

Distance → PHRF ↓	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4
-81	0:07:06	0:07:49	0:08:31	0:09:14	0:09:56	0:10:39	0:11:22	0:12:04	0:12:47	0:13:29	0:14:12	0:14:55	0:15:37	0:16:20	0:17:02
-78	0:07:03	0:07:45	0:08:28	0:09:10	0:09:52	0:10:34	0:11:17	0:11:59	0:12:41	0:13:24	0:14:06	0:14:48	0:15:31	0:16:13	0:16:55
-75	0:07:00	0:07:42	0:08:24	0:09:06	0:09:48	0:10:30	0:11:12	0:11:54	0:12:36	0:13:18	0:14:00	0:14:42	0:15:24	0:16:06	0:16:48
-72	0:06:57	0:07:39	0:08:20	0:09:02	0:09:44	0:10:25	0:11:07	0:11:49	0:12:31	0:13:12	0:13:54	0:14:36	0:15:17	0:15:59	0:16:41
-69	0:06:54	0:07:35	0:08:17	0:08:58	0:09:40	0:10:21	0:11:02	0:11:44	0:12:25	0:13:07	0:13:48	0:14:29	0:15:11	0:15:52	0:16:34
-66	0:06:51	0:07:32	0:08:13	0:08:54	0:09:35	0:10:16	0:10:58	0:11:39	0:12:20	0:13:01	0:13:42	0:14:23	0:15:04	0:15:45	0:16:26
-63	0:06:48	0:07:29	0:08:10	0:08:50	0:09:31	0:10:12	0:10:53	0:11:34	0:12:14	0:12:55	0:13:36	0:14:17	0:14:58	0:15:38	0:16:19
-60	0:06:45	0:07:25	0:08:06	0:08:46	0:09:27	0:10:07	0:10:48	0:11:28	0:12:09	0:12:49	0:13:30	0:14:10	0:14:51	0:15:31	0:16:12
-57	0:06:42	0:07:22	0:08:02	0:08:43	0:09:23	0:10:03	0:10:43	0:11:23	0:12:04	0:12:44	0:13:24	0:14:04	0:14:44	0:15:25	0:16:05
-54	0:06:39	0:07:19	0:07:59	0:08:39	0:09:19	0:09:59	0:10:38	0:11:18	0:11:58	0:12:38	0:13:18	0:13:58	0:14:38	0:15:18	0:15:58
-51	0:06:36	0:07:16	0:07:55	0:08:35	0:09:14	0:09:54	0:10:34	0:11:13	0:11:53	0:12:32	0:13:12	0:13:52	0:14:31	0:15:11	0:15:50
-48	0:06:33	0:07:12	0:07:52	0:08:31	0:09:10	0:09:50	0:10:29	0:11:08	0:11:47	0:12:27	0:13:06	0:13:45	0:14:25	0:15:04	0:15:43
-45	0:06:30	0:07:09	0:07:48	0:08:27	0:09:06	0:09:45	0:10:24	0:11:03	0:11:42	0:12:21	0:13:00	0:13:39	0:14:18	0:14:57	0:15:36
-42	0:06:27	0:07:06	0:07:44	0:08:23	0:09:02	0:09:41	0:10:19	0:10:58	0:11:37	0:12:15	0:12:54	0:13:33	0:14:11	0:14:50	0:15:29
-39	0:06:24	0:07:02	0:07:41	0:08:19	0:08:58	0:09:36	0:10:14	0:10:53	0:11:31	0:12:10	0:12:48	0:13:26	0:14:05	0:14:43	0:15:22
-36	0:06:21	0:06:59	0:07:37	0:08:15	0:08:53	0:09:31	0:10:10	0:10:48	0:11:26	0:12:04	0:12:42	0:13:20	0:13:58	0:14:36	0:15:14
-33	0:06:18	0:06:56	0:07:34	0:08:11	0:08:49	0:09:27	0:10:05	0:10:43	0:11:20	0:11:58	0:12:36	0:13:14	0:13:52	0:14:29	0:15:07
-30	0:06:15	0:06:53	0:07:30	0:08:07	0:08:45	0:09:22	0:10:00	0:10:37	0:11:15	0:11:52	0:12:30	0:13:08	0:13:45	0:14:22	0:15:00
-27	0:06:12	0:06:49	0:07:26	0:08:04	0:08:41	0:09:18	0:09:55	0:10:32	0:11:10	0:11:47	0:12:24	0:13:01	0:13:38	0:14:16	0:14:53
-24	0:06:09	0:06:46	0:07:23	0:08:00	0:08:37	0:09:13	0:09:50	0:10:27	0:11:04	0:11:41	0:12:18	0:12:55	0:13:32	0:14:09	0:14:46
-21	0:06:06	0:06:43	0:07:19	0:07:56	0:08:32	0:09:09	0:09:46	0:10:22	0:10:59	0:11:35	0:12:12	0:12:49	0:13:25	0:14:02	0:14:38
-18	0:06:03	0:06:39	0:07:16	0:07:52	0:08:28	0:09:04	0:09:41	0:10:17	0:10:53	0:11:30	0:12:06	0:12:42	0:13:19	0:13:55	0:14:31
-15	0:06:00	0:06:36	0:07:12	0:07:48	0:08:24	0:09:00	0:09:36	0:10:12	0:10:48	0:11:24	0:12:00	0:12:36	0:13:12	0:13:48	0:14:24
-12	0:05:57	0:06:33	0:07:08	0:07:44	0:08:20	0:08:55	0:09:31	0:10:07	0:10:43	0:11:18	0:11:54	0:12:30	0:13:05	0:13:41	0:14:17
-9	0:05:54	0:06:29	0:07:05	0:07:40	0:08:16	0:08:51	0:09:26	0:10:02	0:10:37	0:11:13	0:11:48	0:12:23	0:12:59	0:13:34	0:14:10
-6	0:05:51	0:06:26	0:07:01	0:07:36	0:08:11	0:08:46	0:09:22	0:09:57	0:10:32	0:11:07	0:11:42	0:12:17	0:12:52	0:13:27	0:14:02
-3	0:05:48	0:06:23	0:06:58	0:07:32	0:08:07	0:08:42	0:09:17	0:09:52	0:10:26	0:11:01	0:11:36	0:12:11	0:12:46	0:13:20	0:13:55
0	0:05:45	0:06:20	0:06:54	0:07:29	0:08:03	0:08:37	0:09:12	0:09:46	0:10:21	0:10:56	0:11:30	0:12:05	0:12:39	0:13:13	0:13:48
3	0:05:42	0:06:16	0:06:50	0:07:25	0:07:59	0:08:33	0:09:07	0:09:41	0:10:16	0:10:50	0:11:24	0:11:58	0:12:32	0:13:07	0:13:41
6	0:05:39	0:06:13	0:06:47	0:07:21	0:07:55	0:08:28	0:09:02	0:09:36	0:10:10	0:10:44	0:11:18	0:11:52	0:12:26	0:13:00	0:13:34
9	0:05:36	0:06:10	0:06:43	0:07:17	0:07:50	0:08:24	0:08:58	0:09:31	0:10:05	0:10:38	0:11:12	0:11:46	0:12:19	0:12:53	0:13:26
12	0:05:33	0:06:06	0:06:40	0:07:13	0:07:46	0:08:20	0:08:53	0:09:26	0:09:59	0:10:33	0:11:06	0:11:39	0:12:13	0:12:46	0:13:19
15	0:05:30	0:06:03	0:06:36	0:07:09	0:07:42	0:08:15	0:08:48	0:09:21	0:09:54	0:10:27	0:11:00	0:11:33	0:12:06	0:12:39	0:13:12
18	0:05:27	0:06:00	0:06:32	0:07:05	0:07:38	0:08:11	0:08:43	0:09:16	0:09:49	0:10:21	0:10:54	0:11:27	0:11:59	0:12:32	0:13:05
21	0:05:24	0:05:56	0:06:29	0:07:01	0:07:34	0:08:06	0:08:38	0:09:11	0:09:43	0:10:16	0:10:48	0:11:20	0:11:53	0:12:25	0:12:58
24	0:05:21	0:05:53	0:06:25	0:06:57	0:07:29	0:08:01	0:08:34	0:09:06	0:09:38	0:10:10	0:10:42	0:11:14	0:11:46	0:12:18	0:12:50
27	0:05:18	0:05:50	0:06:22	0:06:53	0:07:25	0:07:57	0:08:29	0:09:01	0:09:32	0:10:04	0:10:36	0:11:08	0:11:40	0:12:11	0:12:43
30	0:05:15	0:05:46	0:06:18	0:06:49	0:07:21	0:07:52	0:08:24	0:08:55	0:09:27	0:09:59	0:10:30	0:11:01	0:11:33	0:12:05	0:12:36
33	0:05:12	0:05:43	0:06:14	0:06:46	0:07:17	0:07:48	0:08:19	0:08:50	0:09:22	0:09:53	0:10:24	0:10:55	0:11:26	0:11:58	0:12:29
36	0:05:09	0:05:40	0:06:11	0:06:42	0:07:13	0:07:44	0:08:14	0:08:45	0:09:16	0:09:47	0:10:18	0:10:49	0:11:20	0:11:51	0:12:22
39	0:05:06	0:05:37	0:06:07	0:06:38	0:07:08	0:07:39	0:08:10	0:08:40	0:09:11	0:09:41	0:10:12	0:10:43	0:11:13	0:11:44	0:12:14
42	0:05:03	0:05:33	0:06:04	0:06:34	0:07:04	0:07:34	0:08:05	0:08:35	0:09:05	0:09:36	0:10:06	0:10:36	0:11:07	0:11:37	0:12:07
45	0:05:00	0:05:30	0:06:00	0:06:30	0:07:00	0:07:30	0:08:00	0:08:30	0:09:00	0:09:30	0:10:00	0:10:30	0:11:00	0:11:30	0:12:00
48	0:04:57	0:05:27	0:05:56	0:06:26	0:06:56	0:07:25	0:07:55	0:08:25	0:08:55	0:09:24	0:09:54	0:10:24	0:10:53	0:11:23	0:11:53
51	0:04:54	0:05:23	0:05:53	0:06:22	0:06:52	0:07:21	0:07:50	0:08:20	0:08:49	0:09:19	0:09:48	0:10:17	0:10:47	0:11:16	0:11:46
54	0:04:51	0:05:20	0:05:49	0:06:18	0:06:47	0:07:16	0:07:46	0:08:15	0:08:44	0:09:13	0:09:42	0:10:11	0:10:40	0:11:09	0:11:38
57	0:04:48	0:05:17	0:05:46	0:06:14	0:06:43	0:07:12	0:07:41	0:08:10	0:08:38	0:09:07	0:09:36	0:10:05	0:10:34	0:11:02	0:11:31
60	0:04:45	0:05:14	0:05:42	0:06:10	0:06:39	0:07:07	0:07:36	0:08:04	0:08:33	0:09:01	0:09:30	0:09:59	0:10:27	0:10:56	0:11:24
63	0:04:42	0:05:10	0:05:38	0:06:07	0:06:35	0:07:03	0:07:31	0:07:59	0:08:28	0:08:56	0:09:24	0:09:52	0:10:20	0:10:49	0:11:17
66	0:04:39	0:05:07	0:05:35	0:06:03	0:06:31	0:06:58	0:07:26	0:07:54	0:08:22	0:08:50	0:09:18	0:09:46	0:10:14	0:10:42	0:11:10
69	0:04:36	0:05:04	0:05:31	0:05:59	0:06:26	0:06:54	0:07:22	0:07:49	0:08:17	0:08:44	0:09:12	0:09:40	0:10:07	0:10:35	0:11:02
72	0:04:33	0:05:00	0:05:28	0:05:55	0:06:22	0:06:49	0:07:17	0:07:44	0:08:11	0:08:39	0:09:06	0:09:33	0:10:01	0:10:28	0:10:55
75	0:04:30	0:04:57	0:05:24	0:05:51	0:06:18	0:06:45	0:07:12	0:07:39	0:08:06	0:08:33	0:09:00	0:09:27	0:09:54	0:10:21	0:10:48
78	0:04:27	0:04:54	0:05:20	0:05:47	0:06:14	0:06:41	0:07:07	0:07:34	0:08:01	0:08:27	0:08:54	0:09:21	0:09:47	0:10:14	0:10:41
81	0:04:24	0:04:50	0:05:17	0:05:43	0:06:10	0:06:36	0:07:02	0:07:29	0:07:55	0:08:22	0:08:48	0:09:14	0:09:41	0:10:07	0:10:34
84	0:04:21	0:04:47	0:05:13	0:05:39	0:06:05	0:06:31	0:06:58	0:07:24	0:07:50	0:08:16	0:08:42	0:09:08	0:09:34	0:10:00	0:10:26
87	0:04:18	0:04:44	0:05:10	0:05:35	0:06:01	0:06:27	0:06:53	0:07:19	0:07:44	0:08:10	0:08:36	0:09:02	0:09:28	0:09:53	0:10:19
90	0:04:15	0:04:40	0:05:06	0:05:32	0:05:57	0:06:22	0:06:48	0:07:14	0:07:39	0:08:04	0:08:30	0:08:55	0:09:21	0:09:46	0:10:12
93	0:04:12	0:04:37	0:05:02	0:05:28	0:05:53	0:06:18	0:06:43	0:07:08	0:07:34	0:07:59	0:08:24	0:08:49	0:09:14	0:09:40	0:10:05
96	0:04:09	0:04:34	0:04:59	0:05:24	0:05:49	0:06:14	0:06:38	0:07:03	0:07:28	0:07:53	0:08:18	0:08:43	0:09:08	0:09:33	0:09:58
99	0:04:06	0:04:31	0:04:55	0:05:20	0:05:44	0:06:09	0:06:34	0:06:58	0:07:23	0:07:47	0:08:12	0:08:37	0:09:01	0:09:26	0:09:50
102	0:04:03	0:04:27	0:04:52	0:05:16	0:05:40	0:06:04	0:06:29	0:06:53	0:07:17	0:07:42	0:08:06	0:08:30	0:08:55	0:09:19	0:09:43
105	0:04:00	0:04:24	0:04:48	0:05:12	0:05:36	0:06:00	0:06:24	0:06:48	0:07:12	0:07:36	0:08:00	0:08:24	0:08:48	0:09:12	0:09:36
108	0:03:57	0:04:21	0:04:44	0:05:08	0:										

Distance → PHRF ↓	1	1.1	1.2	1.3	1.4	1.5	1.6	1.7	1.8	1.9	2	2.1	2.2	2.3	2.4
141	0:03:24	0:03:44	0:04:05	0:04:25	0:04:46	0:05:06	0:05:26	0:05:47	0:06:07	0:06:28	0:06:48	0:07:08	0:07:29	0:07:49	0:08:10
144	0:03:21	0:03:41	0:04:01	0:04:21	0:04:41	0:05:02	0:05:22	0:05:42	0:06:02	0:06:22	0:06:42	0:07:02	0:07:22	0:07:42	0:08:02
147	0:03:18	0:03:38	0:03:58	0:04:17	0:04:37	0:04:57	0:05:17	0:05:37	0:05:56	0:06:16	0:06:36	0:06:56	0:07:16	0:07:35	0:07:55
150	0:03:15	0:03:35	0:03:54	0:04:14	0:04:33	0:04:53	0:05:12	0:05:32	0:05:51	0:06:10	0:06:30	0:06:49	0:07:09	0:07:28	0:07:48
153	0:03:12	0:03:31	0:03:50	0:04:10	0:04:29	0:04:48	0:05:07	0:05:26	0:05:46	0:06:05	0:06:24	0:06:43	0:07:02	0:07:22	0:07:41
156	0:03:09	0:03:28	0:03:47	0:04:06	0:04:25	0:04:44	0:05:02	0:05:21	0:05:40	0:05:59	0:06:18	0:06:37	0:06:56	0:07:15	0:07:34
159	0:03:06	0:03:25	0:03:43	0:04:02	0:04:20	0:04:39	0:04:58	0:05:16	0:05:35	0:05:53	0:06:12	0:06:31	0:06:49	0:07:08	0:07:26
162	0:03:03	0:03:21	0:03:40	0:03:58	0:04:16	0:04:35	0:04:53	0:05:11	0:05:29	0:05:48	0:06:06	0:06:24	0:06:43	0:07:01	0:07:19
165	0:03:00	0:03:18	0:03:36	0:03:54	0:04:12	0:04:30	0:04:48	0:05:06	0:05:24	0:05:42	0:06:00	0:06:18	0:06:36	0:06:54	0:07:12
168	0:02:57	0:03:15	0:03:32	0:03:50	0:04:08	0:04:26	0:04:43	0:05:01	0:05:19	0:05:36	0:05:54	0:06:12	0:06:29	0:06:47	0:07:05
171	0:02:54	0:03:11	0:03:29	0:03:46	0:04:04	0:04:21	0:04:38	0:04:56	0:05:13	0:05:31	0:05:48	0:06:05	0:06:23	0:06:40	0:06:58
174	0:02:51	0:03:08	0:03:25	0:03:42	0:03:59	0:04:16	0:04:34	0:04:51	0:05:08	0:05:25	0:05:42	0:05:59	0:06:16	0:06:33	0:06:50
177	0:02:48	0:03:05	0:03:22	0:03:38	0:03:55	0:04:12	0:04:29	0:04:46	0:05:02	0:05:19	0:05:36	0:05:53	0:06:10	0:06:26	0:06:43
180	0:02:45	0:03:02	0:03:18	0:03:35	0:03:51	0:04:08	0:04:24	0:04:40	0:04:57	0:05:14	0:05:30	0:05:46	0:06:03	0:06:19	0:06:36
183	0:02:42	0:02:58	0:03:14	0:03:31	0:03:47	0:04:03	0:04:19	0:04:35	0:04:52	0:05:08	0:05:24	0:05:40	0:05:56	0:06:13	0:06:29
