

**HRCR Average Speed Table**

	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
0.1	0:24	0:23	0:21	0:20	0:19	0:18	0:17	0:16	0:16	0:15	0:14	0:14	0:13	0:13	0:12	0:12	0.1
0.2	0:48	0:45	0:42	0:40	0:38	0:36	0:34	0:33	0:31	0:30	0:29	0:28	0:27	0:26	0:25	0:24	0.2
0.3	1:12	1:08	1:04	1:00	0:57	0:54	0:51	0:49	0:47	0:45	0:43	0:42	0:40	0:39	0:37	0:36	0.3
0.4	1:36	1:30	1:25	1:20	1:16	1:12	1:09	1:05	1:03	1:00	0:58	0:55	0:53	0:51	0:50	0:48	0.4
0.5	2:00	1:53	1:46	1:40	1:35	1:30	1:26	1:22	1:18	1:15	1:12	1:09	1:07	1:04	1:02	1:00	0.5
0.6	2:24	2:15	2:07	2:00	1:54	1:48	1:43	1:38	1:34	1:30	1:26	1:23	1:20	1:17	1:14	1:12	0.6
0.7	2:48	2:38	2:28	2:20	2:13	2:06	2:00	1:55	1:50	1:45	1:41	1:37	1:33	1:30	1:27	1:24	0.7
0.8	3:12	3:00	2:49	2:40	2:32	2:24	2:17	2:11	2:05	2:00	1:55	1:51	1:47	1:43	1:39	1:36	0.8
0.9	3:36	3:23	3:11	3:00	2:51	2:42	2:34	2:27	2:21	2:15	2:10	2:05	2:00	1:56	1:52	1:48	0.9
1.0	4:00	3:45	3:32	3:20	3:09	3:00	2:51	2:44	2:37	2:30	2:24	2:18	2:13	2:09	2:04	2:00	1.0
1.1	4:24	4:08	3:53	3:40	3:28	3:18	3:09	3:00	2:52	2:45	2:38	2:32	2:27	2:21	2:17	2:12	1.1
1.2	4:48	4:30	4:14	4:00	3:47	3:36	3:26	3:16	3:08	3:00	2:53	2:46	2:40	2:34	2:29	2:24	1.2
1.3	5:12	4:53	4:35	4:20	4:06	3:54	3:43	3:33	3:23	3:15	3:07	3:00	2:53	2:47	2:41	2:36	1.3
1.4	5:36	5:15	4:56	4:40	4:25	4:12	4:00	3:49	3:39	3:30	3:22	3:14	3:07	3:00	2:54	2:48	1.4
1.5	6:00	5:38	5:18	5:00	4:44	4:30	4:17	4:05	3:55	3:45	3:36	3:28	3:20	3:13	3:06	3:00	1.5
1.6	6:24	6:00	5:39	5:20	5:03	4:48	4:34	4:22	4:10	4:00	3:50	3:42	3:33	3:26	3:19	3:12	1.6
1.7	6:48	6:23	6:00	5:40	5:22	5:06	4:51	4:38	4:26	4:15	4:05	3:55	3:47	3:39	3:31	3:24	1.7
1.8	7:12	6:45	6:21	6:00	5:41	5:24	5:09	4:55	4:42	4:30	4:19	4:09	4:00	3:51	3:43	3:36	1.8
1.9	7:36	7:08	6:42	6:20	6:00	5:42	5:26	5:11	4:57	4:45	4:34	4:23	4:13	4:04	3:56	3:48	1.9
2.0	8:00	7:30	7:04	6:40	6:19	6:00	5:43	5:27	5:13	5:00	4:48	4:37	4:27	4:17	4:08	4:00	2.0
2.1	8:24	7:53	7:25	7:00	6:38	6:18	6:00	5:44	5:29	5:15	5:02	4:51	4:40	4:30	4:21	4:12	2.1
2.2	8:48	8:15	7:46	7:20	6:57	6:36	6:17	6:00	5:44	5:30	5:17	5:05	4:53	4:43	4:33	4:24	2.2
2.3	9:12	8:38	8:07	7:40	7:16	6:54	6:34	6:16	6:00	5:45	5:31	5:18	5:07	4:56	4:46	4:36	2.3
2.4	9:36	9:00	8:28	8:00	7:35	7:12	6:51	6:33	6:16	6:00	5:46	5:32	5:20	5:09	4:58	4:48	2.4
2.5	10:00	9:23	8:49	8:20	7:54	7:30	7:09	6:49	6:31	6:15	6:00	5:46	5:33	5:21	5:10	5:00	2.5
2.6	10:24	9:45	9:11	8:40	8:13	7:48	7:26	7:05	6:47	6:30	6:14	6:00	5:47	5:34	5:23	5:12	2.6
2.7	10:48	10:08	9:32	9:00	8:32	8:06	7:43	7:22	7:03	6:45	6:29	6:14	6:00	5:47	5:35	5:24	2.7
2.8	11:12	10:30	9:53	9:20	8:51	8:24	8:00	7:38	7:18	7:00	6:43	6:28	6:13	6:00	5:48	5:36	2.8
