

Warning/Prep Signal	0:00:00
Course:	1
Nautical miles:	8.8

**Course #1**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	0:00:00	228	6	44.8	0:06:44	182	13	29.6	0:13:29
273	0	8.8	0:00:08	227	6	53.6	0:06:53	181	13	38.4	0:13:38
272	0	17.6	0:00:17	226	7	2.4	0:07:02	180	13	47.2	0:13:47
271	0	26.4	0:00:26	225	7	11.2	0:07:11	179	13	56.0	0:13:56
270	0	35.2	0:00:35	224	7	20.0	0:07:20	178	14	4.8	0:14:04
269	0	44.0	0:00:44	223	7	28.8	0:07:28	177	14	13.6	0:14:13
268	0	52.8	0:00:52	222	7	37.6	0:07:37	176	14	22.4	0:14:22
267	1	1.6	0:01:01	221	7	46.4	0:07:46	175	14	31.2	0:14:31
266	1	10.4	0:01:10	220	7	55.2	0:07:55	174	14	40.0	0:14:40
265	1	19.2	0:01:19	219	8	4.0	0:08:04	173	14	48.8	0:14:48
264	1	28.0	0:01:28	218	8	12.8	0:08:12	172	14	57.6	0:14:57
263	1	36.8	0:01:36	217	8	21.6	0:08:21	171	15	6.4	0:15:06
262	1	45.6	0:01:45	216	8	30.4	0:08:30	170	15	15.2	0:15:15
261	1	54.4	0:01:54	215	8	39.2	0:08:39	169	15	24.0	0:15:24
260	2	3.2	0:02:03	214	8	48.0	0:08:48	168	15	32.8	0:15:32
259	2	12.0	0:02:12	213	8	56.8	0:08:56	167	15	41.6	0:15:41
258	2	20.8	0:02:20	212	9	5.6	0:09:05	166	15	50.4	0:15:50
257	2	29.6	0:02:29	211	9	14.4	0:09:14	165	15	59.2	0:15:59
256	2	38.4	0:02:38	210	9	23.2	0:09:23	164	16	8.0	0:16:08
255	2	47.2	0:02:47	209	9	32.0	0:09:32	163	16	16.8	0:16:16
254	2	56.0	0:02:56	208	9	40.8	0:09:40	162	16	25.6	0:16:25
253	3	4.8	0:03:04	207	9	49.6	0:09:49	161	16	34.4	0:16:34
252	3	13.6	0:03:13	206	9	58.4	0:09:58	160	16	43.2	0:16:43
251	3	22.4	0:03:22	205	10	7.2	0:10:07	159	16	52.0	0:16:52
250	3	31.2	0:03:31	204	10	16.0	0:10:16	158	17	0.8	0:17:00
249	3	40.0	0:03:40	203	10	24.8	0:10:24	157	17	9.6	0:17:09
248	3	48.8	0:03:48	202	10	33.6	0:10:33	156	17	18.4	0:17:18
247	3	57.6	0:03:57	201	10	42.4	0:10:42	155	17	27.2	0:17:27
246	4	6.4	0:04:06	200	10	51.2	0:10:51	154	17	36.0	0:17:36
245	4	15.2	0:04:15	199	11	0.0	0:11:00	153	17	44.8	0:17:44
244	4	24.0	0:04:24	198	11	8.8	0:11:08	152	17	53.6	0:17:53
243	4	32.8	0:04:32	197	11	17.6	0:11:17	151	18	2.4	0:18:02
242	4	41.6	0:04:41	196	11	26.4	0:11:26	150	18	11.2	0:18:11
241	4	50.4	0:04:50	195	11	35.2	0:11:35	149	18	20.0	0:18:20
240	4	59.2	0:04:59	194	11	44.0	0:11:44	148	18	28.8	0:18:28
239	5	8.0	0:05:08	193	11	52.8	0:11:52	147	18	37.6	0:18:37
238	5	16.8	0:05:16	192	12	1.6	0:12:01	146	18	46.4	0:18:46
237	5	25.6	0:05:25	191	12	10.4	0:12:10	145	18	55.2	0:18:55
236	5	34.4	0:05:34	190	12	19.2	0:12:19	144	19	4.0	0:19:04
235	5	43.2	0:05:43	189	12	28.0	0:12:28	143	19	12.8	0:19:12
234	5	52.0	0:05:52	188	12	36.8	0:12:36	142	19	21.6	0:19:21
233	6	0.8	0:06:00	187	12	45.6	0:12:45	141	19	30.4	0:19:30
232	6	9.6	0:06:09	186	12	54.4	0:12:54	140	19	39.2	0:19:39
231	6	18.4	0:06:18	185	13	3.2	0:13:03	139	19	48.0	0:19:48
230	6	27.2	0:06:27	184	13	12.0	0:13:12	138	19	56.8	0:19:56
229	6	36.0	0:06:36	183	13	20.8	0:13:20	137	20	5.6	0:20:05

