.4	42.2	7.9	238.9
0.5	1.41	3.0	8.00	5.5	45.3	8.0	256.0
0.6	1.52	3.1	8.57	5.6	48.5	8.1	274.4
0.7	1.62	3.2	9.19	5.7	52.0	8.2	294.1
0.8	1.74	3.3	9.85	5.8	55.7	8.3	315.2
0.9	1.87	3.4	10.6	5.9	59.7	8.4	337.8
1.0	2.00	3.5	11.3	6.0	64.0	8.5	362.0
1.1	2.14	3.6	12.1	6.1	68.6	8.6	388.0
1.2	2.30	3.7	13.0	6.2	73.5	8.7	415.9
1.3	2.46	3.8	13.9	6.3	78.8	8.8	445.7
1.4	2.64	3.9	14.9	6.4	84.4	8.9	477.7
1.5	2.83	4.0	16.0	6.5	90.5	9.0	512.0
1.6	3.03	4.1	17.1	6.6	97.0	9.1	548.7
1.7	3.25	4.2	18.4	6.7	104.0	9.2	588.1
1.8	3.48	4.3	19.7	6.8	111.4	9.3	630.3
1.9	3.73	4.4	21.1	6.9	119.4	9.4	675.6
2.0	4.00	4.5	22.6	7.0	128.0	9.5	724.1
2.1	4.29	4.6	24.3	7.1	137.2	9.6	776.0
2.2	4.59	4.7	26.0	7.2	147.0	9.7	831.7
2.3	4.92	4.8	27.9	7.3	157.6	9.8	891.4
2.4	5.28	4.9	29.9	7.4	168.9	9.9	955.4

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 2.6 - the new time is 13 seconds