2.9	11:36	10:53	10:14	9:40	9:09	8:42	8:17	7:55	7:34	7:15	6:58	6:42	6:27	6:13	6:00	5:48	2.9
3.0	12:00	11:15	10:35	10:00	9:28	9:00	8:34	8:11	7:50	7:30	7:12	6:55	6:40	6:26	6:12	6:00	3.0
3.1	12:24	11:38	10:56	10:20	9:47	9:18	8:51	8:27	8:05	7:45	7:26	7:09	6:53	6:39	6:25	6:12	3.1
3.2	12:48	12:00	11:18	10:40	10:06	9:36	9:09	8:44	8:21	8:00	7:41	7:23	7:07	6:51	6:37	6:24	3.2
3.3	13:12	12:23	11:39	11:00	10:25	9:54	9:26	9:00	8:37	8:15	7:55	7:37	7:20	7:04	6:50	6:36	3.3
3.4	13:36	12:45	12:00	11:20	10:44	10:12	9:43	9:16	8:52	8:30	8:10	7:51	7:33	7:17	7:02	6:48	3.4
3.5	14:00	13:08	12:21	11:40	11:03	10:30	10:00	9:33	9:08	8:45	8:24	8:05	7:47	7:30	7:14	7:00	3.5
3.6	14:24	13:30	12:42	12:00	11:22	10:48	10:17	9:49	9:23	9:00	8:38	8:18	8:00	7:43	7:27	7:12	3.6
3.7	14:48	13:53	13:04	12:20	11:41	11:06	10:34	10:05	9:39	9:15	8:53	8:32	8:13	7:56	7:39	7:24	3.7
3.8	15:12	14:15	13:25	12:40	12:00	11:24	10:51	10:22	9:55	9:30	9:07	8:46	8:27	8:09	7:52	7:36	3.8
3.9	15:36	14:38	13:46	13:00	12:19	11:42	11:09	10:38	10:10	9:45	9:22	9:00	8:40	8:21	8:04	7:48	3.9
4.0	16:00	15:00	14:07	13:20	12:38	12:00	11:26	10:55	10:26	10:00	9:36	9:14	8:53	8:34	8:17	8:00	4.0
4.1	16:24	15:23	14:28	13:40	12:57	12:18	11:43	11:11	10:42	10:15	9:50	9:28	9:07	8:47	8:29	8:12	4.1
4.2	16:48	15:45	14:49	14:00	13:16	12:36	12:00	11:27	10:57	10:30	10:05	9:42	9:20	9:00	8:41	8:24	4.2
4.3	17:12	16:08	15:11	14:20	13:35	12:54	12:17	11:44	11:13	10:45	10:19	9:55	9:33	9:13	8:54	8:36	4.3
4.4	17:36	16:30	15:32	14:40	13:54	13:12	12:34	12:00	11:29	11:00	10:34	10:09	9:47	9:26	9:06	8:48	4.4
4.5	18:00	16:53	15:53	15:00	14:13	13:30	12:51	12:16	11:44	11:15	10:48	10:23	10:00	9:39	9:19	9:00	4.5
4.6	18:24	17:15	16:14	15:20	14:32	13:48	13:09	12:33	12:00	11:30	11:02	10:37	10:13	9:51	9:31	9:12	4.6
4.7	18:48	17:38	16:35	15:40	14:51	14:06	13:26	12:49	12:16	11:45	11:17	10:51	10:27	10:04	9:43	9:24	4.7
4.8	19:12	18:00	16:56	16:00	15:09	14:24	13:43	13:05	12:31	12:00	11:31	11:05	10:40	10:17	9:56	9:36	4.8
4.9	19:36	18:23	17:18	16:20	15:28	14:42	14:00	13:22	12:47	12:15	11:46	11:18	10:53	10:30	10:08	9:48	4.9
5.0	20:00	18:45	17:39	16:40	15:47	15:00	14:17	13:38	13:03	12:30	12:00	11:32	11:07	10:43	10:21	10:00	5.0
	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	

**HRCR Average Speed Table**

	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	
5.1	20:24	19:08	18:00	17:00	16:06	15:18	14:34	13:55	13:18	12:45	12:14	11:46	11:20	10:56	10:33	10:12	5.1
5.2	20:48	19:30	18:21	17:20	16:25	15:36	14:51	14:11	13:34	13:00	12:29	12:00	11:33	11:09	10:46	10:24	5.2