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	20	14.4	0:20:14	89	27	8.0	0:27:08	42	34	1.6	0:34:01
135	20	23.2	0:20:23	88	27	16.8	0:27:16	41	34	10.4	0:34:10
134	20	32.0	0:20:32	87	27	25.6	0:27:25	40	34	19.2	0:34:19
133	20	40.8	0:20:40	86	27	34.4	0:27:34	39	34	28.0	0:34:28
132	20	49.6	0:20:49	85	27	43.2	0:27:43	38	34	36.8	0:34:36
131	20	58.4	0:20:58	84	27	52.0	0:27:52	37	34	45.6	0:34:45
130	21	7.2	0:21:07	83	28	0.8	0:28:00	36	34	54.4	0:34:54
129	21	16.0	0:21:16	82	28	9.6	0:28:09	35	35	3.2	0:35:03
128	21	24.8	0:21:24	81	28	18.4	0:28:18	34	35	12.0	0:35:12
127	21	33.6	0:21:33	80	28	27.2	0:28:27	33	35	20.8	0:35:20
126	21	42.4	0:21:42	79	28	36.0	0:28:36	32	35	29.6	0:35:29
125	21	51.2	0:21:51	78	28	44.8	0:28:44	31	35	38.4	0:35:38
124	22	0.0	0:22:00	77	28	53.6	0:28:53	30	35	47.2	0:35:47
123	22	8.8	0:22:08	76	29	2.4	0:29:02	29	35	56.0	0:35:56
122	22	17.6	0:22:17	75	29	11.2	0:29:11	28	36	4.8	0:36:04
121	22	26.4	0:22:26	74	29	20.0	0:29:20	27	36	13.6	0:36:13
120	22	35.2	0:22:35	73	29	28.8	0:29:28	26	36	22.4	0:36:22
119	22	44.0	0:22:44	72	29	37.6	0:29:37	25	36	31.2	0:36:31
118	22	52.8	0:22:52	71	29	46.4	0:29:46	24	36	40.0	0:36:40
117	23	1.6	0:23:01	70	29	55.2	0:29:55	23	36	48.8	0:36:48
116	23	10.4	0:23:10	69	30	4.0	0:30:04	22	36	57.6	0:36:57
115	23	19.2	0:23:19	68	30	12.8	0:30:12	21	37	6.4	0:37:06
114	23	28.0	0:23:28	67	30	21.6	0:30:21	20	37	15.2	0:37:15
113	23	36.8	0:23:36	66	30	30.4	0:30:30				
112	23	45.6	0:23:45	65	30	39.2	0:30:39				
111	23	54.4	0:23:54	64	30	48.0	0:30:48				
110	24	3.2	0:24:03	63	30	56.8	0:30:56				
109	24	12.0	0:24:12	62	31	5.6	0:31:05				
108	24	20.8	0:24:20	61	31	14.4	0:31:14				
107	24	29.6	0:24:29	60	31	23.2	0:31:23				
106	24	38.4	0:24:38	59	31	32.0	0:31:32				
105	24	47.2	0:24:47	58	31	40.8	0:31:40				
104	24	56.0	0:24:56	57	31	49.6	0:31:49				
103	25	4.8	0:25:04	56	31	58.4	0:31:58				
102	25	13.6	0:25:13	55	32	7.2	0:32:07				
101	25	22.4	0:25:22	54	32	16.0	0:32:16				
100	25	31.2	0:25:31	53	32	24.8	0:32:24				
99	25	40.0	0:25:40	52	32	33.6	0:32:33				
98	25	48.8	0:25:48	51	32	42.4	0:32:42				
97	25	57.6	0:25:57	50	32	51.2	0:32:51				
96	26	6.4	0:26:06	49	33	0.0	0:33:00				
95	26	15.2	0:26:15	48	33	8.8	0:33:08				
94	26	24.0	0:26:24	47	33	17.6	0:33:17				
93	26	32.8	0:26:32	46	33	26.4	0:33:26				
92	26	41.6	0:26:41	45	33	35.2	0:33:35				
91	26	50.4	0:26:50	44	33	44.0	0:33:44				
90	26	59.2	0:26:59	43	33	52.8	0:33:52				

Warning/Prep Signal	0:00:00
Course:	2
Nautical miles:	8.6

**Course #2**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	0:00:00	228	6	35.6	0:06:35	182	13	11.2	0:13:11
273	0	8.6	0:00:08	227	6	44.2	0:06:44	181	13	19.8	0:13:19
272	0	17.2	0:00:17	226	6	52.8	0:06:52	180	13	28.4	0:13:28
271	0	25.8	0:00:25	225	7	1.4	0:07:01	179	13	37.0	0:13:37
270	0	34.4	0:00:34	224	7	10.0	0:07:10	178	13	45.6	0:13:45
269	0	43.0	0:00:43	223	7	18.6	0:07:18	177	13	54.2	0:13:54
268	0	51.6	0:00:51	222	7	27.2	0:07:27	176	14	2.8	0:14:02
267	1	0.2	0:01:00	221	7	35.8	0:07:35	175	14	11.4	0:14:11
266	1	8.8	0:01:08	220	7	44.4	0:07:44	174	14	20.0	0:14:20
265	1	17.4	0:01:17	219	7	53.0	0:07:53	173	14	28.6	0:14:28
264	1	26.0	0:01:26	218	8	1.6	0:08:01	172	14	37.2	0:14:37
263	1	34.6	0:01:34	217	8	10.2	0:08:10	171	14	45.8	0:14:45
262	1	43.2	0:01:43	216	8	18.8	0:08:18	170	14	54.4	0:14:54
261	1	51.8	0:01:51	215	8	27.4	0:08:27	169	15	3.0	0:15:03
260	2	0.4	0:02:00	214	8	36.0	0:08:36	168	15	11.6	0:15:11
259	2	9.0	0:02:09	213	8	44.6	0:08:44	167	15	20.2	0:15:20
258	2	17.6	0:02:17	212	8	53.2	0:08:53	166	15	28.8	0:15:28
257	2	26.2	0:02:26	211	9	1.8	0:09:01	165	15	37.4	0:15:37
256	2	34.8	0:02:34	210	9	10.4	0:09:10	164	15	46.0	0:15:46
255	2	43.4	0:02:43	209	9	19.0	0:09:19	163	15	54.6	0:15:54
254	2	52.0	0:02:52	208	9	27.6	0:09:27	162	16	3.2	0:16:03
253	3	0.6	0:03:00	207	9	36.2	0:09:36	161	16	11.8	0:16:11
252	3	9.2	0:03:09	206	9	44.8	0:09:44	160	16	20.4	0:16:20
251	3	17.8	0:03:17	205	9	53.4	0:09:53	159	16	29.0	0:16:29
250	3	26.4	0:03:26	204	10	2.0	0:10:02	158	16	37.6	0:16:37
249	3	35.0	0:03:35	203	10	10.6	0:10:10	157	16	46.2	0:16:46
248	3	43.6	0:03:43	202	10	19.2	0:10:19	156	16	54.8	0:16:54
247	3	52.2	0:03:52	201	10	27.8	0:10:27	155	17	3.4	0:17:03
246	4	0.8	0:04:00	200	10	36.4	0:10:36	154	17	12.0	0:17:12
245	4	9.4	0:04:09	199	10	45.0	0:10:45	153	17	20.6	0:17:20
244	4	18.0	0:04:18	198	10	53.6	0:10:53	152	17	29.2	0:17:29
243	4	26.6	0:04:26	197	11	2.2	0:11:02	151	17	37.8	0:17:37
242	4	35.2	0:04:35	196	11	10.8	0:11:10	150	17	46.4	0:17:46
241	4	43.8	0:04:43	195	11	19.4	0:11:19	149	17	55.0	0:17:55
240	4	52.4	0:04:52	194	11	28.0	0:11:28	148	18	3.6	0:18:03
239	5	1.0	0:05:01	193	11	36.6	0:11:36	147	18	12.2	0:18:12
238	5	9.6	0:05:09	192	11	45.2	0:11:45	146	18	20.8	0:18:20
237	5	18.2	0:05:18	191	11	53.8	0:11:53	145	18	29.4	0:18:29
236	5	26.8	0:05:26	190	12	2.4	0:12:02	144	18	38.0	0:18:38
235	5	35.4	0:05:35	189	12	11.0	0:12:11	143	18	46.6	0:18:46
234	5	44.0	0:05:44	188	12	19.6	0:12:19	142	18	55.2	0:18:55
233	5	52.6	0:05:52	187	12	28.2	0:12:28	141	19	3.8	0:19:03
232	6	1.2	0:06:01	186	12	36.8	0:12:36	140	19	12.4	0:19:12
231	6	9.8	0:06:09	185	12	45.4	0:12:45	139	19	21.0	0:19:21
230	6	18.4	0:06:18	184	12	54.0	0:12:54	138	19	29.6	0:19:29
229	6	27.0	0:06:27	183	13	2.6	0:13:02	137	19	38.2	0:19:38