186	0:02:39	0:02:55	0:03:11	0:03:27	0:03:43	0:03:59	0:04:14	0:04:30	0:04:46	0:05:02	0:05:18	0:05:34	0:05:50	0:06:06	0:06:22
189	0:02:36	0:02:52	0:03:07	0:03:23	0:03:38	0:03:54	0:04:10	0:04:25	0:04:41	0:04:56	0:05:12	0:05:28	0:05:43	0:05:59	0:06:14
192	0:02:33	0:02:48	0:03:04	0:03:19	0:03:34	0:03:50	0:04:05	0:04:20	0:04:35	0:04:51	0:05:06	0:05:21	0:05:37	0:05:52	0:06:07
195	0:02:30	0:02:45	0:03:00	0:03:15	0:03:30	0:03:45	0:04:00	0:04:15	0:04:30	0:04:45	0:05:00	0:05:15	0:05:30	0:05:45	0:06:00
198	0:02:27	0:02:42	0:02:56	0:03:11	0:03:26	0:03:41	0:03:55	0:04:10	0:04:25	0:04:39	0:04:54	0:05:09	0:05:23	0:05:38	0:05:53
201	0:02:24	0:02:38	0:02:53	0:03:07	0:03:22	0:03:36	0:03:50	0:04:05	0:04:19	0:04:34	0:04:48	0:05:02	0:05:17	0:05:31	0:05:46
204	0:02:21	0:02:35	0:02:49	0:03:03	0:03:17	0:03:31	0:03:46	0:04:00	0:04:14	0:04:28	0:04:42	0:04:56	0:05:10	0:05:24	0:05:38
207	0:02:18	0:02:32	0:02:46	0:02:59	0:03:13	0:03:27	0:03:41	0:03:55	0:04:08	0:04:22	0:04:36	0:04:50	0:05:04	0:05:17	0:05:31
210	0:02:15	0:02:29	0:02:42	0:02:56	0:03:09	0:03:23	0:03:36	0:03:50	0:04:03	0:04:16	0:04:30	0:04:44	0:04:57	0:05:11	0:05:24
213	0:02:12	0:02:25	0:02:38	0:02:52	0:03:05	0:03:18	0:03:31	0:03:44	0:03:58	0:04:11	0:04:24	0:04:37	0:04:50	0:05:04	0:05:17
216	0:02:09	0:02:22	0:02:35	0:02:48	0:03:01	0:03:14	0:03:26	0:03:39	0:03:52	0:04:05	0:04:18	0:04:31	0:04:44	0:04:57	0:05:10
219	0:02:06	0:02:19	0:02:31	0:02:44	0:02:56	0:03:09	0:03:22	0:03:34	0:03:47	0:03:59	0:04:12	0:04:25	0:04:37	0:04:50	0:05:02
222	0:02:03	0:02:15	0:02:28	0:02:40	0:02:52	0:03:04	0:03:17	0:03:29	0:03:41	0:03:54	0:04:06	0:04:18	0:04:31	0:04:43	0:04:55
225	0:02:00	0:02:12	0:02:24	0:02:36	0:02:48	0:03:00	0:03:12	0:03:24	0:03:36	0:03:48	0:04:00	0:04:12	0:04:24	0:04:36	0:04:48
228	0:01:57	0:02:09	0:02:20	0:02:32	0:02:44	0:02:56	0:03:07	0:03:19	0:03:31	0:03:42	0:03:54	0:04:06	0:04:17	0:04:29	0:04:41
231	0:01:54	0:02:05	0:02:17	0:02:28	0:02:40	0:02:51	0:03:02	0:03:14	0:03:25	0:03:37	0:03:48	0:03:59	0:04:11	0:04:22	0:04:34
234	0:01:51	0:02:02	0:02:13	0:02:24	0:02:35	0:02:46	0:02:58	0:03:09	0:03:20	0:03:31	0:03:42	0:03:53	0:04:04	0:04:15	0:04:26
237	0:01:48	0:01:59	0:02:10	0:02:20	0:02:31	0:02:42	0:02:53	0:03:04	0:03:14	0:03:25	0:03:36	0:03:47	0:03:58	0:04:08	0:04:19
240	0:01:45	0:01:56	0:02:06	0:02:16	0:02:27	0:02:37	0:02:48	0:02:59	0:03:09	0:03:20	0:03:30	0:03:41	0:03:51	0:04:01	0:04:12
243	0:01:42	0:01:52	0:02:02	0:02:13	0:02:23	0:02:33	0:02:43	0:02:53	0:03:04	0:03:14	0:03:24	0:03:34	0:03:44	0:03:55	0:04:05
246	0:01:39	0:01:49	0:01:59	0:02:09	0:02:19	0:02:29	0:02:38	0:02:48	0:02:58	0:03:08	0:03:18	0:03:28	0:03:38	0:03:48	0:03:58
249	0:01:36	0:01:46	0:01:55	0:02:05	0:02:14	0:02:24	0:02:34	0:02:43	0:02:53	0:03:02	0:03:12	0:03:22	0:03:31	0:03:41	0:03:50
252	0:01:33	0:01:42	0:01:52	0:02:01	0:02:10	0:02:20	0:02:29	0:02:38	0:02:47	0:02:57	0:03:06	0:03:15	0:03:25	0:03:34	0:03:43
255	0:01:30	0:01:39	0:01:48	0:01:57	0:02:06	0:02:15	0:02:24	0:02:33	0:02:42	0:02:51	0:03:00	0:03:09	0:03:18	0:03:27	0:03:36
258	0:01:27	0:01:36	0:01:44	0:01:53	0:02:02	0:02:10	0:02:19	0:02:28	0:02:37	0:02:45	0:02:54	0:03:03	0:03:11	0:03:20	0:03:29
261	0:01:24	0:01:32	0:01:41	0:01:49	0:01:58	0:02:06	0:02:14	0:02:23	0:02:31	0:02:40	0:02:48	0:02:56	0:03:05	0:03:13	0:03:22
264	0:01:21	0:01:29	0:01:37	0:01:45	0:01:53	0:02:02	0:02:10	0:02:18	0:02:26	0:02:34	0:02:42	0:02:50	0:02:58	0:03:06	0:03:14
267	0:01:18	0:01:26	0:01:34	0:01:41	0:01:49	0:01:57	0:02:05	0:02:13	0:02:20	0:02:28	0:02:36	0:02:44	0:02:52	0:02:59	0:03:07
270	0:01:15	0:01:23	0:01:30	0:01:38	0:01:45	0:01:52	0:02:00	0:02:07	0:02:15	0:02:23	0:02:30	0:02:37	0:02:45	0:02:53	0:03:00
273	0:01:12	0:01:19	0:01:26	0:01:34	0:01:41	0:01:48	0:01:55	0:02:02	0:02:10	0:02:17	0:02:24	0:02:31	0:02:38	0:02:46	0:02:53
276	0:01:09	0:01:16	0:01:23	0:01:30	0:01:37	0:01:44	0:01:50	0:01:57	0:02:04	0:02:11	0:02:18	0:02:25	0:02:32	0:02:39	0:02:46
279	0:01:06	0:01:13	0:01:19	0:01:26	0:01:32	0:01:39	0:01:46	0:01:52	0:01:59	0:02:05	0:02:12	0:02:19	0:02:25	0:02:32	0:02:38
282	0:01:03	0:01:09	0:01:16	0:01:22	0:01:28	0:01:34	0:01:41	0:01:47	0:01:53	0:02:00	0:02:06	0:02:12	0:02:19	0:02:25	0:02:31
285	0:01:00	0:01:06	0:01:12	0:01:18	0:01:24	0:01:30	0:01:36	0:01:42	0:01:48	0:01:54	0:02:00	0:02:06	0:02:12	0:02:18	0:02:24
288	0:00:57	0:01:03	0:01:08	0:01:14	0:01:20	0:01:26	0:01:31	0:01:37	0:01:43	0:01:48	0:01:54	0:02:00	0:02:05	0:02:11	0:02:17
291	0:00:54	0:00:59	0:01:05	0:01:10	0:01:16	0:01:21	0:01:26	0:01:32	0:01:37	0:01:43	0:01:48	0:01:53	0:01:59	0:02:04	0:02:10
294	0:00:51	0:00:56	0:01:01	0:01:06	0:01:11	0:01:16	0:01:22	0:01:27	0:01:32	0:01:37	0:01:42	0:01:47	0:01:52	0:01:57	0:02:02
297	0:00:48	0:00:53	0:00:58	0:01:02	0:01:07	0:01:12	0:01:17	0:01:22	0:01:26	0:01:31	0:01:36	0:01:41	0:01:46	0:01:50	0:01:55
300	0:00:45	0:00:50	0:00:54	0:00:59	0:01:03	0:01:07	0:01:12	0:01:16	0:01:21	0:01:26	0:01:30	0:01:34	0:01:39	0:01:43	0:01:48
303	0:00:42	0:00:46	0:00:50	0:00:55	0:00:59	0:01:03	0:01:07	0:01:11	0:01:16	0:01:20	0:01:24	0:01:28	0:01:32	0:01:37	0:01:41
306	0:00:39	0:00:43	0:00:47	0:00:51	0:00:55	0:00:59	0:01:02	0:01:06	0:01:10	0:01:14	0:01:18	0:01:22	0:01:26	0:01:30	0:01:34
309	0:00:36	0:00:40	0:00:43	0:00:47	0:00:50	0:00:54	0:00:58	0:01:01	0:01:05	0:01:08	0:01:12	0:01:16	0:01:19	0:01:23	0:01:26
312	0:00:33	0:00:36	0:00:40	0:00:43	0:00:46	0:00:49	0:00:53	0:00:56	0:00:59	0:01:03	0:01:06	0:01:09	0:01:13	0:01:16	0:01:19
315	0:00:30	0:00:33	0:00:36	0:00:39	0:00:42	0:00:45	0:00:48	0:00:51	0:00:54	0:00:57	0:01:00	0:01:03	0:01:06	0:01:09	0:01:12
318	0:00:27	0:00:30	0:00:32	0:00:35	0:00:38	0:00:41	0:00:43	0:00:46	0:00:49	0:00:51	0:00:54	0:00:57	0:00:59	0:01:02	0:01:05
321	0:00:24	0:00:26	0:00:29	0:00:31	0:00:34	0:00:36	0:00:38	0:00:41	0:00:43	0:00:46	0:00:48	0:00:50	0:00:53	0:00:55	0:00:58
324	0:00:21	0:00:23	0:00:25	0:00:27	0:00:29	0:00:32	0:00:34	0:00:36	0:00:38	0:00:40	0:00:42	0:00:44	0:00:46	0:00:48	0:00:50
327	0:00:18	0:00:20	0:00:22	0:00:23	0:00:25	0:00:27	0:00:29	0:00:31	0:00:32	0:00:34	0:00:36	0:00:38	0:00:40	0:00:41	0:00:43

Distance → PHRF ↓	2.5	2.6	2.7	2.8	2.9	3	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9
-81	0:17:45	0:18:28	0:19:10	0:19:53	0:20:35	0:21:18	0:22:01	0:22:43	0:23:26	0:24:08	0:24:51	0:25:34	0:26:16	0:26:59	0:27:41
-78	0:17:37	0:18:20	0:19:02	0:19:44	0:20:27	0:21:09	0:21:51	0:22:34	0:23:16	0:23:58	0:24:41	0:25:23	0:26:05	0:26:47	0:27:30
-75	0:17:30	0:18:12	0:18:54	0:19:36	0:20:18	0:21:00	0:21:42	0:22:24	0:23:06	0:23:48	0:24:30	0:25:12	0:25:54	0:26:36	0:27:18
-72	0:17:22	0:18:04	0:18:46	0:19:28	0:20:09	0:20:51	0:21:33	0:22:14	0:22:56	0:23:38	0:24:19	0:25:01	0:25:43	0:26:25	0:27:06
-69	0:17:15	0:17:56	0:18:38	0:19:19	0:20:01	0:20:42	0:21:23	0:22:05	0:22:46	0:23:28	0:24:09	0:24:50	0:25:32	0:26:13	0:26:55
-66	0:17:07	0:17:49	0:18:30	0:19:11	0:19:52	0:20:33	0:21:14	0:21:55	0:22:36	0:23:17	0:23:58	0:24:40	0:25:21	0:26:02	0:26:43
-63	0:17:00	0:17:41	0:18:22	0:19:02	0:19:43	0:20:24	0:21:05	0:21:46	0:22:26	0:23:07	0:23:48	0:24:29	0:25:10	0:25:50	0:26:31
-60	0:16:52	0:17:33	0:18:14	0:18:54	0:19:34	0:20:15	0:20:56	0:21:36	0:22:17	0:22:57	0:23:37	0:24:18	0:24:59	0:25:39	0:26:19
-57	0:16:45	0:17:25	0:18:05	0:18:46	0:19:26	0:20:06	0:20:46	0:21:26	0:22:07	0:22:47	0:23:27	0:24:07	0:24:47	0:25:28	0:26:08
-54	0:16:38	0:17:17	0:17:57	0:18:37	0:19:17	0:19:57	0:20:37	0:21:17	0:21:57	0:22:37	0:23:17	0:23:56	0:24:36	0:25:16	0:25:56
-51	0:16:30	0:17:10	0:17:49	0:18:29	0:19:08	0:19:48	0:20:28	0:21:07	0:21:47	0:22:26	0:23:06	0:23:46	0:24:25	0:25:05	0:25:44
-48	0:16:22	0:17:02	0:17:41	0:18:20	0:19:00	0:19:39	0:20:18	0:20:58	0:21:37	0:22:16	0:22:56	0:23:35	0:24:14	0:24:53	0:25:33
-45	0:16:15	0:16:54	0:17:33	0:18:12	0:18:51	0:19:30	0:20:09	0:20:48	0:21:27	0:22:06	0:22:45	0:23:24	0:24:03	0:24:42	0:25:21
-42	0:16:07	0:16:46	0:17:25	0:18:04	0:18:42	0:19:21	0:20:00	0:20:38	0:21:17	0:21:56	0:22:34	0:23:13	0:23:52	0:24:31	0:25:09
-39	0:16:00	0:16:38	0:17:17	0:17:55	0:18:34	0:19:12	0:19:50	0:20:29	0:21:07	0:21:46	0:22:24	0:23:02	0:23:41	0:24:19	0:24:58
-36	0:15:53	0:16:31	0:17:09	0:17:47	0:18:25	0:19:03	0:19:41	0:20:19	0:20:57	0:21:35	0:22:13	0:22:52	0:23:30	0:24:08	0:24:46
-33	0:15:45	0:16:23	0:17:01	0:17:38	0:18:16	0:18:54	0:19:32	0:20:10	0:20:47	0:21:25	0:22:03	0:22:41	0:23:19	0:23:56	0:24:34
-30	0:15:38	0:16:15	0:16:52	0:17:30	0:18:07	0:18:45	0:19:22	0:20:00	0:20:37	0:21:15	0:21:52	0:22:30	0:23:08	0:23:45	0:24:22
-27	0:15:30	0:16:07	0:16:44	0:17:22	0:17:59	0:18:36	0:19:13	0:19:50	0:20:28	0:21:05	0:21:42	0:22:19	0:22:56	0:23:34	0:24:11
-24	0:15:22	0:15:59	0:16:36	0:17:13	0:17:50	0:18:27	0:19:04	0:19:41	0:20:18	0:20:55	0:21:31	0:22:08	0:22:45	0:23:22	0:23:59
-21	0:15:15	0:15:52	0:16:28	0:17:05	0:17:41	0:18:18	0:18:55	0:19:31	0:20:08	0:20:44	0:21:21	0:21:58	0:22:34	0:23:11	0:23:47
-18	0:15:07	0:15:44	0:16:20	0:16:56	0:17:33	0:18:09	0:18:45	0:19:22	0:19:58	0:20:34	0:21:11	0:21:47	0:22:23	0:22:59	0:23:36
-15	0:15:00	0:15:36	0:16:12	0:16:48	0:17:24	0:18:00	0:18:36	0:19:12	0:19:48	0:20:24	0:21:00	0:21:36	0:22:12	0:22:48	0:23:24
-12	0:14:52	0:15:28	0:16:04	0:16:40	0:17:15	0:17:51	0:18:27	0:19:02	0:19:38	0:20:14	0:20:49	0:21:25	0:22:01	0:22:37	0:23:12
-9	0:14:45	0:15:20	0:15:56	0:16:31	0:17:07	0:17:42	0:18:17	0:18:53	0:19:28	0:20:04	0:20:39	0:21:14	0:21:50	0:22:25	0:23:01
-6	0:14:37	0:15:13	0:15:48	0:16:23	0:16:58	0:17:33	0:18:08	0:18:43	0:19:18	0:19:53	0:20:29	0:21:04	0:21:39	0:22:14	0:22:49
-3	0:14:30	0:15:05	0:15:40	0:16:14	0:16:49	0:17:24	0:17:59	0:18:34	0:19:08	0:19:43	0:20:18	0:20:53	0:21:28	0:22:02	0:22:37
0	0:14:22	0:14:57	0:15:31	0:16:06	0:16:40	0:17:15	0:17:49	0:18:24	0:18:58	0:19:33	0:20:07	0:20:42	0:21:16	0:21:51	0:22:26
3	0:14:15	0:14:49	0:15:23	0:15:58	0:16:32	0:17:06	0:17:40	0:18:14	0:18:49	0:19:23	0:19:57	0:20:31	0:21:05	0:21:40	0:22:14
6	0:14:07	0:14:41	0:15:15	0:15:49	0:16:23	0:16:57	0:17:31	0:18:05	0:18:39	0:19:13	0:19:47	0:20:20	0:20:54	0:21:28	0:22:02
9	0:14:00	0:14:34	0:15:07	0:15:41	0:16:14	0:16:48	0:17:22	0:17:55	0:18:29	0:19:02	0:19:36	0:20:10	0:20:43	0:21:17	0:21:50
