

Course	A-P-J-A	A-Δ-J-A	A-U-E-A	A-J-E-A	A-E-V-A	A-P-Δ-A	A-E-A	A-J-A	A-W-A	A-X-A	T-J-T
	A-J-P-A	A-J-Δ-A	A-E-U-A	A-E-J-A	A-V-E-A	A-Δ-P-A					
	Course Length in Miles										
Rating	9.51	8.1	4.86	6.61	4.31	7.01	2.24	5.5	4.42	4.4	5.38
	Time Correction in Minutes and Seconds*										
270	4:45	4:3	2:26	3:18	2:9	3:30	1:7	2:45	2:13	2:06	2:41
267	5:14	4:27	2:40	3:38	2:22	3:51	1:14	3:1	2:26	2:25	2:58
264	5:42	4:52	2:55	3:58	2:35	4:08	1:21	3:18	2:39	2:38	3:14
261	6:11	5:16	3:10	4:18	2:48	4:33	1:27	3:35	2:52	2:09	3:04
258	6:39	5:01	3:24	4:38	3:1	4:00	1:02	3:51	3:6	3:5	3:46
255	7:08	6:5	3:39	4:57	3:14	5:15	1:41	4:8	3:19	3:18	4:2
252	7:36	6:29	3:53	5:17	3:09	5:36	1:48	4:24	3:32	3:31	4:18
249	8:5	6:53	4:8	5:37	3:40	5:58	1:54	4:41	3:45	3:44	4:34
246	8:34	7:01	4:22	5:57	3:53	6:19	2:1	4:57	3:59	3:58	4:51
243	9:06	7:42	4:09	6:17	4:6	6:40	2:8	5:14	4:12	4:11	5:7
240	9:31	8:6	4:52	6:37	4:19	7:1	2:14	5:30	4:25	4:24	5:02
237	9:59	8:30	5:6	6:56	4:09	7:04	2:21	5:47	4:38	4:37	5:39
234	10:28	8:01	5:01	7:16	4:44	7:43	2:28	6:3	4:52	4:02	5:55
231	10:05	9:19	5:35	7:36	4:57	8:4	2:35	6:20	5:5	5:4	6:11
228	11:25	9:43	5:50	7:56	5:10	8:25	2:41	6:36	5:18	5:17	6:27
225	11:53	10:8	6:5	8:16	5:23	8:46	2:08	6:53	5:32	5:30	6:44
222	12:22	10:02	6:19	8:36	5:08	9:7	2:55	7:9	5:45	5:43	6:60
219	12:03	10:56	6:34	8:55	5:49	9:28	3:1	7:26	5:58	5:05	7:00
216	13:19	11:20	6:48	9:15	6:2	9:08	3:8	7:42	6:11	6:10	7:08
213	13:47	11:45	7:04	9:35	6:15	10:10	3:15	7:59	6:25	6:23	7:48
210	14:16	12:02	7:17	9:55	6:28	10:00	3:05	8:15	6:38	6:36	8:4
207	14:01	12:33	7:32	10:15	6:07	10:52	3:28	8:32	6:51	6:49	8:20
204	15:13	12:58	7:47	10:35	6:54	11:13	3:35	8:48	7:4	7:08	8:36
201	15:41	13:22	8:1	10:54	7:7	11:34	3:42	9:4	7:18	7:16	8:53
198	16:10	13:02	8:16	11:14	7:20	11:55	3:48	9:21	7:31	7:29	9:9
195	16:39	14:11	8:30	11:34	7:33	12:16	3:02	9:38	7:44	7:42	9:06
192	17:7	14:35	8:07	11:54	7:06	12:37	4:2	9:54	7:57	7:55	9:41
189	17:36	14:59	8:59	12:14	7:58	12:04	4:9	10:11	8:11	8:8	9:57
186	18:4	15:02	9:14	12:34	8:11	13:19	4:15	10:27	8:24	8:22	10:13
183	18:33	15:48	9:29	12:53	8:24	13:40	4:22	10:44	8:37	8:35	10:29
180	19:1	16:12	9:43	13:13	8:37	14:1	4:29	11:0	8:50	8:48	10:46
177	19:30	16:36	9:58	13:33	8:06	14:22	4:36	11:17	9:4	9:02	11:2
174	19:58	17:03	10:12	13:53	9:3	14:43	4:42	11:33	9:17	9:14	11:04
171	20:27	17:25	10:27	14:13	9:16	15:4	4:49	11:50	9:30	9:28	11:34