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	19	46.8	0:19:46	89	26	31.0	0:26:31	42	33	15.2	0:33:15
135	19	55.4	0:19:55	88	26	39.6	0:26:39	41	33	23.8	0:33:23
134	20	4.0	0:20:04	87	26	48.2	0:26:48	40	33	32.4	0:33:32
133	20	12.6	0:20:12	86	26	56.8	0:26:56	39	33	41.0	0:33:41
132	20	21.2	0:20:21	85	27	5.4	0:27:05	38	33	49.6	0:33:49
131	20	29.8	0:20:29	84	27	14.0	0:27:14	37	33	58.2	0:33:58
130	20	38.4	0:20:38	83	27	22.6	0:27:22	36	34	6.8	0:34:06
129	20	47.0	0:20:47	82	27	31.2	0:27:31	35	34	15.4	0:34:15
128	20	55.6	0:20:55	81	27	39.8	0:27:39	34	34	24.0	0:34:24
127	21	4.2	0:21:04	80	27	48.4	0:27:48	33	34	32.6	0:34:32
126	21	12.8	0:21:12	79	27	57.0	0:27:57	32	34	41.2	0:34:41
125	21	21.4	0:21:21	78	28	5.6	0:28:05	31	34	49.8	0:34:49
124	21	30.0	0:21:30	77	28	14.2	0:28:14	30	34	58.4	0:34:58
123	21	38.6	0:21:38	76	28	22.8	0:28:22	29	35	7.0	0:35:07
122	21	47.2	0:21:47	75	28	31.4	0:28:31	28	35	15.6	0:35:15
121	21	55.8	0:21:55	74	28	40.0	0:28:40	27	35	24.2	0:35:24
120	22	4.4	0:22:04	73	28	48.6	0:28:48	26	35	32.8	0:35:32
119	22	13.0	0:22:13	72	28	57.2	0:28:57	25	35	41.4	0:35:41
118	22	21.6	0:22:21	71	29	5.8	0:29:05	24	35	50.0	0:35:50
117	22	30.2	0:22:30	70	29	14.4	0:29:14	23	35	58.6	0:35:58
116	22	38.8	0:22:38	69	29	23.0	0:29:23	22	36	7.2	0:36:07
115	22	47.4	0:22:47	68	29	31.6	0:29:31	21	36	15.8	0:36:15
114	22	56.0	0:22:56	67	29	40.2	0:29:40	20	36	24.4	0:36:24
113	23	4.6	0:23:04	66	29	48.8	0:29:48				
112	23	13.2	0:23:13	65	29	57.4	0:29:57				
111	23	21.8	0:23:21	64	30	6.0	0:30:06				
110	23	30.4	0:23:30	63	30	14.6	0:30:14				
109	23	39.0	0:23:39	62	30	23.2	0:30:23				
108	23	47.6	0:23:47	61	30	31.8	0:30:31				
107	23	56.2	0:23:56	60	30	40.4	0:30:40				
106	24	4.8	0:24:04	59	30	49.0	0:30:49				
105	24	13.4	0:24:13	58	30	57.6	0:30:57				
104	24	22.0	0:24:22	57	31	6.2	0:31:06				
103	24	30.6	0:24:30	56	31	14.8	0:31:14				
102	24	39.2	0:24:39	55	31	23.4	0:31:23				
101	24	47.8	0:24:47	54	31	32.0	0:31:32				
100	24	56.4	0:24:56	53	31	40.6	0:31:40				
99	25	5.0	0:25:05	52	31	49.2	0:31:49				
98	25	13.6	0:25:13	51	31	57.8	0:31:57				
97	25	22.2	0:25:22	50	32	6.4	0:32:06				
96	25	30.8	0:25:30	49	32	15.0	0:32:15				
95	25	39.4	0:25:39	48	32	23.6	0:32:23				
94	25	48.0	0:25:48	47	32	32.2	0:32:32				
93	25	56.6	0:25:56	46	32	40.8	0:32:40				
92	26	5.2	0:26:05	45	32	49.4	0:32:49				
91	26	13.8	0:26:13	44	32	58.0	0:32:58				
90	26	22.4	0:26:22	43	33	6.6	0:33:06				