5.3	21:12	19:53	18:42	17:40	16:44	15:54	15:09	14:27	13:50	13:15	12:43	12:14	11:47	11:21	10:58	10:36	5.3
5.4	21:36	20:15	19:04	18:00	17:03	16:12	15:26	14:44	14:05	13:30	12:58	12:28	12:00	11:34	11:10	10:48	5.4
5.5	22:00	20:38	19:25	18:20	17:22	16:30	15:43	15:00	14:21	13:45	13:12	12:42	12:13	11:47	11:23	11:00	5.5
5.6	22:24	21:00	19:46	18:40	17:41	16:48	16:00	15:16	14:37	14:00	13:26	12:55	12:27	12:00	11:35	11:12	5.6
5.7	22:48	21:23	20:07	19:00	18:00	17:06	16:17	15:33	14:52	14:15	13:41	13:09	12:40	12:13	11:48	11:24	5.7
5.8	23:12	21:45	20:28	19:20	18:19	17:24	16:34	15:49	15:08	14:30	13:55	13:23	12:53	12:26	12:00	11:36	5.8
5.9	23:36	22:08	20:49	19:40	18:38	17:42	16:51	16:05	15:23	14:45	14:10	13:37	13:07	12:39	12:12	11:48	5.9
6.0	24:00	22:30	21:11	20:00	18:57	18:00	17:09	16:22	15:39	15:00	14:24	13:51	13:20	12:51	12:25	12:00	6.0
6.1	24:24	22:53	21:32	20:20	19:16	18:18	17:26	16:38	15:55	15:15	14:38	14:05	13:33	13:04	12:37	12:12	6.1
6.2	24:48	23:15	21:53	20:40	19:35	18:36	17:43	16:55	16:10	15:30	14:53	14:18	13:47	13:17	12:50	12:24	6.2
6.3	25:12	23:38	22:14	21:00	19:54	18:54	18:00	17:11	16:26	15:45	15:07	14:32	14:00	13:30	13:02	12:36	6.3
6.4	25:36	24:00	22:35	21:20	20:13	19:12	18:17	17:27	16:42	16:00	15:22	14:46	14:13	13:43	13:14	12:48	6.4
6.5	26:00	24:23	22:56	21:40	20:32	19:30	18:34	17:44	16:57	16:15	15:36	15:00	14:27	13:56	13:27	13:00	6.5
6.6	26:24	24:45	23:18	22:00	20:51	19:48	18:51	18:00	17:13	16:30	15:50	15:14	14:40	14:09	13:39	13:12	6.6
6.7	26:48	25:08	23:39	22:20	21:09	20:06	19:09	18:16	17:29	16:45	16:05	15:28	14:53	14:21	13:52	13:24	6.7
6.8	27:12	25:30	24:00	22:40	21:28	20:24	19:26	18:33	17:44	17:00	16:19	15:42	15:07	14:34	14:04	13:36	6.8
6.9	27:36	25:53	24:21	23:00	21:47	20:42	19:43	18:49	18:00	17:15	16:34	15:55	15:20	14:47	14:17	13:48	6.9
7.0	28:00	26:15	24:42	23:20	22:06	21:00	20:00	19:05	18:16	17:30	16:48	16:09	15:33	15:00	14:29	14:00	7.0
7.1	28:24	26:38	25:04	23:40	22:25	21:18	20:17	19:22	18:31	17:45	17:02	16:23	15:47	15:13	14:41	14:12	7.1
7.2	28:48	27:00	25:25	24:00	22:44	21:36	20:34	19:38	18:47	18:00	17:17	16:37	16:00	15:26	14:54	14:24	7.2
7.3	29:12	27:23	25:46	24:20	23:03	21:54	20:51	19:55	19:03	18:15	17:31	16:51	16:13	15:39	15:06	14:36	7.3
7.4	29:36	27:45	26:07	24:40	23:22	22:12	21:09	20:11	19:18	18:30	17:46	17:05	16:27	15:51	15:19	14:48	7.4
7.5	30:00	28:08	26:28	25:00	23:41	22:30	21:26	20:27	19:34	18:45	18:00	17:18	16:40	16:04	15:31	15:00	7.5
7.6	30:24	28:30	26:49	25:20	24:00	22:48	21:43	20:44	19:50	19:00	18:14	17:32	16:53	16:17	15:43	15:12	7.6