168	20:55	17:49	10:42	14:33	9:29	15:08	4:56	12:6	9:43	9:41	11:50
165	21:24	18:14	10:56	14:52	9:42	15:46	5:2	12:23	9:57	9:54	12:6
162	21:52	18:03	11:02	15:12	9:05	16:00	5:07	12:39	10:10	10:05	12:22
159	22:21	19:2	11:25	15:32	10:8	16:28	5:16	12:56	10:23	10:20	12:39
156	22:09	19:26	11:40	15:52	10:21	16:49	5:23	13:12	10:36	10:34	12:55
153	23:18	19:51	11:54	16:12	10:34	17:10	5:29	13:29	10:50	10:47	13:02
150	23:46	20:03	12:9	16:31	10:46	17:31	5:36	13:45	11:3	11:0	13:27
147	24:15	20:39	12:24	16:51	10:04	17:53	5:04	14:2	11:16	11:08	13:43
144	24:07	21:4	12:38	17:11	11:12	18:14	5:49	14:18	11:30	11:26	13:59
141	25:12	21:28	12:05	17:31	11:25	18:04	5:56	14:35	11:43	11:40	14:15
138	25:41	21:03	13:7	17:51	11:38	18:56	6:3	14:51	11:56	11:53	14:32
135	26:9	22:16	13:22	18:11	11:51	19:17	6:10	15:8	12:9	12:6	14:48
132	26:06	22:41	13:36	18:30	12:03	19:38	6:01	15:24	12:23	12:19	15:00
129	27:6	23:5	13:51	18:50	12:17	19:59	6:23	15:41	12:36	12:32	15:09
126	27:35	23:04	14:6	19:10	12:30	20:20	6:30	15:57	12:49	12:46	15:36

\* (300-Rating) x Distance/60

Course	A-P-J-A	A-Δ-J-A	A-U-E-A	A-J-E-A	A-E-V-A	A-P-Δ-A	A-E-A	A-X-A	A-W-A	A-J-A	T-J-T
	A-J-P-A	A-J-Δ-A	A-E-U-A	A-E-J-A	A-V-E-A	A-Δ-P-A					
Course Length in Miles											
Rating	9.51	8.1	4.86	6.61	4.31	7.01	2.24	5.5	4.42	4.4	5.38
	Time Correction in Minutes and Seconds*										
123	28:3	23:54	14:20	19:30	12:43	20:41	6:36	16:14	13:2	12:06	15:52
120	28:32	24:18	14:35	19:50	12:56	21:2	6:43	16:30	13:16	13:12	16:8
117	29:0	24:42	14:49	20:10	13:9	21:08	6:50	16:46	13:29	13:25	16:25
114	29:29	25:7	15:4	20:29	13:22	21:44	6:57	17:3	13:42	13:09	16:04
111	29:57	25:01	15:19	20:49	13:35	22:00	7:02	17:20	13:55	13:52	16:57
108	30:08	25:55	15:33	21:9	13:48	22:26	7:10	17:36	14:9	14:5	17:13
105	30:54	26:20	15:48	21:29	14:09	22:47	7:17	17:53	14:22	14:18	17:29
102	31:23	26:44	16:2	21:49	14:13	23:8	7:24	18:9	14:35	14:31	17:45
99	31:52	27:01	16:17	22:9	14:26	23:29	7:30	18:26	14:48	14:44	18:1
96	32:06	27:32	16:09	22:28	14:39	23:50	7:37	18:42	15:2	14:58	18:18
93	32:49	27:57	16:46	22:48	14:52	24:11	7:44	18:59	15:15	15:11	18:02
90	33:17	28:21	17:1	23:8	15:09	24:04	7:50	19:15	15:28	15:24	18:50
87	33:46	28:01	17:01	23:28	15:18	24:53	7:57	19:31	15:41	15:02	19:6
84	34:05	29:10	17:30	23:48	15:31	25:14	8:4	19:48	15:55	15:50	19:22