12	0:13:52	0:14:26	0:14:59	0:15:32	0:16:06	0:16:39	0:17:12	0:17:46	0:18:19	0:18:52	0:19:26	0:19:59	0:20:32	0:21:05	0:21:39
15	0:13:45	0:14:18	0:14:51	0:15:24	0:15:57	0:16:30	0:17:03	0:17:36	0:18:09	0:18:42	0:19:15	0:19:48	0:20:21	0:20:54	0:21:27
18	0:13:37	0:14:10	0:14:43	0:15:16	0:15:48	0:16:21	0:16:54	0:17:26	0:17:59	0:18:32	0:19:05	0:19:37	0:20:10	0:20:43	0:21:15
21	0:13:30	0:14:02	0:14:35	0:15:07	0:15:40	0:16:12	0:16:44	0:17:17	0:17:49	0:18:22	0:18:54	0:19:26	0:19:59	0:20:31	0:21:04
24	0:13:22	0:13:55	0:14:27	0:14:59	0:15:31	0:16:03	0:16:35	0:17:07	0:17:39	0:18:11	0:18:43	0:19:16	0:19:48	0:20:20	0:20:52
27	0:13:15	0:13:47	0:14:19	0:14:50	0:15:22	0:15:54	0:16:26	0:16:58	0:17:29	0:18:01	0:18:33	0:19:05	0:19:37	0:20:08	0:20:40
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36	0:12:52	0:13:23	0:13:54	0:14:25	0:14:56	0:15:27	0:15:58	0:16:29	0:17:00	0:17:31	0:18:02	0:18:32	0:19:03	0:19:34	0:20:05
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42	0:12:37	0:13:08	0:13:38	0:14:08	0:14:39	0:15:09	0:15:39	0:16:10	0:16:40	0:17:10	0:17:40	0:18:11	0:18:41	0:19:11	0:19:42
45	0:12:30	0:13:00	0:13:30	0:14:00	0:14:30	0:15:00	0:15:30	0:16:00	0:16:30	0:17:00	0:17:30	0:18:00	0:18:30	0:19:00	0:19:30
48	0:12:22	0:12:52	0:13:22	0:13:52	0:14:21	0:14:51	0:15:21	0:15:50	0:16:20	0:16:50	0:17:19	0:17:49	0:18:19	0:18:49	0:19:18
51	0:12:15	0:12:44	0:13:14	0:13:43	0:14:13	0:14:42	0:15:11	0:15:41	0:16:10	0:16:40	0:17:09	0:17:38	0:18:08	0:18:37	0:19:07
54	0:12:07	0:12:37	0:13:06	0:13:35	0:14:04	0:14:33	0:15:02	0:15:31	0:16:00	0:16:29	0:16:58	0:17:28	0:17:57	0:18:26	0:18:55
57	0:12:00	0:12:29	0:12:58	0:13:26	0:13:55	0:14:24	0:14:53	0:15:22	0:15:50	0:16:19	0:16:48	0:17:17	0:17:46	0:18:14	0:18:43
60	0:11:52	0:12:21	0:12:49	0:13:18	0:13:46	0:14:15	0:14:44	0:15:12	0:15:41	0:16:09	0:16:38	0:17:06	0:17:34	0:18:03	0:18:31
63	0:11:45	0:12:13	0:12:41	0:13:10	0:13:38	0:14:06	0:14:34	0:15:02	0:15:31	0:15:59	0:16:27	0:16:55	0:17:23	0:17:52	0:18:20
66	0:11:37	0:12:05	0:12:33	0:13:01	0:13:29	0:13:57	0:14:25	0:14:53	0:15:21	0:15:49	0:16:16	0:16:44	0:17:12	0:17:40	0:18:08
69	0:11:30	0:11:58	0:12:25	0:12:53	0:13:20	0:13:48	0:14:16	0:14:43	0:15:11	0:15:38	0:16:06	0:16:34	0:17:01	0:17:29	0:17:56
72	0:11:22	0:11:50	0:12:17	0:12:44	0:13:12	0:13:39	0:14:06	0:14:34	0:15:01	0:15:28	0:15:56	0:16:23	0:16:50	0:17:17	0:17:45
75	0:11:15	0:11:42	0:12:09	0:12:36	0:13:03	0:13:30	0:13:57	0:14:24	0:14:51	0:15:18	0:15:45	0:16:12	0:16:39	0:17:06	0:17:33
78	0:11:07	0:11:34	0:12:01	0:12:28	0:12:54	0:13:21	0:13:48	0:14:14	0:14:41	0:15:08	0:15:34	0:16:01	0:16:28	0:16:55	0:17:21
81	0:11:00	0:11:26	0:11:53	0:12:19	0:12:46	0:13:12	0:13:38	0:14:05	0:14:31	0:14:58	0:15:24	0:15:50	0:16:17	0:16:43	0:17:10
84	0:10:52	0:11:19	0:11:45	0:12:11	0:12:37	0:13:03	0:13:29	0:13:55	0:14:21	0:14:47	0:15:13	0:15:40	0:16:06	0:16:32	0:16:58
87	0:10:45	0:11:11	0:11:37	0:12:02	0:12:28	0:12:54	0:13:20	0:13:46	0:14:11	0:14:37	0:15:03	0:15:29	0:15:55	0:16:20	0:16:46
90	0:10:37	0:11:03	0:11:28	0:11:54	0:12:19	0:12:45	0:13:10	0:13:36	0:14:02	0:14:27	0:14:52	0:15:18	0:15:44	0:16:09	0:16:35
93	0:10:30	0:10:55	0:11:20	0:11:46	0:12:11	0:12:36	0:13:01	0:13:26	0:13:52	0:14:17	0:14:42	0:15:07	0:15:32	0:15:58	0:16:23
96	0:10:22	0:10:47	0:11:12	0:11:37	0:12:02	0:12:27	0:12:52	0:13:17	0:13:42	0:14:07	0:14:31	0:14:56	0:15:21	0:15:46	0:16:11
99	0:10:15	0:10:40	0:11:04	0:11:29	0:11:53	0:12:18	0:12:43	0:13:07	0:13:32	0:13:56	0:14:21	0:14:46	0:15:10	0:15:35	0:15:59
102	0:10:07	0:10:32	0:10:56	0:11:20	0:11:45	0:12:09	0:12:33	0:12:58	0:13:22	0:13:46	0:14:10	0:14:35	0:14:59	0:15:23	0:15:48
105	0:10:00	0:10:24	0:10:48	0:11:12	0:11:36	0:12:00	0:12:24	0:12:48	0:13:12	0:13:36	0:14:00	0:14:24	0:14:48	0:15:12	0:15:36
108	0:09:52	0:10:16	0:10:40	0:11:04											

Distance → PHRF ↓	2.5	2.6	2.7	2.8	2.9	3	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.9
141	0:08:30	0:08:50	0:09:11	0:09:31	0:09:52	0:10:12	0:10:32	0:10:53	0:11:13	0:11:34	0:11:54	0:12:14	0:12:35	0:12:55	0:13:16
144	0:08:22	0:08:43	0:09:03	0:09:23	0:09:43	0:10:03	0:10:23	0:10:43	0:11:03	0:11:23	0:11:43	0:12:04	0:12:24	0:12:44	0:13:04
147	0:08:15	0:08:35	0:08:55	0:09:14	0:09:34	0:09:54	0:10:14	0:10:34	0:10:53	0:11:13	0:11:33	0:11:53	0:12:13	0:12:32	0:12:52
150	0:08:07	0:08:27	0:08:46	0:09:06	0:09:25	0:09:45	0:10:04	0:10:24	0:10:43	0:11:03	0:11:22	0:11:42	0:12:01	0:12:21	0:12:41
153	0:08:00	0:08:19	0:08:38	0:08:58	0:09:17	0:09:36	0:09:55	0:10:14	0:10:34	0:10:53	0:11:12	0:11:31	0:11:50	0:12:10	0:12:29
156	0:07:52	0:08:11	0:08:30	0:08:49	0:09:08	0:09:27	0:09:46	0:10:05	0:10:24	0:10:43	0:11:01	0:11:20	0:11:39	0:11:58	0:12:17
159	0:07:45	0:08:04	0:08:22	0:08:41	0:08:59	0:09:18	0:09:37	0:09:55	0:10:14	0:10:32	0:10:51	0:11:10	0:11:28	0:11:47	0:12:05
162	0:07:37	0:07:56	0:08:14	0:08:32	0:08:51	0:09:09	0:09:27	0:09:46	0:10:04	0:10:22	0:10:41	0:10:59	0:11:17	0:11:35	0:11:54
165	0:07:30	0:07:48	0:08:06	0:08:24	0:08:42	0:09:00	0:09:18	0:09:36	0:09:54	0:10:12	0:10:30	0:10:48	0:11:06	0:11:24	0:11:42
168	0:07:23	0:07:40	0:07:58	0:08:16	0:08:33	0:08:51	0:09:09	0:09:26	0:09:44	0:10:02	0:10:20	0:10:37	0:10:55	0:11:13	0:11:30
171	0:07:15	0:07:32	0:07:50	0:08:07	0:08:25	0:08:42	0:08:59	0:09:17	0:09:34	0:09:52	0:10:09	0:10:26	0:10:44	0:11:01	0:11:19
174	0:07:07	0:07:25	0:07:42	0:07:59	0:08:16	0:08:33	0:08:50	0:09:07	0:09:24	0:09:41	0:09:59	0:10:16	0:10:33	0:10:50	0:11:07
177	0:07:00	0:07:17	0:07:34	0:07:50	0:08:07	0:08:24	0:08:41	0:08:58	0:09:14	0:09:31	0:09:48	0:10:05	0:10:22	0:10:38	0:10:55
180	0:06:52	0:07:09	0:07:25	0:07:42	0:07:58	0:08:15	0:08:31	0:08:48	0:09:04	0:09:21	0:09:37	0:09:54	0:10:11	0:10:27	0:10:43
183	0:06:45	0:07:01	0:07:17	0:07:34	0:07:50	0:08:06	0:08:22	0:08:38	0:08:55	0:09:11	0:09:27	0:09:43	0:09:59	0:10:16	0:10:32
186	0:06:37	0:06:53	0:07:09	0:07:25	0:07:41	0:07:57	0:08:13	0:08:29	0:08:45	0:09:01	0:09:16	0:09:32	0:09:48	0:10:04	0:10:20
189	0:06:30	0:06:46	0:07:01	0:07:17	0:07:32	0:07:48	0:08:04	0:08:19	0:08:35	0:08:50	0:09:06	0:09:22	0:09:37	0:09:53	0:10:08
192	0:06:22	0:06:38	0:06:53	0:07:08	0:07:24	0:07:39	0:07:54	0:08:10	0:08:25	0:08:40	0:08:55	0:09:11	0:09:26	0:09:41	0:09:57
195	0:06:15	0:06:30	0:06:45	0:07:00	0:07:15	0:07:30	0:07:45	0:08:00	0:08:15	0:08:30	0:08:45	0:09:00	0:09:15	0:09:30	0:09:45
198	0:06:07	0:06:22	0:06:37	0:06:52	0:07:06	0:07:21	0:07:36	0:07:50	0:08:05	0:08:20	0:08:34	0:08:49	0:09:04	0:09:19	0:09:33
201	0:06:00	0:06:14	0:06:29	0:06:43	0:06:58	0:07:12	0:07:26	0:07:41	0:07:55	0:08:10	0:08:24	0:08:38	0:08:53	0:09:07	0:09:22
204	0:05:53	0:06:07	0:06:21	0:06:35	0:06:49	0:07:03	0:07:17	0:07:31	0:07:45	0:07:59	0:08:13	0:08:28	0:08:42	0:08:56	0:09:10
207	0:05:45	0:05:59	0:06:13	0:06:26	0:06:40	0:06:54	0:07:08	0:07:22	0:07:35	0:07:49	0:08:03	0:08:17	0:08:31	0:08:44	0:08:58
210	0:05:37	0:05:51	0:06:04	0:06:18	0:06:31	0:06:45	0:06:58	0:07:12	0:07:25	0:07:39	0:07:52	0:08:06	0:08:20	0:08:33	0:08:46
213	0:05:30	0:05:43	0:05:56	0:06:10	0:06:23	0:06:36	0:06:49	0:07:02	0:07:16	0:07:29	0:07:42	0:07:55	0:08:08	0:08:22	0:08:35
216	0:05:23	0:05:35	0:05:48	0:06:01	0:06:14	0:06:27	0:06:40	0:06:53	0:07:06	0:07:19	0:07:31	0:07:44	0:07:57	0:08:10	0:08:23
219	0:05:15	0:05:28	0:05:40	0:05:53	0:06:05	0:06:18	0:06:31	0:06:43	0:06:56	0:07:08	0:07:21	0:07:34	0:07:46	0:07:59	0:08:11
222	0:05:07	0:05:20	0:05:32	0:05:44	0:05:57	0:06:09	0:06:21	0:06:34	0:06:46	0:06:58	0:07:10	0:07:23	0:07:35	0:07:47	0:08:00
225	0:05:00	0:05:12	0:05:24	0:05:36	0:05:48	0:06:00	0:06:12	0:06:24	0:06:36	0:06:48	0:07:00	0:07:12	0:07:24	0:07:36	0:07:48
228	0:04:53	0:05:04	0:05:16	0:05:28	0:05:39	0:05:51	0:06:03	0:06:14	0:06:26	0:06:38	0:06:49	0:07:01	0:07:13	0:07:25	0:07:36
231	0:04:45	0:04:56	0:05:08	0:05:19	0:05:31	0:05:42	0:05:53	0:06:05	0:06:16	0:06:28	0:06:39	0:06:50	0:07:02	0:07:13	0:07:25
234	0:04:38	0:04:49	0:05:00	0:05:11	0:05:22	0:05:33	0:05:44	0:05:55	0:06:06	0:06:17	0:06:28	0:06:40	0:06:51	0:07:02	0:07:13
237	0:04:30	0:04:41	0:04:52	0:05:02	0:05:13	0:05:24	0:05:35	0:05:46	0:05:56	0:06:07	0:06:18	0:06:29	0:06:40	0:06:50	0:07:01
240	0:04:23	0:04:33	0:04:44	0:04:54	0:05:05	0:05:15	0:05:26	0:05:36	0:05:46	0:05:57	0:06:07	0:06:18	0:06:28	0:06:39	0:06:49
243	0:04:15	0:04:25	0:04:35	0:04:46	0:04:56	0:05:06	0:05:16	0:05:26	0:05:37	0:05:47	0:05:57	0:06:07	0:06:17	0:06:28	0:06:38
246	0:04:08	0:04:17	0:04:27	0:04:37	0:04:47	0:04:57	0:05:07	0:05:17	0:05:27	0:05:37	0:05:46	0:05:56	0:06:06	0:06:16	0:06:26
249	0:04:00	0:04:10	0:04:19	0:04:29	0:04:38	0:04:48	0:04:58	0:05:07	0:05:17	0:05:26	0:05:36	0:05:46	0:05:55	0:06:05	0:06:14
252	0:03:53	0:04:02	0:04:11	0:04:20	0:04:30	0:04:39	0:04:48	0:04:58	0:05:07	0:05:16	0:05:26	0:05:35	0:05:44	0:05:53	0:06:03
255	0:03:45	0:03:54	0:04:03	0:04:12	0:04:21	0:04:30	0:04:39	0:04:48	0:04:57	0:05:06	0:05:15	0:05:24	0:05:33	0:05:42	0:05:51
258	0:03:38	0:03:46	0:03:55	0:04:04	0:04:12	0:04:21	0:04:30	0:04:38	0:04:47	0:04:56	0:05:05	0:05:13	0:05:22	0:05:31	0:05:39
261	0:03:30	0:03:38	0:03:47	0:03:55	0:04:04	0:04:12	0:04:20	0:04:29	0:04:37	0:04:46	0:04:54	0:05:02	0:05:11	0:05:19	0:05:28
264	0:03:23	0:03:31	0:03:39	0:03:47	0:03:55	0:04:03	0:04:11	0:04:19	0:04:27	0:04:35	0:04:44	0:04:52	0:05:00	0:05:08	0:05:16
267	0:03:15	0:03:23	0:03:31	0:03:38	0:03:46	0:03:54	0:04:02	0:04:10	0:04:17	0:04:25	0:04:33	0:04:41	0:04:49	0:04:56	0:05:04
270	0:03:08	0:03:15	0:03:23	0:03:30	0:03:38	0:03:45	0:03:53	0:04:00	0:04:08	0:04:15	0:04:23	0:04:30	0:04:38	0:04:45	0:04:53
273	0:03:00	0:03:07	0:03:14	0:03:22	0:03:29	0:03:36	0:03:43	0:03:50	0:03:58	0:04:05	0:04:12	0:04:19	0:04:26	0:04:34	0:04:41
276	0:02:53	0:02:59	0:03:06	0:03:13	0:03:20	0:03:27	0:03:34	0:03:41	0:03:48	0:03:55	0:04:01	0:04:08	0:04:15	0:04:22	0:04:29
279	0:02:45	0:02:52	0:02:58	0:03:05	0:03:11	0:03:18	0:03:25	0:03:31	0:03:38	0:03:44	0:03:51	0:03:58	0:04:04	0:04:11	0:04:17
282	0:02:37	0:02:44	0:02:50	0:02:56	0:03:03	0:03:09	0:03:15	0:03:22	0:03:28	0:03:34	0:03:41	0:03:47	0:03:53	0:03:59	0:04:06
285	0:02:30	0:02:36	0:02:42	0:02:48	0:02:54	0:03:00	0:03:06	0:03:12	0:03:18	0:03:24	0:03:30	0:03:36	0:03:42	0:03:48	0:03:54