Warning/Prep Signal	0:00:00
Course:	3
Nautical miles:	11.8

**Course #3**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	0:00:00	228	9	2.8	0:09:02	182	18	5.6	0:18:05
273	0	11.8	0:00:11	227	9	14.6	0:09:14	181	18	17.4	0:18:17
272	0	23.6	0:00:23	226	9	26.4	0:09:26	180	18	29.2	0:18:29
271	0	35.4	0:00:35	225	9	38.2	0:09:38	179	18	41.0	0:18:41
270	0	47.2	0:00:47	224	9	50.0	0:09:50	178	18	52.8	0:18:52
269	0	59.0	0:00:59	223	10	1.8	0:10:01	177	19	4.6	0:19:04
268	1	10.8	0:01:10	222	10	13.6	0:10:13	176	19	16.4	0:19:16
267	1	22.6	0:01:22	221	10	25.4	0:10:25	175	19	28.2	0:19:28
266	1	34.4	0:01:34	220	10	37.2	0:10:37	174	19	40.0	0:19:40
265	1	46.2	0:01:46	219	10	49.0	0:10:49	173	19	51.8	0:19:51
264	1	58.0	0:01:58	218	11	0.8	0:11:00	172	20	3.6	0:20:03
263	2	9.8	0:02:09	217	11	12.6	0:11:12	171	20	15.4	0:20:15
262	2	21.6	0:02:21	216	11	24.4	0:11:24	170	20	27.2	0:20:27
261	2	33.4	0:02:33	215	11	36.2	0:11:36	169	20	39.0	0:20:39
260	2	45.2	0:02:45	214	11	48.0	0:11:48	168	20	50.8	0:20:50
259	2	57.0	0:02:57	213	11	59.8	0:11:59	167	21	2.6	0:21:02
258	3	8.8	0:03:08	212	12	11.6	0:12:11	166	21	14.4	0:21:14
257	3	20.6	0:03:20	211	12	23.4	0:12:23	165	21	26.2	0:21:26
256	3	32.4	0:03:32	210	12	35.2	0:12:35	164	21	38.0	0:21:38
255	3	44.2	0:03:44	209	12	47.0	0:12:47	163	21	49.8	0:21:49
254	3	56.0	0:03:56	208	12	58.8	0:12:58	162	22	1.6	0:22:01
253	4	7.8	0:04:07	207	13	10.6	0:13:10	161	22	13.4	0:22:13
252	4	19.6	0:04:19	206	13	22.4	0:13:22	160	22	25.2	0:22:25
251	4	31.4	0:04:31	205	13	34.2	0:13:34	159	22	37.0	0:22:37
250	4	43.2	0:04:43	204	13	46.0	0:13:46	158	22	48.8	0:22:48
249	4	55.0	0:04:55	203	13	57.8	0:13:57	157	23	0.6	0:23:00
248	5	6.8	0:05:06	202	14	9.6	0:14:09	156	23	12.4	0:23:12
247	5	18.6	0:05:18	201	14	21.4	0:14:21	155	23	24.2	0:23:24
246	5	30.4	0:05:30	200	14	33.2	0:14:33	154	23	36.0	0:23:36
245	5	42.2	0:05:42	199	14	45.0	0:14:45	153	23	47.8	0:23:47
244	5	54.0	0:05:54	198	14	56.8	0:14:56	152	23	59.6	0:23:59
243	6	5.8	0:06:05	197	15	8.6	0:15:08	151	24	11.4	0:24:11
242	6	17.6	0:06:17	196	15	20.4	0:15:20	150	24	23.2	0:24:23
241	6	29.4	0:06:29	195	15	32.2	0:15:32	149	24	35.0	0:24:35
240	6	41.2	0:06:41	194	15	44.0	0:15:44	148	24	46.8	0:24:46
239	6	53.0	0:06:53	193	15	55.8	0:15:55	147	24	58.6	0:24:58
238	7	4.8	0:07:04	192	16	7.6	0:16:07	146	25	10.4	0:25:10
237	7	16.6	0:07:16	191	16	19.4	0:16:19	145	25	22.2	0:25:22
236	7	28.4	0:07:28	190	16	31.2	0:16:31	144	25	34.0	0:25:34
235	7	40.2	0:07:40	189	16	43.0	0:16:43	143	25	45.8	0:25:45
234	7	52.0	0:07:52	188	16	54.8	0:16:54	142	25	57.6	0:25:57
233	8	3.8	0:08:03	187	17	6.6	0:17:06	141	26	9.4	0:26:09
232	8	15.6	0:08:15	186	17	18.4	0:17:18	140	26	21.2	0:26:21
231	8	27.4	0:08:27	185	17	30.2	0:17:30	139	26	33.0	0:26:33
230	8	39.2	0:08:39	184	17	42.0	0:17:42	138	26	44.8	0:26:44
229	8	51.0	0:08:51	183	17	53.8	0:17:53	137	26	56.6	0:26:56

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	27	8.4	0:27:08	89	36	23.0	0:36:23	42	45	37.6	0:45:37
135	27	20.2	0:27:20	88	36	34.8	0:36:34	41	45	49.4	0:45:49
134	27	32.0	0:27:32	87	36	46.6	0:36:46	40	46	1.2	0:46:01
133	27	43.8	0:27:43	86	36	58.4	0:36:58	39	46	13.0	0:46:13
132	27	55.6	0:27:55	85	37	10.2	0:37:10	38	46	24.8	0:46:24
131	28	7.4	0:28:07	84	37	22.0	0:37:22	37	46	36.6	0:46:36
130	28	19.2	0:28:19	83	37	33.8	0:37:33	36	46	48.4	0:46:48
129	28	31.0	0:28:31	82	37	45.6	0:37:45	35	47	0.2	0:47:00
128	28	42.8	0:28:42	81	37	57.4	0:37:57	34	47	12.0	0:47:12
127	28	54.6	0:28:54	80	38	9.2	0:38:09	33	47	23.8	0:47:23
126	29	6.4	0:29:06	79	38	21.0	0:38:21	32	47	35.6	0:47:35
125	29	18.2	0:29:18	78	38	32.8	0:38:32	31	47	47.4	0:47:47
124	29	30.0	0:29:30	77	38	44.6	0:38:44	30	47	59.2	0:47:59
123	29	41.8	0:29:41	76	38	56.4	0:38:56	29	48	11.0	0:48:11
122	29	53.6	0:29:53	75	39	8.2	0:39:08	28	48	22.8	0:48:22
121	30	5.4	0:30:05	74	39	20.0	0:39:20	27	48	34.6	0:48:34
120	30	17.2	0:30:17	73	39	31.8	0:39:31	26	48	46.4	0:48:46
119	30	29.0	0:30:29	72	39	43.6	0:39:43	25	48	58.2	0:48:58
118	30	40.8	0:30:40	71	39	55.4	0:39:55	24	49	10.0	0:49:10
117	30	52.6	0:30:52	70	40	7.2	0:40:07	23	49	21.8	0:49:21
116	31	4.4	0:31:04	69	40	19.0	0:40:19	22	49	33.6	0:49:33
115	31	16.2	0:31:16	68	40	30.8	0:40:30	21	49	45.4	0:49:45
114	31	28.0	0:31:28	67	40	42.6	0:40:42	20	49	57.2	0:49:57
113	31	39.8	0:31:39	66	40	54.4	0:40:54				
112	31	51.6	0:31:51	65	41	6.2	0:41:06				
111	32	3.4	0:32:03	64	41	18.0	0:41:18				
110	32	15.2	0:32:15	63	41	29.8	0:41:29				
109	32	27.0	0:32:27	62	41	41.6	0:41:41				
108	32	38.8	0:32:38	61	41	53.4	0:41:53				
107	32	50.6	0:32:50	60	42	5.2	0:42:05				
106	33	2.4	0:33:02	59	42	17.0	0:42:17				
105	33	14.2	0:33:14	58	42	28.8	0:42:28				
104	33	26.0	0:33:26	57	42	40.6	0:42:40				
103	33	37.8	0:33:37	56	42	52.4	0:42:52				
102	33	49.6	0:33:49	55	43	4.2	0:43:04				
101	34	1.4	0:34:01	54	43	16.0	0:43:16				
100	34	13.2	0:34:13	53	43	27.8	0:43:27				
99	34	25.0	0:34:25	52	43	39.6	0:43:39				
98	34	36.8	0:34:36	51	43	51.4	0:43:51				
97	34	48.6	0:34:48	50	44	3.2	0:44:03				
96	35	0.4	0:35:00	49	44	15.0	0:44:15				
95	35	12.2	0:35:12	48	44	26.8	0:44:26				
94	35	24.0	0:35:24	47	44	38.6	0:44:38				
93	35	35.8	0:35:35	46	44	50.4	0:44:50				
92	35	47.6	0:35:47	45	45	2.2	0:45:02				
91	35	59.4	0:35:59	44	45	14.0	0:45:14				
90	36	11.2	0:36:11	43	45	25.8	0:45:25				