7.7	30:48	28:53	27:11	25:40	24:19	23:06	22:00	21:00	20:05	19:15	18:29	17:46	17:07	16:30	15:56	15:24	7.7
7.8	31:12	29:15	27:32	26:00	24:38	23:24	22:17	21:16	20:21	19:30	18:43	18:00	17:20	16:43	16:08	15:36	7.8
7.9	31:36	29:38	27:53	26:20	24:57	23:42	22:34	21:33	20:37	19:45	18:58	18:14	17:33	16:56	16:21	15:48	7.9
8.0	32:00	30:00	28:14	26:40	25:16	24:00	22:51	21:49	20:52	20:00	19:12	18:28	17:47	17:09	16:33	16:00	8.0
8.1	32:24	30:23	28:35	27:00	25:35	24:18	23:09	22:05	21:08	20:15	19:26	18:42	18:00	17:21	16:46	16:12	8.1
8.2	32:48	30:45	28:56	27:20	25:54	24:36	23:26	22:22	21:23	20:30	19:41	18:55	18:13	17:34	16:58	16:24	8.2
8.3	33:12	31:08	29:18	27:40	26:13	24:54	23:43	22:38	21:39	20:45	19:55	19:09	18:27	17:47	17:10	16:36	8.3
8.4	33:36	31:30	29:39	28:00	26:32	25:12	24:00	22:55	21:55	21:00	20:10	19:23	18:40	18:00	17:23	16:48	8.4
8.5	34:00	31:53	30:00	28:20	26:51	25:30	24:17	23:11	22:10	21:15	20:24	19:37	18:53	18:13	17:35	17:00	8.5
8.6	34:24	32:15	30:21	28:40	27:09	25:48	24:34	23:27	22:26	21:30	20:38	19:51	19:07	18:26	17:48	17:12	8.6
8.7	34:48	32:38	30:42	29:00	27:28	26:06	24:51	23:44	22:42	21:45	20:53	20:05	19:20	18:39	18:00	17:24	8.7
8.8	35:12	33:00	31:04	29:20	27:47	26:24	25:09	24:00	22:57	22:00	21:07	20:18	19:33	18:51	18:12	17:36	8.8
8.9	35:36	33:23	31:25	29:40	28:06	26:42	25:26	24:16	23:13	22:15	21:22	20:32	19:47	19:04	18:25	17:48	8.9
9.0	36:00	33:45	31:46	30:00	28:25	27:00	25:43	24:33	23:29	22:30	21:36	20:46	20:00	19:17	18:37	18:00	9.0
9.1	36:24	34:08	32:07	30:20	28:44	27:18	26:00	24:49	23:44	22:45	21:50	21:00	20:13	19:30	18:50	18:12	9.1
9.2	36:48	34:30	32:28	30:40	29:03	27:36	26:17	25:05	24:00	23:00	22:05	21:14	20:27	19:43	19:02	18:24	9.2
9.3	37:12	34:53	32:49	31:00	29:22	27:54	26:34	25:22	24:16	23:15	22:19	21:28	20:40	19:56	19:14	18:36	9.3
9.4	37:36	35:15	33:11	31:20	29:41	28:12	26:51	25:38	24:31	23:30	22:34	21:42	20:53	20:09	19:27	18:48	9.4
9.5	38:00	35:38	33:32	31:40	30:00	28:30	27:09	25:55	24:47	23:45	22:48	21:55	21:07	20:21	19:39	19:00	9.5
9.6	38:24	36:00	33:53	32:00	30:19	28:48	27:26	26:11	25:03	24:00	23:02	22:09	21:20	20:34	19:52	19:12	9.6
9.7	38:48	36:23	34:14	32:20	30:38	29:06	27:43	26:27	25:18	24:15	23:17	22:23	21:33	20:47	20:04	19:24	9.7
9.8	39:12	36:45	34:35	32:40	30:57	29:24	28:00	26:44	25:34	24:30	23:31	22:37	21:47	21:00	20:17	19:36	9.8
9.9	39:36	37:08	34:56	33:00	31:16	29:42	28:17	27:00	25:50	24:45	23:46	22:51	22:00	21:13	20:29	19:48	9.9
10.0	40:00	37:30	35:18	33:20	31:35	30:00	28:34	27:16	26:05	25:00	24:00	23:05	22:13	21:26	20:41	20:00	10.0
	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30	