288	0:02:23	0:02:28	0:02:34	0:02:40	0:02:45	0:02:51	0:02:57	0:03:02	0:03:08	0:03:14	0:03:20	0:03:25	0:03:31	0:03:37	0:03:42
291	0:02:15	0:02:20	0:02:26	0:02:31	0:02:37	0:02:42	0:02:47	0:02:53	0:02:58	0:03:04	0:03:09	0:03:14	0:03:20	0:03:25	0:03:31
294	0:02:07	0:02:13	0:02:18	0:02:23	0:02:28	0:02:33	0:02:38	0:02:43	0:02:48	0:02:53	0:02:59	0:03:04	0:03:09	0:03:14	0:03:19
297	0:02:00	0:02:05	0:02:10	0:02:14	0:02:19	0:02:24	0:02:29	0:02:34	0:02:38	0:02:43	0:02:48	0:02:53	0:02:58	0:03:02	0:03:07
300	0:01:52	0:01:57	0:02:02	0:02:06	0:02:10	0:02:15	0:02:20	0:02:24	0:02:29	0:02:33	0:02:37	0:02:42	0:02:46	0:02:51	0:02:56
303	0:01:45	0:01:49	0:01:53	0:01:58	0:02:02	0:02:06	0:02:10	0:02:14	0:02:19	0:02:23	0:02:27	0:02:31	0:02:35	0:02:40	0:02:44
306	0:01:38	0:01:41	0:01:45	0:01:49	0:01:53	0:01:57	0:02:01	0:02:05	0:02:09	0:02:13	0:02:16	0:02:20	0:02:24	0:02:28	0:02:32
309	0:01:30	0:01:34	0:01:37	0:01:41	0:01:44	0:01:48	0:01:52	0:01:55	0:01:59	0:02:02	0:02:06	0:02:10	0:02:13	0:02:17	0:02:20
312	0:01:23	0:01:26	0:01:29	0:01:32	0:01:36	0:01:39	0:01:42	0:01:46	0:01:49	0:01:52	0:01:56	0:01:59	0:02:02	0:02:05	0:02:09
315	0:01:15	0:01:18	0:01:21	0:01:24	0:01:27	0:01:30	0:01:33	0:01:36	0:01:39	0:01:42	0:01:45	0:01:48	0:01:51	0:01:54	0:01:57
318	0:01:07	0:01:10	0:01:13	0:01:16	0:01:18	0:01:21	0:01:24	0:01:26	0:01:29	0:01:32	0:01:34	0:01:37	0:01:40	0:01:43	0:01:45
321	0:01:00	0:01:02	0:01:05	0:01:07	0:01:10	0:01:12	0:01:14	0:01:17	0:01:19	0:01:22	0:01:24	0:01:26	0:01:29	0:01:31	0:01:34
324	0:00:53	0:00:55	0:00:57	0:00:59	0:01:01	0:01:03	0:01:05	0:01:07	0:01:09	0:01:11	0:01:13	0:01:16	0:01:18	0:01:20	0:01:22
327	0:00:45	0:00:47	0:00:49	0:00:50	0:00:52	0:00:54	0:00:56	0:00:58	0:00:59	0:01:01	0:01:03	0:01:05	0:01:07	0:01:08	0:01:

Distance → PHRF ↓	4	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5	5.1	5.2	5.3	5.4
-81	0:28:24	0:29:07	0:29:49	0:30:32	0:31:14	0:31:57	0:32:40	0:33:22	0:34:05	0:34:47	0:35:30	0:36:13	0:36:55	0:37:38	0:38:20
-78	0:28:12	0:28:54	0:29:37	0:30:19	0:31:01	0:31:44	0:32:26	0:33:08	0:33:50	0:34:33	0:35:15	0:35:57	0:36:40	0:37:22	0:38:04
-75	0:28:00	0:28:42	0:29:24	0:30:06	0:30:48	0:31:30	0:32:12	0:32:54	0:33:36	0:34:18	0:35:00	0:35:42	0:36:24	0:37:06	0:37:48
-72	0:27:48	0:28:30	0:29:11	0:29:53	0:30:35	0:31:17	0:31:58	0:32:40	0:33:22	0:34:03	0:34:45	0:35:27	0:36:08	0:36:50	0:37:32
-69	0:27:36	0:28:17	0:28:59	0:29:40	0:30:22	0:31:03	0:31:44	0:32:26	0:33:07	0:33:49	0:34:30	0:35:11	0:35:53	0:36:34	0:37:16
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-63	0:27:12	0:27:53	0:28:34	0:29:14	0:29:55	0:30:36	0:31:17	0:31:58	0:32:38	0:33:19	0:34:00	0:34:41	0:35:22	0:36:02	0:36:43
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-48	0:26:12	0:26:51	0:27:31	0:28:10	0:28:49	0:29:29	0:30:08	0:30:47	0:31:26	0:32:06	0:32:45	0:33:24	0:34:04	0:34:43	0:35:22
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-36	0:25:24	0:26:02	0:26:40	0:27:18	0:27:56	0:28:34	0:29:13	0:29:51	0:30:29	0:31:07	0:31:45	0:32:23	0:33:01	0:33:39	0:34:17
-33	0:25:12	0:25:50	0:26:28	0:27:05	0:27:43	0:28:21	0:28:59	0:29:37	0:30:14	0:30:52	0:31:30	0:32:08	0:32:46	0:33:23	0:34:01
-30	0:25:00	0:25:37	0:26:15	0:26:52	0:27:30	0:28:07	0:28:45	0:29:22	0:30:00	0:30:38	0:31:15	0:31:52	0:32:30	0:33:08	0:33:45
-27	0:24:48	0:25:25	0:26:02	0:26:40	0:27:17	0:27:54	0:28:31	0:29:08	0:29:46	0:30:23	0:31:00	0:31:37	0:32:14	0:32:52	0:33:29
-24	0:24:36	0:25:13	0:25:50	0:26:27	0:27:04	0:27:40	0:28:17	0:28:54	0:29:31	0:30:08	0:30:45	0:31:22	0:31:59	0:32:36	0:33:13
-21	0:24:24	0:25:01	0:25:37	0:26:14	0:26:50	0:27:27	0:28:04	0:28:40	0:29:17	0:29:53	0:30:30	0:31:07	0:31:43	0:32:20	0:32:56
-18	0:24:12	0:24:48	0:25:25	0:26:01	0:26:37	0:27:14	0:27:50	0:28:26	0:29:02	0:29:39	0:30:15	0:30:51	0:31:28	0:32:04	0:32:40
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-9	0:23:36	0:24:11	0:24:47	0:25:22	0:25:58	0:26:33	0:27:08	0:27:44	0:28:19	0:28:55	0:29:30	0:30:05	0:30:41	0:31:16	0:31:52
-6	0:23:24	0:23:59	0:24:34	0:25:09	0:25:44	0:26:19	0:26:55	0:27:30	0:28:05	0:28:40	0:29:15	0:29:50	0:30:25	0:31:00	0:31:35
-3	0:23:12	0:23:47	0:24:22	0:24:56	0:25:31	0:26:06	0:26:41	0:27:16	0:27:50	0:28:25	0:29:00	0:29:35	0:30:10	0:30:44	0:31:19
0	0:23:00	0:23:34	0:24:09	0:24:44	0:25:18	0:25:53	0:26:27	0:27:02	0:27:36	0:28:11	0:28:45	0:29:19	0:29:54	0:30:29	0:31:03
3	0:22:48	0:23:22	0:23:56	0:24:31	0:25:05	0:25:39	0:26:13	0:26:47	0:27:22	0:27:56	0:28:30	0:29:04	0:29:38	0:30:13	0:30:47
6	0:22:36	0:23:10	0:23:44	0:24:18	0:24:52	0:25:26	0:25:59	0:26:33	0:27:07	0:27:41	0:28:15	0:28:49	0:29:23	0:29:57	0:30:31
9	0:22:24	0:22:58	0:23:31	0:24:05	0:24:38	0:25:12	0:25:46	0:26:19	0:26:53	0:27:26	0:28:00	0:28:34	0:29:07	0:29:41	0:30:14
12	0:22:12	0:22:45	0:23:19	0:23:52	0:24:25	0:24:59	0:25:32	0:26:05	0:26:38	0:27:12	0:27:45	0:28:18	0:28:52	0:29:25	0:29:58
15	0:22:00	0:22:33	0:23:06	0:23:39	0:24:12	0:24:45	0:25:18	0:25:51	0:26:24	0:26:57	0:27:30	0:28:03	0:28:36	0:29:09	0:29:42
18	0:21:48	0:22:21	0:22:53	0:23:26	0:23:59	0:24:32	0:25:04	0:25:37	0:26:10	0:26:42	0:27:15	0:27:48	0:28:20	0:28:53	0:29:26
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30	0:21:00	0:21:31	0:22:03	0:22:34	0:23:06	0:23:37	0:24:09	0:24:41	0:25:12	0:25:44	0:26:15	0:26:46	0:27:18	0:27:49	0:28:21
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45	0:20:00	0:20:30	0:21:00	0:21:30	0:22:00	0:22:30	0:23:00	0:23:30	0:24:00	0:24:30	0:25:00	0:25:30	0:26:00	0:26:30	0:27:00
48	0:19:48	0:20:18	0:20:47	0:21:17	0:21:47	0:22:17	0:22:46	0:23:16	0:23:46	0:24:15	0:24:45	0:25:15	0:25:44	0:26:14	0:26:44
51	0:19:36	0:20:05	0:20:35	0:21:04	0:21:34	0:22:03	0:22:32	0:23:02	0:23:31	0:24:01	0:24:30	0:24:59	0:25:29	0:25:58	0:26:28
54	0:19:24	0:19:53	0:20:22	0:20:51	0:21:20	0:21:50	0:22:19	0:22:48	0:23:17	0:23:46	0:24:15	0:24:44	0:25:13	0:25:42	0:26:11
57	0:19:12	0:19:41	0:20:10	0:20:38	0:21:07	0:21:36	0:22:05	0:22:34	0:23:02	0:23:31	0:24:00	0:24:29	0:24:58	0:25:26	0:25:55
60	0:19:00	0:19:28	0:19:57	0:20:25	0:20:54	0:21:23	0:21:51	0:22:20	0:22:48	0:23:17	0:23:45	0:24:13	0:24:42	0:25:11	0:25:39
63	0:18:48	0:19:16	0:19:44	0:20:13	0:20:41	0:21:09	0:21:37	0:22:05	0:22:34	0:23:02	0:23:30	0:23:58	0:24:26	0:24:55	0:25:23
66	0:18:36	0:19:04	0:19:32	0:20:00	0:20:28	0:20:56	0:21:23	0:21:51	0:22:19	0:22:47	0:23:15	0:23:43	0:24:11	0:24:39	0:25:07
69	0:18:24	0:18:52	0:19:19	0:19:47	0:20:14	0:20:42	0:21:10	0:21:37	0:22:05	0:22:32	0:23:00	0:23:28	0:23:55	0:24:23	0:24:50
72	0:18:12	0:18:39	0:19:07	0:19:34	0:20:01	0:20:29	0:20:56	0:21:23	0:21:50	0:22:18	0:22:45	0:23:12	0:23:40	0:24:07	0:24:34
75	0:18:00	0:18:27	0:18:54	0:19:21	0:19:48	0:20:15	0:20:42	0:21:09	0:21:36	0:22:03	0:22:30	0:22:57	0:23:24	0:23:51	0:24:18
78	0:17:48	0:18:15	0:18:41	0:19:08	0:19:35	0:20:02	0:20:28	0:20:55	0:21:22	0:21:48	0:22:15	0:22:42	0:23:08	0:23:35	0:24:02
81	0:17:36	0:18:02	0:18:29	0:18:55	0:19:22	0:19:48	0:20:14	0:20:41	0:21:07	0:21:34	0:22:00	0:22:26	0:22:53	0:23:19	0:23:46
84	0:17:24	0:17:50	0:18:16	0:18:42	0:19:08	0:19:34	0:20:01	0:20:27	0:20:53	0:21:19	0:21:45	0:22:11	0:22:37	0:23:03	0:23:29
87	0:17:12	0:17:38	0:18:04	0:18:29	0:18:55	0:19:21	0:19:47	0:20:13	0:20:38	0:21:04	0:21:30	0:21:56	0:22:22	0:22:47	0:23:13
90	0:17:00	0:17:25	0:17:51	0:18:17	0:18:42	0:19:07	0:19:33	0:19:59	0:20:24	0:20:49	0:21:15	0:21:41	0:22:06	0:22:31	0:22:57
93	0:16:48	0:17:13	0:17:38	0:18:04	0:18:29	0:18:54	0:19:19	0:19:44	0:20:10	0:20:35	0:21:00	0:21:25	0:21:50	0:22:16	0:22:41
96	0:16:36	0:17:01	0:17:26	0:17:51	0:18:16	0:18:41	0:19:05	0:19:30	0:19:55	0:20:20	0:20:45	0:21:10	0:21:35	0:22:00	0:22:25
99	0:16:24	0:16:49	0:17:13	0:17:38	0:18:02	0:18:27	0:18:52	0:19:16	0:19:41	0:20:05	0:20:30	0:20:55	0:21:19	0:21:44	0:22:08
102	0:16:12	0:16:36	0:17:01	0:17:25	0:17:49	0:18:14	0:18:38	0:19:02	0:19:26	0:19:51	0:20:15	0:20:39	0:21:04	0:21:28	0:21:52
105	0:16:00	0:16:24	0:16:48	0:17:12	0:17:36	0:18:00	0:18:24	0:18:48	0:19:12	0:19:36	0:20:00	0:20:24	0:20:48	0:21:12	0:21:36
108	0:15:48	0:16:12	0:16:35	0:16:											

Distance → PHRF ↓	4	4.1	4.2	4.3	4.4	4.5	4.6	4.7	4.8	4.9	5	5.1	5.2	5.3	5.4
141	0:13:36	0:13:56	0:14:17	0:14:37	0:14:58	0:15:18	0:15:38	0:15:59	0:16:19	0:16:40	0:17:00	0:17:20	0:17:41	0:18:01	0:18:22
144	0:13:24	0:13:44	0:14:04	0:14:24	0:14:44	0:15:04	0:15:25	0:15:45	0:16:05	0:16:25	0:16:45	0:17:05	0:17:25	0:17:45	0:18:05
147	0:13:12	0:13:32	0:13:52	0:14:11	0:14:31	0:14:51	0:15:11	0:15:31	0:15:50	0:16:10	0:16:30	0:16:50	0:17:10	0:17:29	0:17:49
150	0:13:00	0:13:19	0:13:39	0:13:58	0:14:18	0:14:37	0:14:57	0:15:16	0:15:36	0:15:56	0:16:15	0:16:35	0:16:54	0:17:14	0:17:33
153	0:12:48	0:13:07	0:13:26	0:13:46	0:14:05	0:14:24	0:14:43	0:15:02	0:15:22	0:15:41	0:16:00	0:16:19	0:16:38	0:16:58	0:17:17
156	0:12:36	0:12:55	0:13:14	0:13:33	0:13:52	0:14:10	0:14:29	0:14:48	0:15:07	0:15:26	0:15:45	0:16:04	0:16:23	0:16:42	0:17:01
159	0:12:24	0:12:43	0:13:01	0:13:20	0:13:38	0:13:57	0:14:16	0:14:34	0:14:53	0:15:11	0:15:30	0:15:49	0:16:07	0:16:26	0:16:44
162	0:12:12	0:12:30	0:12:49	0:13:07	0:13:25	0:13:43	0:14:02	0:14:20	0:14:38	0:14:57	0:15:15	0:15:33	0:15:52	0:16:10	0:16:28
165	0:12:00	0:12:18	0:12:36	0:12:54	0:13:12	0:13:30	0:13:48	0:14:06	0:14:24	0:14:42	0:15:00	0:15:18	0:15:36	0:15:54	0:16:12
168	0:11:48	0:12:06	0:12:23	0:12:41	0:12:59	0:13:16	0:13:34	0:13:52	0:14:10	0:14:27	0:14:45	0:15:03	0:15:20	0:15:38	0:15:56
171	0:11:36	0:11:53	0:12:11	0:12:28	0:12:46	0:13:03	0:13:20	0:13:38	0:13:55	0:14:13	0:14:30	0:14:47	0:15:05	0:15:22	0:15:40
174	0:11:24	0:11:41	0:11:58	0:12:15	0:12:32	0:12:49	0:13:07	0:13:24	0:13:41	0:13:58	0:14:15	0:14:32	0:14:49	0:15:06	0:15:23
177	0:11:12	0:11:29	0:11:46	0:12:02	0:12:19	0:12:36	0:12:53	0:13:10	0:13:26	0:13:43	0:14:00	0:14:17	0:14:34	0:14:50	0:15:07
180	0:11:00	0:11:16	0:11:33	0:11:49	0:12:06	0:12:22	0:12:39	0:12:56	0:13:12	0:13:28	0:13:45	0:14:01	0:14:18	0:14:35	0:14:51
183	0:10:48	0:11:04	0:11:20	0:11:37	0:11:53	0:12:09	0:12:25	0:12:41	0:12:58	0:13:14	0:13:30	0:13:46	0:14:02	0:14:19	0:14:35