Warning/Prep Signal	0:00:00
Course:	4
Nautical miles:	13.6

**Course #4**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	0:00:00	228	10	25.6	0:10:25	182	20	51.2	0:20:51
273	0	13.6	0:00:13	227	10	39.2	0:10:39	181	21	4.8	0:21:04
272	0	27.2	0:00:27	226	10	52.8	0:10:52	180	21	18.4	0:21:18
271	0	40.8	0:00:40	225	11	6.4	0:11:06	179	21	32.0	0:21:32
270	0	54.4	0:00:54	224	11	20.0	0:11:20	178	21	45.6	0:21:45
269	1	8.0	0:01:08	223	11	33.6	0:11:33	177	21	59.2	0:21:59
268	1	21.6	0:01:21	222	11	47.2	0:11:47	176	22	12.8	0:22:12
267	1	35.2	0:01:35	221	12	0.8	0:12:00	175	22	26.4	0:22:26
266	1	48.8	0:01:48	220	12	14.4	0:12:14	174	22	40.0	0:22:40
265	2	2.4	0:02:02	219	12	28.0	0:12:28	173	22	53.6	0:22:53
264	2	16.0	0:02:16	218	12	41.6	0:12:41	172	23	7.2	0:23:07
263	2	29.6	0:02:29	217	12	55.2	0:12:55	171	23	20.8	0:23:20
262	2	43.2	0:02:43	216	13	8.8	0:13:08	170	23	34.4	0:23:34
261	2	56.8	0:02:56	215	13	22.4	0:13:22	169	23	48.0	0:23:48
260	3	10.4	0:03:10	214	13	36.0	0:13:36	168	24	1.6	0:24:01
259	3	24.0	0:03:24	213	13	49.6	0:13:49	167	24	15.2	0:24:15
258	3	37.6	0:03:37	212	14	3.2	0:14:03	166	24	28.8	0:24:28
257	3	51.2	0:03:51	211	14	16.8	0:14:16	165	24	42.4	0:24:42
256	4	4.8	0:04:04	210	14	30.4	0:14:30	164	24	56.0	0:24:56
255	4	18.4	0:04:18	209	14	44.0	0:14:44	163	25	9.6	0:25:09
254	4	32.0	0:04:32	208	14	57.6	0:14:57	162	25	23.2	0:25:23
253	4	45.6	0:04:45	207	15	11.2	0:15:11	161	25	36.8	0:25:36
252	4	59.2	0:04:59	206	15	24.8	0:15:24	160	25	50.4	0:25:50
251	5	12.8	0:05:12	205	15	38.4	0:15:38	159	26	4.0	0:26:04
250	5	26.4	0:05:26	204	15	52.0	0:15:52	158	26	17.6	0:26:17
249	5	40.0	0:05:40	203	16	5.6	0:16:05	157	26	31.2	0:26:31
248	5	53.6	0:05:53	202	16	19.2	0:16:19	156	26	44.8	0:26:44
247	6	7.2	0:06:07	201	16	32.8	0:16:32	155	26	58.4	0:26:58
246	6	20.8	0:06:20	200	16	46.4	0:16:46	154	27	12.0	0:27:12
245	6	34.4	0:06:34	199	17	0.0	0:17:00	153	27	25.6	0:27:25
244	6	48.0	0:06:48	198	17	13.6	0:17:13	152	27	39.2	0:27:39
243	7	1.6	0:07:01	197	17	27.2	0:17:27	151	27	52.8	0:27:52
242	7	15.2	0:07:15	196	17	40.8	0:17:40	150	28	6.4	0:28:06
241	7	28.8	0:07:28	195	17	54.4	0:17:54	149	28	20.0	0:28:20
240	7	42.4	0:07:42	194	18	8.0	0:18:08	148	28	33.6	0:28:33
239	7	56.0	0:07:56	193	18	21.6	0:18:21	147	28	47.2	0:28:47
238	8	9.6	0:08:09	192	18	35.2	0:18:35	146	29	0.8	0:29:00
237	8	23.2	0:08:23	191	18	48.8	0:18:48	145	29	14.4	0:29:14
236	8	36.8	0:08:36	190	19	2.4	0:19:02	144	29	28.0	0:29:28
235	8	50.4	0:08:50	189	19	16.0	0:19:16	143	29	41.6	0:29:41
234	9	4.0	0:09:04	188	19	29.6	0:19:29	142	29	55.2	0:29:55
233	9	17.6	0:09:17	187	19	43.2	0:19:43	141	30	8.8	0:30:08
232	9	31.2	0:09:31	186	19	56.8	0:19:56	140	30	22.4	0:30:22
231	9	44.8	0:09:44	185	20	10.4	0:20:10	139	30	36.0	0:30:36
230	9	58.4	0:09:58	184	20	24.0	0:20:24	138	30	49.6	0:30:49
229	10	12.0	0:10:12	183	20	37.6	0:20:37	137	31	3.2	0:31:03