81	34:43	29:34	17:44	24:8	15:44	25:35	8:11	20:4	16:8	16:4	19:38
78	35:11	29:58	17:59	24:27	15:57	25:56	8:08	20:21	16:21	16:17	19:54
75	35:40	30:02	18:14	24:47	16:08	26:17	8:24	20:38	16:35	16:30	20:11
72	36:03	30:47	18:28	25:7	16:23	26:38	8:31	20:54	16:48	16:05	20:00
69	36:37	31:11	18:43	25:27	16:36	26:08	8:37	21:11	17:1	16:56	20:08
66	37:5	31:35	18:04	25:47	16:49	27:20	8:44	21:27	17:14	17:10	20:59
63	37:34	31:02	19:12	26:7	17:1	27:00	8:05	21:44	17:28	17:23	21:15
60	38:01	32:24	19:26	26:26	17:07	28:2	8:58	22:0	17:41	17:36	21:31
57	38:31	32:48	19:41	26:46	17:27	28:23	9:4	22:16	17:54	17:08	21:47
54	38:59	33:13	19:56	27:6	17:40	28:44	9:11	22:33	18:7	18:2	22:3
51	39:28	33:02	20:10	27:26	17:53	29:5	9:18	22:50	18:21	18:16	22:20
48	39:57	34:1	20:25	27:46	18:6	29:27	9:02	23:6	18:34	18:29	22:06
45	40:25	34:25	20:07	28:6	18:06	29:48	9:31	23:23	18:47	18:42	22:52
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39	41:22	35:02	21:8	28:45	18:45	30:30	9:45	23:56	19:14	19:8	23:24
36	41:51	35:38	21:23	29:5	18:58	30:51	9:51	24:12	19:27	19:22	23:40
33	42:19	36:3	21:38	29:25	19:11	31:12	9:58	24:29	19:40	19:35	23:56
30	42:48	36:27	21:52	29:45	19:06	31:33	10:5	24:45	19:53	19:02	24:13
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24	43:45	37:16	22:21	30:24	19:50	32:15	10:18	25:18	20:20	20:14	24:45
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18	44:42	38:4	22:51	31:4	20:15	32:57	10:32	25:51	20:46	20:41	25:17
15	45:10	38:03	23:02	31:24	20:05	33:00	10:07	26:8	20:60	20:05	25:33
12	45:39	38:53	23:20	31:44	20:41	33:39	10:45	26:24	21:13	21:7	25:49
9	46:09	39:17	23:34	32:4	20:54	33:60	10:52	26:41	21:26	21:20	26:6
6	46:36	39:41	23:49	32:23	21:7	34:21	10:59	26:57	21:39	21:34	26:02
3	47:4	40:03	24:3	32:43	21:20	34:42	11:5	27:14	21:53	21:47	26:38
0	47:33	40:30	24:18	33:3	21:04	35:3	11:04	27:30	22:6	22:08	26:54
-3	48:07	40:54	24:33	33:23	21:46	35:24	11:19	27:46	22:19	22:13	27:10
-6	48:30	41:19	24:05	33:43	21:59	35:04	11:25	28:3	22:33	22:26	27:26
-9	48:59	41:03	25:2	34:2	22:12	36:6	11:32	28:20	22:46	22:40	27:42
-12	49:27	42:7	25:16	34:22	22:25	36:27	11:39	28:36	22:59	22:53	27:59
-15	49:06	42:31	25:31	34:42	22:03	36:48	11:01	28:53	23:12	23:6	28:00
-18	50:24	42:56	25:45	35:2	22:51	37:9	11:52	29:9	23:26	23:19	28:09
-21	50:53	43:04	26:0	35:22	23:4	37:30	11:59	29:26	23:39	23:32	28:47

\* (300-Rating) x Distance/60