186	0:10:36	0:10:52	0:11:08	0:11:24	0:11:40	0:11:56	0:12:11	0:12:27	0:12:43	0:12:59	0:13:15	0:13:31	0:13:47	0:14:03	0:14:19
189	0:10:24	0:10:40	0:10:55	0:11:11	0:11:26	0:11:42	0:11:58	0:12:13	0:12:29	0:12:44	0:13:00	0:13:16	0:13:31	0:13:47	0:14:02
192	0:10:12	0:10:27	0:10:43	0:10:58	0:11:13	0:11:28	0:11:44	0:11:59	0:12:14	0:12:30	0:12:45	0:13:00	0:13:16	0:13:31	0:13:46
195	0:10:00	0:10:15	0:10:30	0:10:45	0:11:00	0:11:15	0:11:30	0:11:45	0:12:00	0:12:15	0:12:30	0:12:45	0:13:00	0:13:15	0:13:30
198	0:09:48	0:10:03	0:10:17	0:10:32	0:10:47	0:11:01	0:11:16	0:11:31	0:11:46	0:12:00	0:12:15	0:12:30	0:12:44	0:12:59	0:13:14
201	0:09:36	0:09:50	0:10:05	0:10:19	0:10:34	0:10:48	0:11:02	0:11:17	0:11:31	0:11:46	0:12:00	0:12:14	0:12:29	0:12:43	0:12:58
204	0:09:24	0:09:38	0:09:52	0:10:06	0:10:20	0:10:34	0:10:49	0:11:03	0:11:17	0:11:31	0:11:45	0:11:59	0:12:13	0:12:27	0:12:41
207	0:09:12	0:09:26	0:09:40	0:09:53	0:10:07	0:10:21	0:10:35	0:10:49	0:11:02	0:11:16	0:11:30	0:11:44	0:11:58	0:12:11	0:12:25
210	0:09:00	0:09:13	0:09:27	0:09:41	0:09:54	0:10:07	0:10:21	0:10:34	0:10:48	0:11:01	0:11:15	0:11:28	0:11:42	0:11:56	0:12:09
213	0:08:48	0:09:01	0:09:14	0:09:28	0:09:41	0:09:54	0:10:07	0:10:20	0:10:34	0:10:47	0:11:00	0:11:13	0:11:26	0:11:40	0:11:53
216	0:08:36	0:08:49	0:09:02	0:09:15	0:09:28	0:09:41	0:09:53	0:10:06	0:10:19	0:10:32	0:10:45	0:10:58	0:11:11	0:11:24	0:11:37
219	0:08:24	0:08:37	0:08:49	0:09:02	0:09:14	0:09:27	0:09:40	0:09:52	0:10:05	0:10:17	0:10:30	0:10:43	0:10:55	0:11:08	0:11:20
222	0:08:12	0:08:24	0:08:37	0:08:49	0:09:01	0:09:13	0:09:26	0:09:38	0:09:50	0:10:03	0:10:15	0:10:27	0:10:40	0:10:52	0:11:04
225	0:08:00	0:08:12	0:08:24	0:08:36	0:08:48	0:09:00	0:09:12	0:09:24	0:09:36	0:09:48	0:10:00	0:10:12	0:10:24	0:10:36	0:10:48
228	0:07:48	0:08:00	0:08:11	0:08:23	0:08:35	0:08:46	0:08:58	0:09:10	0:09:22	0:09:33	0:09:45	0:09:57	0:10:08	0:10:20	0:10:32
231	0:07:36	0:07:47	0:07:59	0:08:10	0:08:22	0:08:33	0:08:44	0:08:56	0:09:07	0:09:19	0:09:30	0:09:41	0:09:53	0:10:04	0:10:16
234	0:07:24	0:07:35	0:07:46	0:07:57	0:08:08	0:08:20	0:08:31	0:08:42	0:08:53	0:09:04	0:09:15	0:09:26	0:09:37	0:09:48	0:09:59
237	0:07:12	0:07:23	0:07:34	0:07:44	0:07:55	0:08:06	0:08:17	0:08:28	0:08:38	0:08:49	0:09:00	0:09:11	0:09:22	0:09:32	0:09:43
240	0:07:00	0:07:10	0:07:21	0:07:31	0:07:42	0:07:52	0:08:03	0:08:13	0:08:24	0:08:34	0:08:45	0:08:55	0:09:06	0:09:16	0:09:27
243	0:06:48	0:06:58	0:07:08	0:07:19	0:07:29	0:07:39	0:07:49	0:07:59	0:08:10	0:08:20	0:08:30	0:08:40	0:08:50	0:09:01	0:09:11
246	0:06:36	0:06:46	0:06:56	0:07:06	0:07:16	0:07:25	0:07:35	0:07:45	0:07:55	0:08:05	0:08:15	0:08:25	0:08:35	0:08:45	0:08:55
249	0:06:24	0:06:34	0:06:43	0:06:53	0:07:02	0:07:12	0:07:22	0:07:31	0:07:41	0:07:50	0:08:00	0:08:10	0:08:19	0:08:29	0:08:38
252	0:06:12	0:06:21	0:06:31	0:06:40	0:06:49	0:06:58	0:07:08	0:07:17	0:07:26	0:07:36	0:07:45	0:07:54	0:08:04	0:08:13	0:08:22
255	0:06:00	0:06:09	0:06:18	0:06:27	0:06:36	0:06:45	0:06:54	0:07:03	0:07:12	0:07:21	0:07:30	0:07:39	0:07:48	0:07:57	0:08:06
258	0:05:48	0:05:57	0:06:05	0:06:14	0:06:23	0:06:31	0:06:40	0:06:49	0:06:58	0:07:06	0:07:15	0:07:24	0:07:32	0:07:41	0:07:50
261	0:05:36	0:05:44	0:05:53	0:06:01	0:06:10	0:06:18	0:06:26	0:06:35	0:06:43	0:06:52	0:07:00	0:07:08	0:07:17	0:07:25	0:07:34
264	0:05:24	0:05:32	0:05:40	0:05:48	0:05:56	0:06:04	0:06:13	0:06:21	0:06:29	0:06:37	0:06:45	0:06:53	0:07:01	0:07:09	0:07:17
267	0:05:12	0:05:20	0:05:28	0:05:35	0:05:43	0:05:51	0:05:59	0:06:07	0:06:14	0:06:22	0:06:30	0:06:38	0:06:46	0:06:53	0:07:01
270	0:05:00	0:05:07	0:05:15	0:05:23	0:05:30	0:05:37	0:05:45	0:05:53	0:06:00	0:06:07	0:06:15	0:06:22	0:06:30	0:06:37	0:06:45
273	0:04:48	0:04:55	0:05:02	0:05:10	0:05:17	0:05:24	0:05:31	0:05:38	0:05:46	0:05:53	0:06:00	0:06:07	0:06:14	0:06:22	0:06:29
276	0:04:36	0:04:43	0:04:50	0:04:57	0:05:04	0:05:11	0:05:17	0:05:24	0:05:31	0:05:38	0:05:45	0:05:52	0:05:59	0:06:06	0:06:13
279	0:04:24	0:04:31	0:04:37	0:04:44	0:04:50	0:04:57	0:05:04	0:05:10	0:05:17	0:05:23	0:05:30	0:05:37	0:05:43	0:05:50	0:05:56
282	0:04:12	0:04:18	0:04:25	0:04:31	0:04:37	0:04:44	0:04:50	0:04:56	0:05:02	0:05:09	0:05:15	0:05:21	0:05:28	0:05:34	0:05:40
285	0:04:00	0:04:06	0:04:12	0:04:18	0:04:24	0:04:30	0:04:36	0:04:42	0:04:48	0:04:54	0:05:00	0:05:06	0:05:12	0:05:18	0:05:24
288	0:03:48	0:03:54	0:03:59	0:04:05	0:04:11	0:04:16	0:04:22	0:04:28	0:04:34	0:04:39	0:04:45	0:04:51	0:04:56	0:05:02	0:05:08
291	0:03:36	0:03:41	0:03:47	0:03:52	0:03:58	0:04:03	0:04:08	0:04:14	0:04:19	0:04:25	0:04:30	0:04:35	0:04:41	0:04:46	0:04:52
294	0:03:24	0:03:29	0:03:34	0:03:39	0:03:44	0:03:50	0:03:55	0:04:00	0:04:05	0:04:10	0:04:15	0:04:20	0:04:25	0:04:30	0:04:35
297	0:03:12	0:03:17	0:03:22	0:03:26	0:03:31	0:03:36	0:03:41	0:03:46	0:03:50	0:03:55	0:04:00	0:04:05	0:04:10	0:04:14	0:04:19
300	0:03:00	0:03:04	0:03:09	0:03:14	0:03:18	0:03:23	0:03:27	0:03:31	0:03:36	0:03:41	0:03:45	0:03:49	0:03:54	0:03:59	0:04:03
303	0:02:48	0:02:52	0:02:56	0:03:01	0:03:05	0:03:09	0:03:13	0:03:17	0:03:22	0:03:26	0:03:30	0:03:34	0:03:38	0:03:43	0:03:47
306	0:02:36	0:02:40	0:02:44	0:02:48	0:02:52	0:02:56	0:02:59	0:03:03	0:03:07	0:03:11	0:03:15	0:03:19	0:03:23	0:03:27	0:03:31
309	0:02:24	0:02:28	0:02:31	0:02:35	0:02:38	0:02:42	0:02:46	0:02:49	0:02:53	0:02:56	0:03:00	0:03:04	0:03:07	0:03:11	0:03:14
312	0:02:12	0:02:15	0:02:19	0:02:22	0:02:25	0:02:29	0:02:32	0:02:35	0:02:38	0:02:42	0:02:45	0:02:48	0:02:52	0:02:55	0:02:58
315	0:02:00	0:02:03	0:02:06	0:02:09	0:02:12	0:02:15	0:02:18	0:02:21	0:02:24	0:02:27	0:02:30	0:02:33	0:02:36	0:02:39	0:02:42
318	0:01:48	0:01:51	0:01:53	0:01:56	0:01:59	0:02:02	0:02:04	0:02:07	0:02:10	0:02:12	0:02:15	0:02:18	0:02:20	0:02:23	0:02:26
321	0:01:36	0:01:38	0:01:41	0:01:43	0:01:46	0:01:48	0:01:50	0:01:53	0:01:55	0:01:58	0:02:00	0:02:02	0:02:05	0:02:07	0:02:10
324	0:01:24	0:01:26	0:01:28	0:01:30	0:01:32	0:01:34	0:01:37	0:01:39	0:01:41	0:01:43	0:01:45	0:01:47	0:01:49	0:01:51	0:01:53
327	0:01:12	0:01:14	0:01:16	0:01:17	0:01:19	0:01:21	0:01:23	0:01:25	0:01:26	0:01:28	0:01:30	0:01:32	0:01:34	0:01:35	0:01:37

Distance → PHRF ↓	5.5	5.6	5.7	5.8	5.9	6	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9
-81	0:39:03	0:39:46	0:40:28	0:41:11	0:41:53	0:42:36	0:43:19	0:44:01	0:44:44	0:45:26	0:46:09	0:46:52	0:47:34	0:48:17	0:48:59
-78	0:38:46	0:39:29	0:40:11	0:40:53	0:41:36	0:42:18	0:43:00	0:43:43	0:44:25	0:45:07	0:45:50	0:46:32	0:47:14	0:47:56	0:48:39
-75	0:38:30	0:39:12	0:39:54	0:40:36	0:41:18	0:42:00	0:42:42	0:43:24	0:44:06	0:44:48	0:45:30	0:46:12	0:46:54	0:47:36	0:48:18
-72	0:38:14	0:38:55	0:39:37	0:40:19	0:41:00	0:41:42	0:42:24	0:43:05	0:43:47	0:44:29	0:45:11	0:45:52	0:46:34	0:47:16	0:47:57
-69	0:37:57	0:38:38	0:39:20	0:40:01	0:40:43	0:41:24	0:42:05	0:42:47	0:43:28	0:44:10	0:44:51	0:45:32	0:46:14	0:46:55	0:47:37
-66	0:37:41	0:38:22	0:39:03	0:39:44	0:40:25	0:41:06	0:41:47	0:42:28	0:43:09	0:43:50	0:44:31	0:45:13	0:45:54	0:46:35	0:47:16
-63	0:37:24	0:38:05	0:38:46	0:39:26	0:40:07	0:40:48	0:41:29	0:42:10	0:42:50	0:43:31	0:44:12	0:44:53	0:45:34	0:46:14	0:46:55
-60	0:37:07	0:37:48	0:38:29	0:39:09	0:39:49	0:40:30	0:41:11	0:41:51	0:42:31	0:43:12	0:43:52	0:44:33	0:45:14	0:45:54	0:46:35
-57	0:36:51	0:37:31	0:38:11	0:38:52	0:39:32	0:40:12	0:40:52	0:41:32	0:42:13	0:42:53	0:43:33	0:44:13	0:44:53	0:45:34	0:46:14
-54	0:36:35	0:37:14	0:37:54	0:38:34	0:39:14	0:39:54	0:40:34	0:41:14	0:41:54	0:42:34	0:43:14	0:43:53	0:44:33	0:45:13	0:45:53
-51	0:36:18	0:36:58	0:37:37	0:38:17	0:38:56	0:39:36	0:40:16	0:40:55	0:41:35	0:42:14	0:42:54	0:43:34	0:44:13	0:44:53	0:45:32
-48	0:36:01	0:36:41	0:37:20	0:37:59	0:38:39	0:39:18	0:39:57	0:40:37	0:41:16	0:41:55	0:42:35	0:43:14	0:43:53	0:44:32	0:45:12
-45	0:35:45	0:36:24	0:37:03	0:37:42	0:38:21	0:39:00	0:39:39	0:40:18	0:40:57	0:41:36	0:42:15	0:42:54	0:43:33	0:44:12	0:44:51
-42	0:35:29	0:36:07	0:36:46	0:37:25	0:38:03	0:38:42	0:39:21	0:39:59	0:40:38	0:41:17	0:41:56	0:42:34	0:43:13	0:43:52	0:44:30
-39	0:35:12	0:35:50	0:36:29	0:37:07	0:37:46	0:38:24	0:39:02	0:39:41	0:40:19	0:40:58	0:41:36	0:42:14	0:42:53	0:43:31	0:44:10
-36	0:34:55	0:35:34	0:36:12	0:36:50	0:37:28	0:38:06	0:38:44	0:39:22	0:40:00	0:40:38	0:41:16	0:41:55	0:42:33	0:43:11	0:43:49
-33	0:34:39	0:35:17	0:35:55	0:36:32	0:37:10	0:37:48	0:38:26	0:39:04	0:39:41	0:40:19	0:40:57	0:41:35	0:42:13	0:42:50	0:43:28
-30	0:34:22	0:35:00	0:35:37	0:36:15	0:36:53	0:37:30	0:38:07	0:38:45	0:39:22	0:40:00	0:40:37	0:41:15	0:41:52	0:42:30	0:43:07
-27	0:34:06	0:34:43	0:35:20	0:35:58	0:36:35	0:37:12	0:37:49	0:38:26	0:39:04	0:39:41	0:40:18	0:40:55	0:41:32	0:42:10	0:42:47
-24	0:33:50	0:34:26	0:35:03	0:35:40	0:36:17	0:36:54	0:37:31	0:38:08	0:38:45	0:39:22	0:39:59	0:40:35	0:41:12	0:41:49	0:42:26
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-18	0:33:16	0:33:53	0:34:29	0:35:05	0:35:42	0:36:18	0:36:54	0:37:31	0:38:07	0:38:43	0:39:19	0:39:56	0:40:32	0:41:08	0:41:45
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-12	0:32:44	0:33:19	0:33:55	0:34:31	0:35:06	0:35:42	0:36:18	0:36:53	0:37:29	0:38:05	0:38:40	0:39:16	0:39:52	0:40:28	0:41:03
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-3	0:31:54	0:32:29	0:33:04	0:33:38	0:34:13	0:34:48	0:35:23	0:35:58	0:36:32	0:37:07	0:37:42	0:38:17	0:38:52	0:39:26	0:40:01
0	0:31:38	0:32:12	0:32:47	0:33:21	0:33:56	0:34:30	0:35:05	0:35:39	0:36:14	0:36:48	0:37:22	0:37:57	0:38:31	0:39:06	0:39:41
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6	0:31:05	0:31:38	0:32:12	0:32:46	0:33:20	0:33:54	0:34:28	0:35:02	0:35:36	0:36:10	0:36:44	0:37:17	0:37:51	0:38:25	0:38:59
9	0:30:48	0:31:22	0:31:55	0:32:29	0:33:02	0:33:36	0:34:10	0:34:43	0:35:17	0:35:50	0:36:24	0:36:58	0:37:31	0:38:05	0:38:38
12	0:30:32	0:31:05	0:31:38	0:32:11	0:32:45	0:33:18	0:33:51	0:34:25	0:34:58	0:35:31	0:36:04	0:36:38	0:37:11	0:37:44	0:38:18
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51	0:26:57	0:27:26	0:27:56	0:28:25	0:28:55	0:29:24	0:29:53	0:30:23	0:30:52	0:31:22	0:31:51	0:32:20	0:32:50	0:33:19	0:33:49
54	0:26:40	0:27:10	0:27:39	0:28:08	0:28:37	0:29:06	0:29:35	0:30:04	0:30:33	0:31:02	0:31:31	0:32:01	0:32:30	0:32:59	0:33:28