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	31	16.8	0:31:16	89	41	56.0	0:41:56	42	52	35.2	0:52:35
135	31	30.4	0:31:30	88	42	9.6	0:42:09	41	52	48.8	0:52:48
134	31	44.0	0:31:44	87	42	23.2	0:42:23	40	53	2.4	0:53:02
133	31	57.6	0:31:57	86	42	36.8	0:42:36	39	53	16.0	0:53:16
132	32	11.2	0:32:11	85	42	50.4	0:42:50	38	53	29.6	0:53:29
131	32	24.8	0:32:24	84	43	4.0	0:43:04	37	53	43.2	0:53:43
130	32	38.4	0:32:38	83	43	17.6	0:43:17	36	53	56.8	0:53:56
129	32	52.0	0:32:52	82	43	31.2	0:43:31	35	54	10.4	0:54:10
128	33	5.6	0:33:05	81	43	44.8	0:43:44	34	54	24.0	0:54:24
127	33	19.2	0:33:19	80	43	58.4	0:43:58	33	54	37.6	0:54:37
126	33	32.8	0:33:32	79	44	12.0	0:44:12	32	54	51.2	0:54:51
125	33	46.4	0:33:46	78	44	25.6	0:44:25	31	55	4.8	0:55:04
124	34	0.0	0:34:00	77	44	39.2	0:44:39	30	55	18.4	0:55:18
123	34	13.6	0:34:13	76	44	52.8	0:44:52	29	55	32.0	0:55:32
122	34	27.2	0:34:27	75	45	6.4	0:45:06	28	55	45.6	0:55:45
121	34	40.8	0:34:40	74	45	20.0	0:45:20	27	55	59.2	0:55:59
120	34	54.4	0:34:54	73	45	33.6	0:45:33	26	56	12.8	0:56:12
119	35	8.0	0:35:08	72	45	47.2	0:45:47	25	56	26.4	0:56:26
118	35	21.6	0:35:21	71	46	0.8	0:46:00	24	56	40.0	0:56:40
117	35	35.2	0:35:35	70	46	14.4	0:46:14	23	56	53.6	0:56:53
116	35	48.8	0:35:48	69	46	28.0	0:46:28	22	57	7.2	0:57:07
115	36	2.4	0:36:02	68	46	41.6	0:46:41	21	57	20.8	0:57:20
114	36	16.0	0:36:16	67	46	55.2	0:46:55	20	57	34.4	0:57:34
113	36	29.6	0:36:29	66	47	8.8	0:47:08				
112	36	43.2	0:36:43	65	47	22.4	0:47:22				
111	36	56.8	0:36:56	64	47	36.0	0:47:36				
110	37	10.4	0:37:10	63	47	49.6	0:47:49				
109	37	24.0	0:37:24	62	48	3.2	0:48:03				
108	37	37.6	0:37:37	61	48	16.8	0:48:16				
107	37	51.2	0:37:51	60	48	30.4	0:48:30				
106	38	4.8	0:38:04	59	48	44.0	0:48:44				
105	38	18.4	0:38:18	58	48	57.6	0:48:57				
104	38	32.0	0:38:32	57	49	11.2	0:49:11				
103	38	45.6	0:38:45	56	49	24.8	0:49:24				
102	38	59.2	0:38:59	55	49	38.4	0:49:38				
101	39	12.8	0:39:12	54	49	52.0	0:49:52				
100	39	26.4	0:39:26	53	50	5.6	0:50:05				
99	39	40.0	0:39:40	52	50	19.2	0:50:19				
98	39	53.6	0:39:53	51	50	32.8	0:50:32				
97	40	7.2	0:40:07	50	50	46.4	0:50:46				
96	40	20.8	0:40:20	49	51	0.0	0:51:00				
95	40	34.4	0:40:34	48	51	13.6	0:51:13				
94	40	48.0	0:40:48	47	51	27.2	0:51:27				
93	41	1.6	0:41:01	46	51	40.8	0:51:40				
92	41	15.2	0:41:15	45	51	54.4	0:51:54				
91	41	28.8	0:41:28	44	52	8.0	0:52:08				
90	41	42.4	0:41:42	43	52	21.6	0:52:21				



Warning/Prep Signal	0:00:00
Course:	5
Nautical miles:	6.4

**Course #5**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	0:00:00	228	4	54.4	0:04:54	182	9	48.8	0:09:48
273	0	6.4	0:00:06	227	5	0.8	0:05:00	181	9	55.2	0:09:55
272	0	12.8	0:00:12	226	5	7.2	0:05:07	180	10	1.6	0:10:01
271	0	19.2	0:00:19	225	5	13.6	0:05:13	179	10	8.0	0:10:08
270	0	25.6	0:00:25	224	5	20.0	0:05:20	178	10	14.4	0:10:14
269	0	32.0	0:00:32	223	5	26.4	0:05:26	177	10	20.8	0:10:20
268	0	38.4	0:00:38	222	5	32.8	0:05:32	176	10	27.2	0:10:27
267	0	44.8	0:00:44	221	5	39.2	0:05:39	175	10	33.6	0:10:33
266	0	51.2	0:00:51	220	5	45.6	0:05:45	174	10	40.0	0:10:40
265	0	57.6	0:00:57	219	5	52.0	0:05:52	173	10	46.4	0:10:46
264	1	4.0	0:01:04	218	5	58.4	0:05:58	172	10	52.8	0:10:52
263	1	10.4	0:01:10	217	6	4.8	0:06:04	171	10	59.2	0:10:59
262	1	16.8	0:01:16	216	6	11.2	0:06:11	170	11	5.6	0:11:05
261	1	23.2	0:01:23	215	6	17.6	0:06:17	169	11	12.0	0:11:12
260	1	29.6	0:01:29	214	6	24.0	0:06:24	168	11	18.4	0:11:18
259	1	36.0	0:01:36	213	6	30.4	0:06:30	167	11	24.8	0:11:24
258	1	42.4	0:01:42	212	6	36.8	0:06:36	166	11	31.2	0:11:31
257	1	48.8	0:01:48	211	6	43.2	0:06:43	165	11	37.6	0:11:37
256	1	55.2	0:01:55	210	6	49.6	0:06:49	164	11	44.0	0:11:44
255	2	1.6	0:02:01	209	6	56.0	0:06:56	163	11	50.4	0:11:50
254	2	8.0	0:02:08	208	7	2.4	0:07:02	162	11	56.8	0:11:56
253	2	14.4	0:02:14	207	7	8.8	0:07:08	161	12	3.2	0:12:03
252	2	20.8	0:02:20	206	7	15.2	0:07:15	160	12	9.6	0:12:09
251	2	27.2	0:02:27	205	7	21.6	0:07:21	159	12	16.0	0:12:16
250	2	33.6	0:02:33	204	7	28.0	0:07:28	158	12	22.4	0:12:22
249	2	40.0	0:02:40	203	7	34.4	0:07:34	157	12	28.8	0:12:28
248	2	46.4	0:02:46	202	7	40.8	0:07:40	156	12	35.2	0:12:35
247	2	52.8	0:02:52	201	7	47.2	0:07:47	155	12	41.6	0:12:41
246	2	59.2	0:02:59	200	7	53.6	0:07:53	154	12	48.0	0:12:48
245	3	5.6	0:03:05	199	8	0.0	0:08:00	153	12	54.4	0:12:54
244	3	12.0	0:03:12	198	8	6.4	0:08:06	152	13	0.8	0:13:00
243	3	18.4	0:03:18	197	8	12.8	0:08:12	151	13	7.2	0:13:07
242	3	24.8	0:03:24	196	8	19.2	0:08:19	150	13	13.6	0:13:13
241	3	31.2	0:03:31	195	8	25.6	0:08:25	149	13	20.0	0:13:20
240	3	37.6	0:03:37	194	8	32.0	0:08:32	148	13	26.4	0:13:26
239	3	44.0	0:03:44	193	8	38.4	0:08:38	147	13	32.8	0:13:32
238	3	50.4	0:03:50	192	8	44.8	0:08:44	146	13	39.2	0:13:39
237	3	56.8	0:03:56	191	8	51.2	0:08:51	145	13	45.6	0:13:45
236	4	3.2	0:04:03	190	8	57.6	0:08:57	144	13	52.0	0:13:52
235	4	9.6	0:04:09	189	9	4.0	0:09:04	143	13	58.4	0:13:58
234	4	16.0	0:04:16	188	9	10.4	0:09:10	142	14	4.8	0:14:04
233	4	22.4	0:04:22	187	9	16.8	0:09:16	141	14	11.2	0:14:11
232	4	28.8	0:04:28	186	9	23.2	0:09:23	140	14	17.6	0:14:17
231	4	35.2	0:04:35	185	9	29.6	0:09:29	139	14	24.0	0:14:24
230	4	41.6	0:04:41	184	9	36.0	0:09:36	138	14	30.4	0:14:30
229	4	48.0	0:04:48	183	9	42.4	0:09:42	137	14	36.8	0:14:36

