

SPEED CHARTS

TRAPEZOID COURSE



Laser

Wind Range	5 - 8 Knots					8 - 12 Knots					12 - 15 Knots					15+ Knots				
Upwind Speed	20 mins/mile			Up Time (mins)	Down Time (mins)	19 mins/mile			Up Time (mins)	Down Time (mins)	16 mins/mile			Up Time (mins)	Down Time (mins)	15 mins/mile			Up Time (mins)	Down Time (mins)
Run Speed	17 mins/mile					12 mins/mile					10 mins/mile					9 mins/mile				
Reach Speed	12 mins/mile					9 mins/mile					7 mins/mile					6 mins/mile				
Leg Length Nautical Miles	O2 / I2	O3 / I3	O4 / I4			O2 / I2	O3 / I3	O4 / I4			O2 / I2	O3 / I3	O4 / I4			O2 / I2	O3 / I3	O4 / I4		
0.3	26.4	37.5	48.6	6.0	5.1	21.4	30.6	39.7	5.6	3.6	17.3	24.8	32.3	4.7	2.9	15.9	22.8	29.7	4.4	2.6
0.4	34.6	49.4	64.2	8.0	6.8	28.1	40.3	52.5	7.4	4.8	22.7	32.7	42.7	6.2	3.8	20.9	30.1	39.3	5.8	3.4
0.5	42.8	61.3	79.8	10.0	8.5	34.8	50.1	65.3	9.3	6.0	28.1	40.6	53.1	7.8	4.8	25.9	37.4	48.9	7.3	4.3
0.6	51.0	73.2	95.4	12.0	10.2	41.5	59.8	78.1	11.1	7.2	33.5	48.5	63.5	9.3	5.7	30.9	44.7	58.5	8.7	5.1
0.7	59.1	85.0	110.9	14.0	11.9	48.2	69.6	90.9	13.0	8.4	39.0	56.5	74.0	10.9	6.7	35.9	52.0	68.1	10.2	6.0
0.8	67.3	96.9	126.5	16.0	13.6	54.9	79.3	103.7	14.8	9.6	44.4	64.4	84.4	12.4	7.6	40.9	59.3	77.7	11.6	6.8
0.9	75.5	108.8	142.1	18.0	15.3	61.6	89.0	116.5	16.7	10.8	49.8	72.3	94.8	14.0	8.6	45.9	66.6	87.3	13.1	7.7
1.0	83.7	120.7	157.7	20.0	17.0	68.3	98.8	129.3	18.5	12.0	55.3	80.3	105.3	15.5	9.5	50.9	73.9	96.9	14.5	8.5
1.1	91.9	132.6	173.3	22.0	18.7	75.0	108.5	142.1	20.4	13.2	60.7	88.2	115.7	17.1	10.5	55.9	81.2	106.5	16.0	9.4
1.2	100.1	144.5	188.9	24.0	20.4	81.7	118.3	154.9	22.2	14.4	66.1	96.1	126.1	18.6	11.4	60.9	88.5	116.1	17.4	10.2