57	0:26:24	0:26:53	0:27:22	0:27:50	0:28:19	0:28:48	0:29:17	0:29:46	0:30:14	0:30:43	0:31:12	0:31:41	0:32:10	0:32:38	0:33:07
60	0:26:08	0:26:36	0:27:04	0:27:33	0:28:01	0:28:30	0:28:58	0:29:27	0:29:56	0:30:24	0:30:52	0:31:21	0:31:49	0:32:18	0:32:47
63	0:25:51	0:26:19	0:26:47	0:27:16	0:27:44	0:28:12	0:28:40	0:29:08	0:29:37	0:30:05	0:30:33	0:31:01	0:31:29	0:31:58	0:32:26
66	0:25:35	0:26:02	0:26:30	0:26:58	0:27:26	0:27:54	0:28:22	0:28:50	0:29:18	0:29:46	0:30:14	0:30:41	0:31:09	0:31:37	0:32:05
69	0:25:18	0:25:46	0:26:13	0:26:41	0:27:08	0:27:36	0:28:04	0:28:31	0:28:59	0:29:26	0:29:54	0:30:22	0:30:49	0:31:17	0:31:44
72	0:25:01	0:25:29	0:25:56	0:26:23	0:26:51	0:27:18	0:27:45	0:28:13	0:28:40	0:29:07	0:29:35	0:30:02	0:30:29	0:30:56	0:31:24
75	0:24:45	0:25:12	0:25:39	0:26:06	0:26:33	0:27:00	0:27:27	0:27:54	0:28:21	0:28:48	0:29:15	0:29:42	0:30:09	0:30:36	0:31:03
78	0:24:28	0:24:55	0:25:22	0:25:49	0:26:15	0:26:42	0:27:09	0:27:35	0:28:02	0:28:29	0:28:56	0:29:22	0:29:49	0:30:16	0:30:42
81	0:24:12	0:24:38	0:25:05	0:25:31	0:25:58	0:26:24	0:26:50	0:27:17	0:27:43	0:28:10	0:28:36	0:29:02	0:29:29	0:29:55	0:30:22
84	0:23:55	0:24:22	0:24:48	0:25:14	0:25:40	0:26:06	0:26:32	0:26:58	0:27:24	0:27:50	0:28:16	0:28:43	0:29:09	0:29:35	0:30:01
87	0:23:39	0:24:05	0:24:31	0:24:56	0:25:22	0:25:48	0:26:14	0:26:40	0:27:05	0:27:31	0:27:57	0:28:23	0:28:49	0:29:14	0:29:40
90	0:23:23	0:23:48	0:24:13	0:24:39	0:25:04	0:25:30	0:25:56	0:26:21	0:26:46	0:27:12	0:27:37	0:28:03	0:28:29	0:28:54	0:29:20
93	0:23:06	0:23:31	0:23:56	0:24:22	0:24:47	0:25:12	0:25:37	0:26:02	0:26:28	0:26:53	0:27:18	0:27:43	0:28:08	0:28:34	0:28:59
96	0:22:49	0:23:14	0:23:39	0:24:04	0:24:29	0:24:54	0:25:19	0:25:44	0:26:09	0:26:34	0:26:59	0:27:23	0:27:48	0:28:13	0:28:38
99	0:22:33	0:22:58	0:23:22	0:23:47	0:24:11	0:24:36	0:25:01	0:25:25	0:25:50	0:26:14	0:26:39	0:27:04	0:27:28	0:27:53	0:28:17
102	0:22:17	0:22:41	0:23:05	0:23:29	0:23:54	0:24:18	0:24:42	0:25:07	0:25:31	0:25:55	0:26:19	0:26:44	0:27:08	0:27:32	0:27:57
105	0:22:00	0:22:24	0:22:48	0:23:12	0:23:36	0:24:00	0:24:24	0:24:48	0:25:12	0:25:36	0:26:00	0:26:24	0:26:48	0:27:12	0:27:36
108	0:21:44	0:22:07	0:22:31	0:22:55											

Distance → PHRF ↓	5.5	5.6	5.7	5.8	5.9	6	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9
141	0:18:42	0:19:02	0:19:23	0:19:43	0:20:04	0:20:24	0:20:44	0:21:05	0:21:25	0:21:46	0:22:06	0:22:26	0:22:47	0:23:07	0:23:28
144	0:18:26	0:18:46	0:19:06	0:19:26	0:19:46	0:20:06	0:20:26	0:20:46	0:21:06	0:21:26	0:21:46	0:22:07	0:22:27	0:22:47	0:23:07
147	0:18:09	0:18:29	0:18:49	0:19:08	0:19:28	0:19:48	0:20:08	0:20:28	0:20:47	0:21:07	0:21:27	0:21:47	0:22:07	0:22:26	0:22:46
150	0:17:52	0:18:12	0:18:31	0:18:51	0:19:11	0:19:30	0:19:50	0:20:09	0:20:29	0:20:48	0:21:08	0:21:27	0:21:46	0:22:06	0:22:26
153	0:17:36	0:17:55	0:18:14	0:18:34	0:18:53	0:19:12	0:19:31	0:19:50	0:20:10	0:20:29	0:20:48	0:21:07	0:21:26	0:21:46	0:22:05
156	0:17:19	0:17:38	0:17:57	0:18:16	0:18:35	0:18:54	0:19:13	0:19:32	0:19:51	0:20:10	0:20:29	0:20:47	0:21:06	0:21:25	0:21:44
159	0:17:03	0:17:22	0:17:40	0:17:59	0:18:17	0:18:36	0:18:55	0:19:13	0:19:32	0:19:50	0:20:09	0:20:28	0:20:46	0:21:05	0:21:23
162	0:16:47	0:17:05	0:17:23	0:17:41	0:18:00	0:18:18	0:18:36	0:18:55	0:19:13	0:19:31	0:19:50	0:20:08	0:20:26	0:20:44	0:21:03
165	0:16:30	0:16:48	0:17:06	0:17:24	0:17:42	0:18:00	0:18:18	0:18:36	0:18:54	0:19:12	0:19:30	0:19:48	0:20:06	0:20:24	0:20:42
168	0:16:14	0:16:31	0:16:49	0:17:07	0:17:24	0:17:42	0:18:00	0:18:17	0:18:35	0:18:53	0:19:11	0:19:28	0:19:46	0:20:04	0:20:21
171	0:15:57	0:16:14	0:16:32	0:16:49	0:17:07	0:17:24	0:17:41	0:17:59	0:18:16	0:18:34	0:18:51	0:19:08	0:19:26	0:19:43	0:20:01
174	0:15:41	0:15:58	0:16:15	0:16:32	0:16:49	0:17:06	0:17:23	0:17:40	0:17:57	0:18:14	0:18:31	0:18:49	0:19:06	0:19:23	0:19:40
177	0:15:24	0:15:41	0:15:58	0:16:14	0:16:31	0:16:48	0:17:05	0:17:22	0:17:38	0:17:55	0:18:12	0:18:29	0:18:46	0:19:02	0:19:19
180	0:15:07	0:15:24	0:15:41	0:15:57	0:16:14	0:16:30	0:16:46	0:17:03	0:17:19	0:17:36	0:17:52	0:18:09	0:18:26	0:18:42	0:18:58
183	0:14:51	0:15:07	0:15:23	0:15:40	0:15:56	0:16:12	0:16:28	0:16:44	0:17:01	0:17:17	0:17:33	0:17:49	0:18:05	0:18:22	0:18:38
186	0:14:35	0:14:50	0:15:06	0:15:22	0:15:38	0:15:54	0:16:10	0:16:26	0:16:42	0:16:58	0:17:14	0:17:29	0:17:45	0:18:01	0:18:17
189	0:14:18	0:14:34	0:14:49	0:15:05	0:15:20	0:15:36	0:15:52	0:16:07	0:16:23	0:16:38	0:16:54	0:17:10	0:17:25	0:17:41	0:17:56
192	0:14:02	0:14:17	0:14:32	0:14:47	0:15:03	0:15:18	0:15:33	0:15:49	0:16:04	0:16:19	0:16:35	0:16:50	0:17:05	0:17:20	0:17:36
195	0:13:45	0:14:00	0:14:15	0:14:30	0:14:45	0:15:00	0:15:15	0:15:30	0:15:45	0:16:00	0:16:15	0:16:30	0:16:45	0:17:00	0:17:15
198	0:13:28	0:13:43	0:13:58	0:14:13	0:14:27	0:14:42	0:14:57	0:15:11	0:15:26	0:15:41	0:15:56	0:16:10	0:16:25	0:16:40	0:16:54
201	0:13:12	0:13:26	0:13:41	0:13:55	0:14:10	0:14:24	0:14:38	0:14:53	0:15:07	0:15:22	0:15:36	0:15:50	0:16:05	0:16:19	0:16:34
204	0:12:56	0:13:10	0:13:24	0:13:38	0:13:52	0:14:06	0:14:20	0:14:34	0:14:48	0:15:02	0:15:16	0:15:31	0:15:45	0:15:59	0:16:13
207	0:12:39	0:12:53	0:13:07	0:13:20	0:13:34	0:13:48	0:14:02	0:14:16	0:14:29	0:14:43	0:14:57	0:15:11	0:15:25	0:15:38	0:15:52
210	0:12:22	0:12:36	0:12:49	0:13:03	0:13:16	0:13:30	0:13:43	0:13:57	0:14:10	0:14:24	0:14:37	0:14:51	0:15:04	0:15:18	0:15:31
213	0:12:06	0:12:19	0:12:32	0:12:46	0:12:59	0:13:12	0:13:25	0:13:38	0:13:52	0:14:05	0:14:18	0:14:31	0:14:44	0:14:58	0:15:11
216	0:11:49	0:12:02	0:12:15	0:12:28	0:12:41	0:12:54	0:13:07	0:13:20	0:13:33	0:13:46	0:13:58	0:14:11	0:14:24	0:14:37	0:14:50
219	0:11:33	0:11:46	0:11:58	0:12:11	0:12:23	0:12:36	0:12:49	0:13:01	0:13:14	0:13:26	0:13:39	0:13:52	0:14:04	0:14:17	0:14:29
222	0:11:17	0:11:29	0:11:41	0:11:53	0:12:06	0:12:18	0:12:30	0:12:43	0:12:55	0:13:07	0:13:19	0:13:32	0:13:44	0:13:56	0:14:09
225	0:11:00	0:11:12	0:11:24	0:11:36	0:11:48	0:12:00	0:12:12	0:12:24	0:12:36	0:12:48	0:13:00	0:13:12	0:13:24	0:13:36	0:13:48
228	0:10:43	0:10:55	0:11:07	0:11:19	0:11:30	0:11:42	0:11:54	0:12:05	0:12:17	0:12:29	0:12:41	0:12:52	0:13:04	0:13:16	0:13:27
231	0:10:27	0:10:38	0:10:50	0:11:01	0:11:13	0:11:24	0:11:35	0:11:47	0:11:58	0:12:10	0:12:21	0:12:32	0:12:44	0:12:55	0:13:07
234	0:10:11	0:10:22	0:10:33	0:10:44	0:10:55	0:11:06	0:11:17	0:11:28	0:11:39	0:11:50	0:12:01	0:12:13	0:12:24	0:12:35	0:12:46
237	0:09:54	0:10:05	0:10:16	0:10:26	0:10:37	0:10:48	0:10:59	0:11:10	0:11:20	0:11:31	0:11:42	0:11:53	0:12:04	0:12:14	0:12:25
240	0:09:37	0:09:48	0:09:59	0:10:09	0:10:20	0:10:30	0:10:41	0:10:51	0:11:01	0:11:12	0:11:22	0:11:33	0:11:43	0:11:54	0:12:05
243	0:09:21	0:09:31	0:09:41	0:09:52	0:10:02	0:10:12	0:10:22	0:10:32	0:10:43	0:10:53	0:11:03	0:11:13	0:11:23	0:11:34	0:11:44
246	0:09:04	0:09:14	0:09:24	0:09:34	0:09:44	0:09:54	0:10:04	0:10:14	0:10:24	0:10:34	0:10:43	0:10:53	0:11:03	0:11:13	0:11:23
249	0:08:48	0:08:58	0:09:07	0:09:17	0:09:26	0:09:36	0:09:46	0:09:55	0:10:05	0:10:14	0:10:24	0:10:34	0:10:43	0:10:53	0:11:02
252	0:08:31	0:08:41	0:08:50	0:08:59	0:09:09	0:09:18	0:09:27	0:09:37	0:09:46	0:09:55	0:10:04	0:10:14	0:10:23	0:10:32	0:10:42
255	0:08:15	0:08:24	0:08:33	0:08:42	0:08:51	0:09:00	0:09:09	0:09:18	0:09:27	0:09:36	0:09:45	0:09:54	0:10:03	0:10:12	0:10:21
258	0:07:58	0:08:07	0:08:16	0:08:25	0:08:33	0:08:42	0:08:51	0:08:59	0:09:08	0:09:17	0:09:25	0:09:34	0:09:43	0:09:52	0:10:00
261	0:07:42	0:07:50	0:07:59	0:08:07	0:08:16	0:08:24	0:08:32	0:08:41	0:08:49	0:08:58	0:09:06	0:09:14	0:09:23	0:09:31	0:09:40
264	0:07:25	0:07:34	0:07:42	0:07:50	0:07:58	0:08:06	0:08:14	0:08:22	0:08:30	0:08:38	0:08:46	0:08:55	0:09:03	0:09:11	0:09:19
267	0:07:09	0:07:17	0:07:25	0:07:32	0:07:40	0:07:48	0:07:56	0:08:04	0:08:11	0:08:19	0:08:27	0:08:35	0:08:43	0:08:50	0:08:58
270	0:06:52	0:07:00	0:07:07	0:07:15	0:07:23	0:07:30	0:07:37	0:07:45	0:07:52	0:08:00	0:08:07	0:08:15	0:08:22	0:08:30	0:08:37
273	0:06:36	0:06:43	0:06:50	0:06:58	0:07:05	0:07:12	0:07:19	0:07:26	0:07:34	0:07:41	0:07:48	0:07:55	0:08:02	0:08:10	0:08:17
276	0:06:20	0:06:26	0:06:33	0:06:40	0:06:47	0:06:54	0:07:01	0:07:08	0:07:15	0:07:22	0:07:29	0:07:35	0:07:42	0:07:49	0:07:56
279	0:06:03	0:06:10	0:06:16	0:06:23	0:06:29	0:06:36	0:06:43	0:06:49	0:06:56	0:07:02	0:07:09	0:07:16	0:07:22	0:07:29	0:07:35
282	0:05:46	0:05:53	0:05:59	0:06:05	0:06:12	0:06:18	0:06:24	0:06:31	0:06:37	0:06:43	0:06:49	0:06:56	0:07:02	0:07:08	0:07:15
285	0:05:30	0:05:36	0:05:42	0:05:48	0:05:54	0:06:00	0:06:06	0:06:12	0:06:18	0:06:24	0:06:30	0:06:36	0:06:42	0:06:48	0:06:54
288	0:05:14	0:05:19	0:05:25	0:05:31	0:05:36	0:05:42	0:05:48	0:05:53	0:05:59	0:06:05	0:06:10	0:06:16	0:06:22	0:06:28	0:06:33
291	0:04:57	0:05:02	0:05:08	0:05:13	0:05:19	0:05:24	0:05:29	0:05:35	0:05:40	0:05:46	0:05:51	0:05:56	0:06:02	0:06:07	0:06:13
294	0:04:40	0:04:46	0:04:51	0:04:56	0:05:01	0:05:06	0:05:11	0:05:16	0:05:21	0:05:26	0:05:32	0:05:37	0:05:42	0:05:47	0:05:52
297	0:04:24	0:04:29	0:04:34	0:04:38	0:04:43	0:04:48	0:04:53	0:04:58	0:05:02	0:05:07	0:05:12	0:05:17	0:05:22	0:05:26	0:05:31
300	0:04:08	0:04:12	0:04:16	0:04:21	0:04:26	0:04:30	0:04:35	0:04:39	0:04:44	0:04:48	0:04:53	0:04:57	0:05:02	0:05:06	0:05:11
303	0:03:51	0:03:55	0:03:59	0:04:04	0:04:08	0:04:12	0:04:16	0:04:20	0:04:25	0:04:29	0:04:33	0:04:37	0:04:41	0:04:46	0:04:50
306	0:03:35	0:03:38	0:03:42	0:03:46	0:03:50	0:03:54	0:03:58	0:04:02	0:04:06	0:04:10	0:04:14	0:04:17	0:04:21	0:04:25	0:04:29
309	0:03:18	0:03:22	0:03:25	0:03:29	0:03:32	0:03:36	0:03:40	0:03:43	0:03:47	0:03:50	0:03:54	0:03:58	0:04:01	0:04:05	0:04:08
312	0:03:02	0:03:05	0:03:08	0:03:11	0:03:15	0:03:18	0:03:21	0:03:25	0:03:28	0:03:31	0:03:35	0:03:38	0:03:41	0:03:44	0:03:48
315	0:02:45	0:02:48	0:02:51	0:02:54	0:02:57	0:03:00	0:03:03	0:03:06	0:03:09	0:03:12	0:03:15	0:03:18	0:03:21	0:03:24	0:03:27
318	0:02:29	0:02:31	0:02:34	0:02:37	0:02:39	0:02:42	0:02:45	0:02:47	0:02:50	0:02:53	0:02:56	0:02:58	0:03:01	0:03:04	0:03:06
321	0:02:12	0:02:14	0:02:17	0:02:19	0:02:22	0:02:24	0:02:26	0:02:29	0:02:31	0:02:34	0:02:36	0:02:38	0:02:41	0:02:43	0:02:46
324	0:01:56	0:01:58	0:02:00	0:02:02	0:02:04	0:02:06	0:02:08	0:02:10	0:02:12	0:02:14	0:02:16	0:02:19	0:02:21	0:02:23	0:02:25