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	14	43.2	0:14:43	89	19	44.0	0:19:44	42	24	44.8	0:24:44
135	14	49.6	0:14:49	88	19	50.4	0:19:50	41	24	51.2	0:24:51
134	14	56.0	0:14:56	87	19	56.8	0:19:56	40	24	57.6	0:24:57
133	15	2.4	0:15:02	86	20	3.2	0:20:03	39	25	4.0	0:25:04
132	15	8.8	0:15:08	85	20	9.6	0:20:09	38	25	10.4	0:25:10
131	15	15.2	0:15:15	84	20	16.0	0:20:16	37	25	16.8	0:25:16
130	15	21.6	0:15:21	83	20	22.4	0:20:22	36	25	23.2	0:25:23
129	15	28.0	0:15:28	82	20	28.8	0:20:28	35	25	29.6	0:25:29
128	15	34.4	0:15:34	81	20	35.2	0:20:35	34	25	36.0	0:25:36
127	15	40.8	0:15:40	80	20	41.6	0:20:41	33	25	42.4	0:25:42
126	15	47.2	0:15:47	79	20	48.0	0:20:48	32	25	48.8	0:25:48
125	15	53.6	0:15:53	78	20	54.4	0:20:54	31	25	55.2	0:25:55
124	16	0.0	0:16:00	77	21	0.8	0:21:00	30	26	1.6	0:26:01
123	16	6.4	0:16:06	76	21	7.2	0:21:07	29	26	8.0	0:26:08
122	16	12.8	0:16:12	75	21	13.6	0:21:13	28	26	14.4	0:26:14
121	16	19.2	0:16:19	74	21	20.0	0:21:20	27	26	20.8	0:26:20
120	16	25.6	0:16:25	73	21	26.4	0:21:26	26	26	27.2	0:26:27
119	16	32.0	0:16:32	72	21	32.8	0:21:32	25	26	33.6	0:26:33
118	16	38.4	0:16:38	71	21	39.2	0:21:39	24	26	40.0	0:26:40
117	16	44.8	0:16:44	70	21	45.6	0:21:45	23	26	46.4	0:26:46
116	16	51.2	0:16:51	69	21	52.0	0:21:52	22	26	52.8	0:26:52
115	16	57.6	0:16:57	68	21	58.4	0:21:58	21	26	59.2	0:26:59
114	17	4.0	0:17:04	67	22	4.8	0:22:04	20	27	5.6	0:27:05
113	17	10.4	0:17:10	66	22	11.2	0:22:11				
112	17	16.8	0:17:16	65	22	17.6	0:22:17				
111	17	23.2	0:17:23	64	22	24.0	0:22:24				
110	17	29.6	0:17:29	63	22	30.4	0:22:30				
109	17	36.0	0:17:36	62	22	36.8	0:22:36				
108	17	42.4	0:17:42	61	22	43.2	0:22:43				
107	17	48.8	0:17:48	60	22	49.6	0:22:49				
106	17	55.2	0:17:55	59	22	56.0	0:22:56				
105	18	1.6	0:18:01	58	23	2.4	0:23:02				
104	18	8.0	0:18:08	57	23	8.8	0:23:08				
103	18	14.4	0:18:14	56	23	15.2	0:23:15				
102	18	20.8	0:18:20	55	23	21.6	0:23:21				
101	18	27.2	0:18:27	54	23	28.0	0:23:28				
100	18	33.6	0:18:33	53	23	34.4	0:23:34				
99	18	40.0	0:18:40	52	23	40.8	0:23:40				
98	18	46.4	0:18:46	51	23	47.2	0:23:47				
97	18	52.8	0:18:52	50	23	53.6	0:23:53				
96	18	59.2	0:18:59	49	24	0.0	0:24:00				
95	19	5.6	0:19:05	48	24	6.4	0:24:06				
94	19	12.0	0:19:12	47	24	12.8	0:24:12				
93	19	18.4	0:19:18	46	24	19.2	0:24:19				
92	19	24.8	0:19:24	45	24	25.6	0:24:25				
91	19	31.2	0:19:31	44	24	32.0	0:24:32				
90	19	37.6	0:19:37	43	24	38.4	0:24:38				

