

# SPEED CHARTS

## TRAPEZOID COURSE

### 470 Women



Wind Range	5 - 8 Knots					8 - 12 Knots					12 - 15 Knots					15+ Knots				
Upwind Speed	15 mins/mile			Up Time (mins)	Down Time (mins)	13 mins/mile			Up Time (mins)	Down Time (mins)	11 mins/mile			Up Time (mins)	Down Time (mins)	10 mins/mile			Up Time (mins)	Down Time (mins)
Run Speed	11 mins/mile					10 mins/mile					8 mins/mile					7 mins/mile				
Reach Speed	8 mins/mile					7 mins/mile					6 mins/mile					6 mins/mile				
Leg Length Nautical Miles	O2 / I2	O3 / I2	O4 / I4			O2 / I2	O3 / I2	O4 / I4			O2 / I2	O3 / I2	O4 / I4			O2 / I2	O3 / I2	O4 / I4		
0.3	18.4	26.2	34.0	4.5	3.3	16.2	23.1	30.0	3.9	3.0	13.0	18.6	24.1	3.3	2.3	11.8	16.8	21.7	3.0	2.0
0.4	24.1	34.5	44.9	6.0	4.4	21.3	30.5	39.7	5.2	4.0	17.1	24.5	31.9	4.4	3.0	15.5	22.1	28.7	4.0	2.6
0.5	29.8	42.8	55.8	7.5	5.5	26.4	37.9	49.4	6.5	5.0	21.1	30.4	39.6	5.5	3.8	19.1	27.4	35.6	5.0	3.3
0.6	35.6	51.2	66.8	9.0	6.6	31.4	45.2	59.0	7.8	6.0	25.2	36.3	47.4	6.6	4.5	22.8	32.7	42.6	6.0	3.9
0.7	41.3	59.5	77.7	10.5	7.7	36.5	52.6	68.7	9.1	7.0	29.3	42.2	55.2	7.7	5.3	26.5	38.0	49.6	7.0	4.6
0.8	47.0	67.8	88.6	12.0	8.8	41.5	59.9	78.3	10.4	8.0	33.3	48.1	62.9	8.8	6.0	30.1	43.3	56.5	8.0	5.2
0.9	52.8	76.2	99.6	13.5	9.9	46.6	67.3	88.0	11.7	9.0	37.4	54.0	70.7	9.9	6.8	33.8	48.6	63.5	9.0	5.9
1.0	58.5	84.5	110.5	15.0	11.0	51.7	74.7	97.7	13.0	10.0	41.5	60.0	78.5	11.0	7.5	37.5	54.0	70.5	10.0	6.5
1.1	64.2	92.8	121.4	16.5	12.1	56.7	82.0	107.3	14.3	11.0	45.5	65.9	86.2	12.1	8.3	41.1	59.3	77.4	11.0	7.2
1.2	69.9	101.1	132.3	18.0	13.2	61.8	89.4	117.0	15.6	12.0	49.6	71.8	94.0	13.2	9.0	44.8	64.6	84.4	12.0	7.8
1.3	75.7	109.5	143.3	19.5	14.3	66.9	96.8	126.7	16.9	13.0	53.6	77.7	101.7	14.3	9.8	48.4	69.9	91.3	13.0	8.5
1.4	81.4	117.8	154.2	21.0	15.4	71.9	104.1	136.3	18.2	14.0	57.7	83.6	109.5	15.4	10.5	52.1	75.2	98.3	14.0	9.1
1.5	87.1	126.1	165.1	22.5	16.5	77.0	111.5	146.0	19.5	15.0	61.8	89.5	117.3	16.5	11.3	55.8	80.5	105.3	15.0	9.8