327	0:01:39	0:01:41	0:01:43	0:01:44	0:01:46	0:01:48	0:01:50	0:01:52	0:01:53	0:01:55	0:01:57	0:01:59	0:02:01	0:02:02	0:02:

Distance → PHRF ↓	7	7.1	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9	8	8.1	8.2	8.3	8.4
-81	0:49:42	0:50:25	0:51:07	0:51:50	0:52:32	0:53:15	0:53:58	0:54:40	0:55:23	0:56:05	0:56:48	0:57:31	0:58:13	0:58:56	0:59:38
-78	0:49:21	0:50:03	0:50:46	0:51:28	0:52:10	0:52:53	0:53:35	0:54:17	0:54:59	0:55:42	0:56:24	0:57:06	0:57:49	0:58:31	0:59:13
-75	0:49:00	0:49:42	0:50:24	0:51:06	0:51:48	0:52:30	0:53:12	0:53:54	0:54:36	0:55:18	0:56:00	0:56:42	0:57:24	0:58:06	0:58:48
-72	0:48:39	0:49:21	0:50:02	0:50:44	0:51:26	0:52:08	0:52:49	0:53:31	0:54:13	0:54:54	0:55:36	0:56:18	0:56:59	0:57:41	0:58:23
-69	0:48:18	0:48:59	0:49:41	0:50:22	0:51:04	0:51:45	0:52:26	0:53:08	0:53:49	0:54:31	0:55:12	0:55:53	0:56:35	0:57:16	0:57:58
-66	0:47:57	0:48:38	0:49:19	0:50:00	0:50:41	0:51:22	0:52:04	0:52:45	0:53:26	0:54:07	0:54:48	0:55:29	0:56:10	0:56:51	0:57:32
-63	0:47:36	0:48:17	0:48:58	0:49:38	0:50:19	0:51:00	0:51:41	0:52:22	0:53:02	0:53:43	0:54:24	0:55:05	0:55:46	0:56:26	0:57:07
-60	0:47:15	0:47:56	0:48:36	0:49:17	0:49:57	0:50:37	0:51:18	0:51:59	0:52:39	0:53:20	0:54:00	0:54:41	0:55:21	0:56:02	0:56:42
-57	0:46:54	0:47:34	0:48:14	0:48:55	0:49:35	0:50:15	0:50:55	0:51:35	0:52:16	0:52:56	0:53:36	0:54:16	0:54:56	0:55:37	0:56:17
-54	0:46:33	0:47:13	0:47:53	0:48:33	0:49:13	0:49:53	0:50:32	0:51:12	0:51:52	0:52:32	0:53:12	0:53:52	0:54:32	0:55:12	0:55:52
-51	0:46:12	0:46:52	0:47:31	0:48:11	0:48:50	0:49:30	0:50:10	0:50:49	0:51:29	0:52:08	0:52:48	0:53:28	0:54:07	0:54:47	0:55:26
-48	0:45:51	0:46:30	0:47:10	0:47:49	0:48:28	0:49:07	0:49:47	0:50:26	0:51:05	0:51:45	0:52:24	0:53:03	0:53:43	0:54:22	0:55:01
-45	0:45:30	0:46:09	0:46:48	0:47:27	0:48:06	0:48:45	0:49:24	0:50:03	0:50:42	0:51:21	0:52:00	0:52:39	0:53:18	0:53:57	0:54:36
-42	0:45:09	0:45:48	0:46:26	0:47:05	0:47:44	0:48:22	0:49:01	0:49:40	0:50:19	0:50:57	0:51:36	0:52:15	0:52:53	0:53:32	0:54:11
-39	0:44:48	0:45:26	0:46:05	0:46:43	0:47:22	0:48:00	0:48:38	0:49:17	0:49:55	0:50:34	0:51:12	0:51:50	0:52:29	0:53:07	0:53:46
-36	0:44:27	0:45:05	0:45:43	0:46:21	0:46:59	0:47:38	0:48:16	0:48:54	0:49:32	0:50:10	0:50:48	0:51:26	0:52:04	0:52:42	0:53:20
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-27	0:43:24	0:44:01	0:44:38	0:45:16	0:45:53	0:46:30	0:47:07	0:47:44	0:48:22	0:48:59	0:49:36	0:50:13	0:50:50	0:51:28	0:52:05
-24	0:43:03	0:43:40	0:44:17	0:44:54	0:45:31	0:46:08	0:46:44	0:47:21	0:47:58	0:48:35	0:49:12	0:49:49	0:50:26	0:51:03	0:51:40
-21	0:42:42	0:43:19	0:43:55	0:44:32	0:45:08	0:45:45	0:46:22	0:46:58	0:47:35	0:48:11	0:48:48	0:49:25	0:50:01	0:50:38	0:51:14
-18	0:42:21	0:42:57	0:43:34	0:44:10	0:44:46	0:45:23	0:45:59	0:46:35	0:47:11	0:47:48	0:48:24	0:49:00	0:49:37	0:50:13	0:50:49
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-12	0:41:39	0:42:15	0:42:50	0:43:26	0:44:02	0:44:37	0:45:13	0:45:49	0:46:25	0:47:00	0:47:36	0:48:12	0:48:47	0:49:23	0:49:59
-9	0:41:18	0:41:53	0:42:29	0:43:04	0:43:40	0:44:15	0:44:50	0:45:26	0:46:01	0:46:37	0:47:12	0:47:47	0:48:23	0:48:58	0:49:34
-6	0:40:57	0:41:32	0:42:07	0:42:42	0:43:17	0:43:52	0:44:28	0:45:03	0:45:38	0:46:13	0:46:48	0:47:23	0:47:58	0:48:33	0:49:08
-3	0:40:36	0:41:11	0:41:46	0:42:20	0:42:55	0:43:30	0:44:05	0:44:40	0:45:14	0:45:49	0:46:24	0:46:59	0:47:34	0:48:08	0:48:43
0	0:40:15	0:40:50	0:41:24	0:41:59	0:42:33	0:43:07	0:43:42	0:44:16	0:44:51	0:45:26	0:46:00	0:46:35	0:47:09	0:47:44	0:48:18
3	0:39:54	0:40:28	0:41:02	0:41:37	0:42:11	0:42:45	0:43:19	0:43:53	0:44:28	0:45:02	0:45:36	0:46:10	0:46:44	0:47:19	0:47:53
6	0:39:33	0:40:07	0:40:41	0:41:15	0:41:49	0:42:23	0:42:56	0:43:30	0:44:04	0:44:38	0:45:12	0:45:46	0:46:20	0:46:54	0:47:28
9	0:39:12	0:39:46	0:40:19	0:40:53	0:41:26	0:42:00	0:42:34	0:43:07	0:43:41	0:44:14	0:44:48	0:45:22	0:45:55	0:46:29	0:47:02
12	0:38:51	0:39:24	0:39:58	0:40:31	0:41:04	0:41:37	0:42:11	0:42:44	0:43:17	0:43:51	0:44:24	0:44:57	0:45:31	0:46:04	0:46:37
15	0:38:30	0:39:03	0:39:36	0:40:09	0:40:42	0:41:15	0:41:48	0:42:21	0:42:54	0:43:27	0:44:00	0:44:33	0:45:06	0:45:39	0:46:12
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30	0:36:45	0:37:16	0:37:48	0:38:19	0:38:51	0:39:22	0:39:54	0:40:25	0:40:57	0:41:29	0:42:00	0:42:31	0:43:03	0:43:34	0:44:06
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42	0:35:21	0:35:51	0:36:22	0:36:52	0:37:22	0:37:52	0:38:23	0:38:53	0:39:23	0:39:54	0:40:24	0:40:54	0:41:25	0:41:55	0:42:25
45	0:35:00	0:35:30	0:36:00	0:36:30	0:37:00	0:37:30	0:38:00	0:38:30	0:39:00	0:39:30	0:40:00	0:40:30	0:41:00	0:41:30	0:42:00
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66	0:32:33	0:33:01	0:33:29	0:33:57	0:34:25	0:34:53	0:35:20	0:35:48	0:36:16	0:36:44	0:37:12	0:37:40	0:38:08	0:38:36	0:39:04
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72	0:31:51	0:32:18	0:32:46	0:33:13	0:33:40	0:34:07	0:34:35	0:35:02	0:35:29	0:35:57	0:36:24	0:36:51	0:37:19	0:37:46	0:38:13
75	0:31:30	0:31:57	0:32:24	0:32:51	0:33:18	0:33:45	0:34:12	0:34:39	0:35:06	0:35:33	0:36:00	0:36:27	0:36:54	0:37:21	0:37:48
78	0:31:09	0:31:36	0:32:02	0:32:29	0:32:56	0:33:22	0:33:49	0:34:16	0:34:43	0:35:09	0:35:36	0:36:03	0:36:29	0:36:56	0:37:23
81	0:30:48	0:31:14	0:31:41	0:32:07	0:32:34	0:33:00	0:33:26	0:33:53	0:34:19	0:34:46	0:35:12	0:35:38	0:36:05	0:36:31	0:36:58
84	0:30:27	0:30:53	0:31:19	0:31:45	0:32:11	0:32:37	0:33:04	0:33:30	0:33:56	0:34:22	0:34:48	0:35:14	0:35:40	0:36:06	0:36:32
87	0:30:06	0:30:32	0:30:58	0:31:23	0:31:49	0:32:15	0:32:41	0:33:07	0:33:32	0:33:58	0:34:24	0:34:50	0:35:16	0:35:41	0:36:07
90	0:29:45	0:30:11	0:30:36	0:31:02	0:31:27	0:31:52	0:32:18	0:32:44	0:33:09	0:33:35	0:34:00	0:34:26	0:34:51	0:35:16	0:35:42
93	0:29:24	0:29:49	0:30:14	0:30:40	0:31:05	0:31:30	0:31:55	0:32:20	0:32:46	0:33:11	0:33:36	0:34:01	0:34:26	0:34:52	0:35:17
96	0:29:03	0:29:28	0:29:53	0:30:18	0:30:43	0:31:08	0:31:32	0:31:57	0:32:22	0:32:47	0:33:12	0:33:37	0:34:02	0:34:27	0:34:52
99	0:28:42	0:29:07	0:29:31	0:29:56	0:30:20	0:30:45	0:31:10	0:31:34	0:31:59	0:32:23	0:32:48	0:33:13	0:33:37	0:34:02	0:34:26
102	0:28:21	0:28:45	0:29:10	0:29:34	0:29:58	0:30:22	0:30:47	0:31:11	0:31:35	0:32:00	0:32:24	0:32:48	0:33:13	0:33:37	0:34:01
105	0:28:00	0:28:24	0:28:48	0:29:12	0:29:36	0:30:00	0:30:24	0:30:48	0:31:12	0:31:36	0:32:00	0:32:24	0:32:48	0:33:12	0:33:36
108	0:27:39	0:28:03	0:28:26	0:28:50	0:										

Distance → PHRF ↓	7	7.1	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9	8	8.1	8.2	8.3	8.4
141	0:23:48	0:24:08	0:24:29	0:24:49	0:25:10	0:25:30	0:25:50	0:26:11	0:26:31	0:26:52	0:27:12	0:27:32	0:27:53	0:28:13	0:28:34
144	0:23:27	0:23:47	0:24:07	0:24:27	0:24:47	0:25:07	0:25:28	0:25:48	0:26:08	0:26:28	0:26:48	0:27:08	0:27:28	0:27:48	0:28:08
147	0:23:06	0:23:26	0:23:46	0:24:05	0:24:25	0:24:45	0:25:05	0:25:25	0:25:44	0:26:04	0:26:24	0:26:44	0:27:04	0:27:23	0:27:43
150	0:22:45	0:23:04	0:23:24	0:23:44	0:24:03	0:24:22	0:24:42	0:25:01	0:25:21	0:25:41	0:26:00	0:26:19	0:26:39	0:26:59	0:27:18
153	0:22:24	0:22:43	0:23:02	0:23:22	0:23:41	0:24:00	0:24:19	0:24:38	0:24:58	0:25:17	0:25:36	0:25:55	0:26:14	0:26:34	0:26:53
156	0:22:03	0:22:22	0:22:41	0:23:00	0:23:19	0:23:37	0:23:56	0:24:15	0:24:34	0:24:53	0:25:12	0:25:31	0:25:50	0:26:09	0:26:28
159	0:21:42	0:22:01	0:22:19	0:22:38	0:22:56	0:23:15	0:23:34	0:23:52	0:24:11	0:24:29	0:24:48	0:25:07	0:25:25	0:25:44	0:26:02
162	0:21:21	0:21:39	0:21:58	0:22:16	0:22:34	0:22:52	0:23:11	0:23:29	0:23:47	0:24:06	0:24:24	0:24:42	0:25:01	0:25:19	0:25:37
165	0:21:00	0:21:18	0:21:36	0:21:54	0:22:12	0:22:30	0:22:48	0:23:06	0:23:24	0:23:42	0:24:00	0:24:18	0:24:36	0:24:54	0:25:12
168	0:20:39	0:20:57	0:21:14	0:21:32	0:21:50	0:22:08	0:22:25	0:22:43	0:23:01	0:23:18	0:23:36	0:23:54	0:24:11	0:24:29	0:24:47
171	0:20:18	0:20:35	0:20:53	0:21:10	0:21:28	0:21:45	0:22:02	0:22:20	0:22:37	0:22:55	0:23:12	0:23:29	0:23:47	0:24:04	0:24:22
174	0:19:57	0:20:14	0:20:31	0:20:48	0:21:05	0:21:23	0:21:40	0:21:57	0:22:14	0:22:31	0:22:48	0:23:05	0:23:22	0:23:39	0:23:56
177	0:19:36	0:19:53	0:20:10	0:20:26	0:20:43	0:21:00	0:21:17	0:21:34	0:21:50	0:22:07	0:22:24	0:22:41	0:22:58	0:23:14	0:23:31
180	0:19:15	0:19:32	0:19:48	0:20:05	0:20:21	0:20:37	0:20:54	0:21:11	0:21:27	0:21:44	0:22:00	0:22:17	0:22:33	0:22:50	0:23:06
183	0:18:54	0:19:10	0:19:26	0:19:43	0:19:59	0:20:15	0:20:31	0:20:47	0:21:04	0:21:20	0:21:36	0:21:52	0:22:08	0:22:25	0:22:41
186	0:18:33	0:18:49	0:19:05	0:19:21	0:19:37	0:19:52	0:20:08	0:20:24	0:20:40	0:20:56	0:21:12	0:21:28	0:21:44	0:22:00	0:22:16
189	0:18:12	0:18:28	0:18:43	0:18:59	0:19:14	0:19:30	0:19:46	0:20:01	0:20:17	0:20:32	0:20:48	0:21:04	0:21:19	0:21:35	0:21:50
192	0:17:51	0:18:06	0:18:22	0:18:37	0:18:52	0:19:07	0:19:23	0:19:38	0:19:53	0:20:09	0:20:24	0:20:39	0:20:55	0:21:10	0:21:25
195	0:17:30	0:17:45	0:18:00	0:18:15	0:18:30	0:18:45	0:19:00	0:19:15	0:19:30	0:19:45	0:20:00	0:20:15	0:20:30	0:20:45	0:21:00
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201	0:16:48	0:17:02	0:17:17	0:17:31	0:17:46	0:18:00	0:18:14	0:18:29	0:18:43	0:18:58	0:19:12	0:19:26	0:19:41	0:19:55	0:20:10
204	0:16:27	0:16:41	0:16:55	0:17:09	0:17:23	0:17:37	0:17:52	0:18:06	0:18:20	0:18:34	0:18:48	0:19:02	0:19:16	0:19:30	0:19:44
207	0:16:06	0:16:20	0:16:34	0:16:47	0:17:01	0:17:15	0:17:29	0:17:43	0:17:56	0:18:10	0:18:24	0:18:38	0:18:52	0:19:05	0:19:19
210	0:15:45	0:15:59	0:16:12	0:16:25	0:16:39	0:16:52	0:17:06	0:17:19	0:17:33	0:17:47	0:18:00	0:18:14	0:18:27	0:18:41	0:18:54
213	0:15:24	0:15:37	0:15:50	0:16:04	0:16:17	0:16:30	0:16:43	0:16:56	0:17:10	0:17:23	0:17:36	0:17:49	0:18:02	0:18:16	0:18:29
216	0:15:03	0:15:16	0:15:29	0:15:42	0:15:55	0:16:07	0:16:20	0:16:33	0:16:46	0:16:59	0:17:12	0:17:25	0:17:38	0:17:51	0:18:04
219	0:14:42	0:14:55	0:15:07	0:15:20	0:15:32	0:15:45	0:15:58	0:16:10	0:16:23	0:16:35	0:16:48	0:17:01	0:17:13	0:17:26	0:17:38
222	0:14:21	0:14:33	0:14:46	0:14:58	0:15:10	0:15:22	0:15:35	0:15:47	0:15:59	0:16:12	0:16:24	0:16:36	0:16:49	0:17:01	0:17:13