Warning/Prep Signal	0:00:00
Course:	6
Nautical miles:	10.5

**Course #6**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	0:00:00	228	8	3.0	0:08:03	182	16	6.0	0:16:06
273	0	10.5	0:00:10	227	8	13.5	0:08:13	181	16	16.5	0:16:16
272	0	21.0	0:00:21	226	8	24.0	0:08:24	180	16	27.0	0:16:27
271	0	31.5	0:00:31	225	8	34.5	0:08:34	179	16	37.5	0:16:37
270	0	42.0	0:00:42	224	8	45.0	0:08:45	178	16	48.0	0:16:48
269	0	52.5	0:00:52	223	8	55.5	0:08:55	177	16	58.5	0:16:58
268	1	3.0	0:01:03	222	9	6.0	0:09:06	176	17	9.0	0:17:09
267	1	13.5	0:01:13	221	9	16.5	0:09:16	175	17	19.5	0:17:19
266	1	24.0	0:01:24	220	9	27.0	0:09:27	174	17	30.0	0:17:30
265	1	34.5	0:01:34	219	9	37.5	0:09:37	173	17	40.5	0:17:40
264	1	45.0	0:01:45	218	9	48.0	0:09:48	172	17	51.0	0:17:51
263	1	55.5	0:01:55	217	9	58.5	0:09:58	171	18	1.5	0:18:01
262	2	6.0	0:02:06	216	10	9.0	0:10:09	170	18	12.0	0:18:12
261	2	16.5	0:02:16	215	10	19.5	0:10:19	169	18	22.5	0:18:22
260	2	27.0	0:02:27	214	10	30.0	0:10:30	168	18	33.0	0:18:33
259	2	37.5	0:02:37	213	10	40.5	0:10:40	167	18	43.5	0:18:43
258	2	48.0	0:02:48	212	10	51.0	0:10:51	166	18	54.0	0:18:54
257	2	58.5	0:02:58	211	11	1.5	0:11:01	165	19	4.5	0:19:04
256	3	9.0	0:03:09	210	11	12.0	0:11:12	164	19	15.0	0:19:15
255	3	19.5	0:03:19	209	11	22.5	0:11:22	163	19	25.5	0:19:25
254	3	30.0	0:03:30	208	11	33.0	0:11:33	162	19	36.0	0:19:36
253	3	40.5	0:03:40	207	11	43.5	0:11:43	161	19	46.5	0:19:46
252	3	51.0	0:03:51	206	11	54.0	0:11:54	160	19	57.0	0:19:57
251	4	1.5	0:04:01	205	12	4.5	0:12:04	159	20	7.5	0:20:07
250	4	12.0	0:04:12	204	12	15.0	0:12:15	158	20	18.0	0:20:18
249	4	22.5	0:04:22	203	12	25.5	0:12:25	157	20	28.5	0:20:28
248	4	33.0	0:04:33	202	12	36.0	0:12:36	156	20	39.0	0:20:39
247	4	43.5	0:04:43	201	12	46.5	0:12:46	155	20	49.5	0:20:49
246	4	54.0	0:04:54	200	12	57.0	0:12:57	154	21	0.0	0:21:00
245	5	4.5	0:05:04	199	13	7.5	0:13:07	153	21	10.5	0:21:10
244	5	15.0	0:05:15	198	13	18.0	0:13:18	152	21	21.0	0:21:21
243	5	25.5	0:05:25	197	13	28.5	0:13:28	151	21	31.5	0:21:31
242	5	36.0	0:05:36	196	13	39.0	0:13:39	150	21	42.0	0:21:42
241	5	46.5	0:05:46	195	13	49.5	0:13:49	149	21	52.5	0:21:52
240	5	57.0	0:05:57	194	14	0.0	0:14:00	148	22	3.0	0:22:03
239	6	7.5	0:06:07	193	14	10.5	0:14:10	147	22	13.5	0:22:13
238	6	18.0	0:06:18	192	14	21.0	0:14:21	146	22	24.0	0:22:24
237	6	28.5	0:06:28	191	14	31.5	0:14:31	145	22	34.5	0:22:34
236	6	39.0	0:06:39	190	14	42.0	0:14:42	144	22	45.0	0:22:45
235	6	49.5	0:06:49	189	14	52.5	0:14:52	143	22	55.5	0:22:55
234	7	0.0	0:07:00	188	15	3.0	0:15:03	142	23	6.0	0:23:06
233	7	10.5	0:07:10	187	15	13.5	0:15:13	141	23	16.5	0:23:16
232	7	21.0	0:07:21	186	15	24.0	0:15:24	140	23	27.0	0:23:27
231	7	31.5	0:07:31	185	15	34.5	0:15:34	139	23	37.5	0:23:37
230	7	42.0	0:07:42	184	15	45.0	0:15:45	138	23	48.0	0:23:48
229	7	52.5	0:07:52	183	15	55.5	0:15:55	137	23	58.5	0:23:58

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	24	9.0	0:24:09	89	32	22.5	0:32:22	42	40	36.0	0:40:36
135	24	19.5	0:24:19	88	32	33.0	0:32:33	41	40	46.5	0:40:46
134	24	30.0	0:24:30	87	32	43.5	0:32:43	40	40	57.0	0:40:57
133	24	40.5	0:24:40	86	32	54.0	0:32:54	39	41	7.5	0:41:07
132	24	51.0	0:24:51	85	33	4.5	0:33:04	38	41	18.0	0:41:18
131	25	1.5	0:25:01	84	33	15.0	0:33:15	37	41	28.5	0:41:28
130	25	12.0	0:25:12	83	33	25.5	0:33:25	36	41	39.0	0:41:39
129	25	22.5	0:25:22	82	33	36.0	0:33:36	35	41	49.5	0:41:49
128	25	33.0	0:25:33	81	33	46.5	0:33:46	34	42	0.0	0:42:00
127	25	43.5	0:25:43	80	33	57.0	0:33:57	33	42	10.5	0:42:10
126	25	54.0	0:25:54	79	34	7.5	0:34:07	32	42	21.0	0:42:21
125	26	4.5	0:26:04	78	34	18.0	0:34:18	31	42	31.5	0:42:31
124	26	15.0	0:26:15	77	34	28.5	0:34:28	30	42	42.0	0:42:42
123	26	25.5	0:26:25	76	34	39.0	0:34:39	29	42	52.5	0:42:52
122	26	36.0	0:26:36	75	34	49.5	0:34:49	28	43	3.0	0:43:03
121	26	46.5	0:26:46	74	35	0.0	0:35:00	27	43	13.5	0:43:13
120	26	57.0	0:26:57	73	35	10.5	0:35:10	26	43	24.0	0:43:24
119	27	7.5	0:27:07	72	35	21.0	0:35:21	25	43	34.5	0:43:34
118	27	18.0	0:27:18	71	35	31.5	0:35:31	24	43	45.0	0:43:45
117	27	28.5	0:27:28	70	35	42.0	0:35:42	23	43	55.5	0:43:55
116	27	39.0	0:27:39	69	35	52.5	0:35:52	22	44	6.0	0:44:06
115	27	49.5	0:27:49	68	36	3.0	0:36:03	21	44	16.5	0:44:16
114	28	0.0	0:28:00	67	36	13.5	0:36:13	20	44	27.0	0:44:27
113	28	10.5	0:28:10	66	36	24.0	0:36:24				
112	28	21.0	0:28:21	65	36	34.5	0:36:34				
111	28	31.5	0:28:31	64	36	45.0	0:36:45				
110	28	42.0	0:28:42	63	36	55.5	0:36:55				
109	28	52.5	0:28:52	62	37	6.0	0:37:06				
108	29	3.0	0:29:03	61	37	16.5	0:37:16				
107	29	13.5	0:29:13	60	37	27.0	0:37:27				
106	29	24.0	0:29:24	59	37	37.5	0:37:37				
105	29	34.5	0:29:34	58	37	48.0	0:37:48				
104	29	45.0	0:29:45	57	37	58.5	0:37:58				
103	29	55.5	0:29:55	56	38	9.0	0:38:09				
102	30	6.0	0:30:06	55	38	19.5	0:38:19				
101	30	16.5	0:30:16	54	38	30.0	0:38:30				
100	30	27.0	0:30:27	53	38	40.5	0:38:40				
99	30	37.5	0:30:37	52	38	51.0	0:38:51				
98	30	48.0	0:30:48	51	39	1.5	0:39:01				
97	30	58.5	0:30:58	50	39	12.0	0:39:12				
96	31	9.0	0:31:09	49	39	22.5	0:39:22				
95	31	19.5	0:31:19	48	39	33.0	0:39:33				
94	31	30.0	0:31:30	47	39	43.5	0:39:43				
93	31	40.5	0:31:40	46	39	54.0	0:39:54				
92	31	51.0	0:31:51	45	40	4.5	0:40:04				
91	32	1.5	0:32:01	44	40	15.0	0:40:15				
90	32	12.0	0:32:12	43	40	25.5	0:40:25				