225	0:14:00	0:14:12	0:14:24	0:14:36	0:14:48	0:15:00	0:15:12	0:15:24	0:15:36	0:15:48	0:16:00	0:16:12	0:16:24	0:16:36	0:16:48
228	0:13:39	0:13:51	0:14:02	0:14:14	0:14:26	0:14:37	0:14:49	0:15:01	0:15:13	0:15:24	0:15:36	0:15:48	0:15:59	0:16:11	0:16:23
231	0:13:18	0:13:29	0:13:41	0:13:52	0:14:04	0:14:15	0:14:26	0:14:38	0:14:49	0:15:01	0:15:12	0:15:23	0:15:35	0:15:46	0:15:58
234	0:12:57	0:13:08	0:13:19	0:13:30	0:13:41	0:13:52	0:14:04	0:14:15	0:14:26	0:14:37	0:14:48	0:14:59	0:15:10	0:15:21	0:15:32
237	0:12:36	0:12:47	0:12:58	0:13:08	0:13:19	0:13:30	0:13:41	0:13:52	0:14:02	0:14:13	0:14:24	0:14:35	0:14:46	0:14:56	0:15:07
240	0:12:15	0:12:26	0:12:36	0:12:46	0:12:57	0:13:08	0:13:18	0:13:28	0:13:39	0:13:50	0:14:00	0:14:10	0:14:21	0:14:32	0:14:42
243	0:11:54	0:12:04	0:12:14	0:12:25	0:12:35	0:12:45	0:12:55	0:13:05	0:13:16	0:13:26	0:13:36	0:13:46	0:13:56	0:14:07	0:14:17
246	0:11:33	0:11:43	0:11:53	0:12:03	0:12:13	0:12:22	0:12:32	0:12:42	0:12:52	0:13:02	0:13:12	0:13:22	0:13:32	0:13:42	0:13:52
249	0:11:12	0:11:22	0:11:31	0:11:41	0:11:50	0:12:00	0:12:10	0:12:19	0:12:29	0:12:38	0:12:48	0:12:58	0:13:07	0:13:17	0:13:26
252	0:10:51	0:11:00	0:11:10	0:11:19	0:11:28	0:11:37	0:11:47	0:11:56	0:12:05	0:12:15	0:12:24	0:12:33	0:12:43	0:12:52	0:13:01
255	0:10:30	0:10:39	0:10:48	0:10:57	0:11:06	0:11:15	0:11:24	0:11:33	0:11:42	0:11:51	0:12:00	0:12:09	0:12:18	0:12:27	0:12:36
258	0:10:09	0:10:18	0:10:26	0:10:35	0:10:44	0:10:52	0:11:01	0:11:10	0:11:19	0:11:27	0:11:36	0:11:45	0:11:53	0:12:02	0:12:11
261	0:09:48	0:09:56	0:10:05	0:10:13	0:10:22	0:10:30	0:10:38	0:10:47	0:10:55	0:11:04	0:11:12	0:11:20	0:11:29	0:11:37	0:11:46
264	0:09:27	0:09:35	0:09:43	0:09:51	0:09:59	0:10:07	0:10:16	0:10:24	0:10:32	0:10:40	0:10:48	0:10:56	0:11:04	0:11:12	0:11:20
267	0:09:06	0:09:14	0:09:22	0:09:29	0:09:37	0:09:45	0:09:53	0:10:01	0:10:08	0:10:16	0:10:24	0:10:32	0:10:40	0:10:47	0:10:55
270	0:08:45	0:08:52	0:09:00	0:09:07	0:09:15	0:09:22	0:09:30	0:09:37	0:09:45	0:09:52	0:10:00	0:10:07	0:10:15	0:10:22	0:10:30
273	0:08:24	0:08:31	0:08:38	0:08:46	0:08:53	0:09:00	0:09:07	0:09:14	0:09:22	0:09:29	0:09:36	0:09:43	0:09:50	0:09:58	0:10:05
276	0:08:03	0:08:10	0:08:17	0:08:24	0:08:31	0:08:37	0:08:44	0:08:51	0:08:58	0:09:05	0:09:12	0:09:19	0:09:26	0:09:33	0:09:40
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282	0:07:21	0:07:27	0:07:34	0:07:40	0:07:46	0:07:52	0:07:59	0:08:05	0:08:11	0:08:18	0:08:24	0:08:30	0:08:37	0:08:43	0:08:49
285	0:07:00	0:07:06	0:07:12	0:07:18	0:07:24	0:07:30	0:07:36	0:07:42	0:07:48	0:07:54	0:08:00	0:08:06	0:08:12	0:08:18	0:08:24
288	0:06:39	0:06:45	0:06:50	0:06:56	0:07:02	0:07:07	0:07:13	0:07:19	0:07:25	0:07:30	0:07:36	0:07:42	0:07:47	0:07:53	0:07:59
291	0:06:18	0:06:23	0:06:29	0:06:34	0:06:40	0:06:45	0:06:50	0:06:56	0:07:01	0:07:07	0:07:12	0:07:17	0:07:23	0:07:28	0:07:34
294	0:05:57	0:06:02	0:06:07	0:06:12	0:06:17	0:06:22	0:06:28	0:06:33	0:06:38	0:06:43	0:06:48	0:06:53	0:06:58	0:07:03	0:07:08
297	0:05:36	0:05:41	0:05:46	0:05:50	0:05:55	0:06:00	0:06:05	0:06:10	0:06:14	0:06:19	0:06:24	0:06:29	0:06:34	0:06:38	0:06:43
300	0:05:15	0:05:20	0:05:24	0:05:28	0:05:33	0:05:37	0:05:42	0:05:46	0:05:51	0:05:56	0:06:00	0:06:04	0:06:09	0:06:14	0:06:18
303	0:04:54	0:04:58	0:05:02	0:05:07	0:05:11	0:05:15	0:05:19	0:05:23	0:05:28	0:05:32	0:05:36	0:05:40	0:05:44	0:05:49	0:05:53
306	0:04:33	0:04:37	0:04:41	0:04:45	0:04:49	0:04:53	0:04:56	0:05:00	0:05:04	0:05:08	0:05:12	0:05:16	0:05:20	0:05:24	0:05:28
309	0:04:12	0:04:16	0:04:19	0:04:23	0:04:26	0:04:30	0:04:34	0:04:37	0:04:41	0:04:44	0:04:48	0:04:52	0:04:55	0:04:59	0:05:02
312	0:03:51	0:03:54	0:03:58	0:04:01	0:04:04	0:04:08	0:04:11	0:04:14	0:04:17	0:04:21	0:04:24	0:04:27	0:04:31	0:04:34	0:04:37
315	0:03:30	0:03:33	0:03:36	0:03:39	0:03:42	0:03:45	0:03:48	0:03:51	0:03:54	0:03:57	0:04:00	0:04:03	0:04:06	0:04:09	0:04:12
318	0:03:09	0:03:12	0:03:14	0:03:17	0:03:20	0:03:23	0:03:25	0:03:28	0:03:31	0:03:33	0:03:36	0:03:39	0:03:41	0:03:44	0:03:47
321	0:02:48	0:02:50	0:02:53	0:02:55	0:02:58	0:03:00	0:03:02	0:03:05	0:03:07	0:03:10	0:03:12	0:03:14	0:03:17	0:03:19	0:03:22
324	0:02:27	0:02:29	0:02:31	0:02:33	0:02:35	0:02:37	0:02:40	0:02:42	0:02:44	0:02:46	0:02:48	0:02:50	0:02:52	0:02:54	0:02:56
327	0:02:06	0:02:08	0:02:10	0:02:11	0:02:13	0:02:15	0:02:17	0:02:19	0:02:20	0:02:22	0:02:24	0:02:26	0:02:28	0:02:29	0:02:3

Distance → PHRF ↓	8.5	8.6	8.7	8.8	8.9	9	9.1	9.2	9.3	9.4	9.5	9.6	9.7	9.8	9.9
-81	1:00:21	1:01:04	1:01:46	1:02:29	1:03:11	1:03:54	1:04:37	1:05:19	1:06:02	1:06:44	1:07:27	1:08:10	1:08:52	1:09:35	1:10:17
-78	0:59:56	1:00:38	1:01:20	1:02:02	1:02:45	1:03:27	1:04:09	1:04:52	1:05:34	1:06:16	1:06:58	1:07:41	1:08:23	1:09:05	1:09:48
-75	0:59:30	1:00:12	1:00:54	1:01:36	1:02:18	1:03:00	1:03:42	1:04:24	1:05:06	1:05:48	1:06:30	1:07:12	1:07:54	1:08:36	1:09:18
-72	0:59:05	0:59:46	1:00:28	1:01:10	1:01:51	1:02:33	1:03:15	1:03:56	1:04:38	1:05:20	1:06:02	1:06:43	1:07:25	1:08:07	1:08:48
-69	0:58:39	0:59:20	1:00:02	1:00:43	1:01:25	1:02:06	1:02:47	1:03:29	1:04:10	1:04:52	1:05:33	1:06:14	1:06:56	1:07:37	1:08:19
-66	0:58:14	0:58:55	0:59:36	1:00:17	1:00:58	1:01:39	1:02:20	1:03:01	1:03:42	1:04:23	1:05:04	1:05:46	1:06:27	1:07:08	1:07:49
-63	0:57:48	0:58:29	0:59:10	0:59:50	1:00:31	1:01:12	1:01:53	1:02:34	1:03:14	1:03:55	1:04:36	1:05:17	1:05:58	1:06:38	1:07:19
-60	0:57:23	0:58:03	0:58:44	0:59:24	1:00:04	1:00:45	1:01:26	1:02:06	1:02:47	1:03:27	1:04:08	1:04:48	1:05:29	1:06:09	1:06:50
-57	0:56:57	0:57:37	0:58:17	0:58:58	0:59:38	1:00:18	1:00:58	1:01:38	1:02:19	1:02:59	1:03:39	1:04:19	1:04:59	1:05:40	1:06:20
-54	0:56:32	0:57:11	0:57:51	0:58:31	0:59:11	0:59:51	1:00:31	1:01:11	1:01:51	1:02:31	1:03:11	1:03:50	1:04:30	1:05:10	1:05:50
-51	0:56:06	0:56:46	0:57:25	0:58:05	0:58:44	0:59:24	1:00:04	1:00:43	1:01:23	1:02:02	1:02:42	1:03:22	1:04:01	1:04:41	1:05:20
-48	0:55:41	0:56:20	0:56:59	0:57:38	0:58:18	0:58:57	0:59:36	1:00:16	1:00:55	1:01:34	1:02:14	1:02:53	1:03:32	1:04:11	1:04:51
-45	0:55:15	0:55:54	0:56:33	0:57:12	0:57:51	0:58:30	0:59:09	0:59:48	1:00:27	1:01:06	1:01:45	1:02:24	1:03:03	1:03:42	1:04:21
-42	0:54:50	0:55:28	0:56:07	0:56:46	0:57:24	0:58:03	0:58:42	0:59:20	0:59:59	1:00:38	1:01:17	1:01:55	1:02:34	1:03:13	1:03:51
-39	0:54:24	0:55:02	0:55:41	0:56:19	0:56:58	0:57:36	0:58:14	0:58:53	0:59:31	1:00:10	1:00:48	1:01:26	1:02:05	1:02:43	1:03:22
-36	0:53:59	0:54:37	0:55:15	0:55:53	0:56:31	0:57:09	0:57:47	0:58:25	0:59:03	0:59:41	1:00:19	1:00:58	1:01:36	1:02:14	1:02:52
-33	0:53:33	0:54:11	0:54:49	0:55:26	0:56:04	0:56:42	0:57:20	0:57:58	0:58:35	0:59:13	0:59:51	1:00:29	1:01:07	1:01:44	1:02:22
-30	0:53:08	0:53:45	0:54:22	0:55:00	0:55:38	0:56:15	0:56:53	0:57:30	0:58:08	0:58:45	0:59:23	1:00:00	1:00:37	1:01:15	1:01:53
-27	0:52:42	0:53:19	0:53:56	0:54:34	0:55:11	0:55:48	0:56:25	0:57:02	0:57:40	0:58:17	0:58:54	0:59:31	1:00:08	1:00:46	1:01:23
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-3	0:49:18	0:49:53	0:50:28	0:51:02	0:51:37	0:52:12	0:52:47	0:53:22	0:53:56	0:54:31	0:55:06	0:55:41	0:56:16	0:56:50	0:57:25
0	0:48:52	0:49:27	0:50:01	0:50:36	0:51:11	0:51:45	0:52:20	0:52:54	0:53:29	0:54:03	0:54:37	0:55:12	0:55:46	0:56:21	0:56:56
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9	0:47:36	0:48:10	0:48:43	0:49:17	0:49:50	0:50:24	0:50:58	0:51:31	0:52:05	0:52:38	0:53:12	0:53:46	0:54:19	0:54:53	0:55:26
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15	0:46:45	0:47:18	0:47:51	0:48:24	0:48:57	0:49:30	0:50:03	0:50:36	0:51:09	0:51:42	0:52:15	0:52:48	0:53:21	0:53:54	0:54:27
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21	0:45:54	0:46:26	0:46:59	0:47:31	0:48:04	0:48:36	0:49:08	0:49:41	0:50:13	0:50:46	0:51:18	0:51:50	0:52:23	0:52:55	0:53:28
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54	0:41:14	0:41:43	0:42:12	0:42:41	0:43:10	0:43:39	0:44:08	0:44:37	0:45:06	0:45:35	0:46:05	0:46:34	0:47:03	0:47:32	0:48:01
57	0:40:48	0:41:17	0:41:46	0:42:14	0:42:43	0:43:12	0:43:41	0:44:10	0:44:38	0:45:07	0:45:36	0:46:05	0:46:34	0:47:02	0:47:31
60	0:40:22	0:40:51	0:41:20	0:41:48	0:42:16	0:42:45	0:43:14	0:43:42	0:44:10	0:44:39	0:45:08	0:45:36	0:46:05	0:46:33	0:47:01
63	0:39:57	0:40:25	0:40:53	0:41:22	0:41:50	0:42:18	0:42:46	0:43:14	0:43:43	0:44:11	0:44:39	0:45:07	0:45:35	0:46:04	0:46:32
66	0:39:31	0:39:59	0:40:27	0:40:55	0:41:23	0:41:51	0:42:19	0:42:47	0:43:15	0:43:43	0:44:10	0:44:38	0:45:06	0:45:34	0:46:02
69	0:39:06	0:39:34	0:40:01	0:40:29	0:40:56	0:41:24	0:41:52	0:42:19	0:42:47	0:43:14	0:43:42	0:44:10	0:44:37	0:45:05	0:45:32
72	0:38:40	0:39:08	0:39:35	0:40:02	0:40:30	0:40:57	0:41:24	0:41:52	0:42:19	0:42:46	0:43:14	0:43:41	0:44:08	0:44:35	0:45:03
75	0:38:15	0:38:42	0:39:09	0:39:36	0:40:03	0:40:30	0:40:57	0:41:24	0:41:51	0:42:18	0:42:45	0:43:12	0:43:39	0:44:06	0:44:33
78	0:37:49	0:38:16	0:38:43	0:39:10	0:39:36	0:40:03	0:40:30	0:40:56	0:41:23	0:41:50	0:42:16	0:42:43	0:43:10	0:43:37	0:44:03
81	0:37:24	0:37:50	0:38:17	0:38:43	0:39:10	0:39:36	0:40:02	0:40:29	0:40:55	0:41:22	0:41:48	0:42:14	0:42:41	0:43:07	0:43:34
84	0:36:59	0:37:25	0:37:51	0:38:17	0:38:43	0:39:09	0:39:35	0:40:01	0:40:27	0:40:53	0:41:20	0:41:46	0:42:12	0:42:38	0:43:04
87	0:36:33	0:36:59	0:37:25	0:37:50	0:38:16	0:38:42	0:39:08	0:39:34	0:39:59	0:40:25	0:40:51	0:41:17	0:41:43	0:42:08	0:42:34
90	0:36:07	0:36:33	0:36:59	0:37:24	0:37:49	0:38:15	0:38:40	0:39:06	0:39:31	0:39:57	0:40:22	0:40:48	0:41:14	0:41:39	0:42:05
93	0:35:42	0:36:07	0:36:32	0:36:58	0:37:23	0:37:48	0:38:13	0:38:38	0:39:04	0:39:29	0:39:54	0:40:19	0:40:44	0:41:10	0:41:35
96	0:35:16	0:35:41	0:36:06	0:36:31	0:36:56	0:37:21	0:37:46	0:38:11	0:38:36	0:39:01	0:39:26	0:39:50	0:40:15	0:40:40	0:41:05
99	0:34:51	0:35:16	0:35:40	0:36:05	0:36:29	0:36:54	0:37:19	0:37:43	0:38:08	0:38:32	0:38:57	0:39:22	0:39:46	0:40:11	0:40:35
102	0:34:26	0:34:50	0:35:14	0:35:38	0:36:03	0:36:27	0:36:51	0:37:16	0:37:40	0:38:04	0:38:29	0:38:53	0:39:17	0:39:41	0:40:06
105	0:34:00	0:34:24	0:34:48	0:35:12	0:35:36	0:36:00	0:36:24	0:36:48	0:37:12	0:37:36	0:38:00	0:38:24	0:38:48	0:39:12	0:39:36
108	0:33:35	0:33:58	0:34:22	0:34:46											

Distance → PHRF ↓	8.5	8.6	8.7	8.8	8.9	9	9.1	9.2	9.3	9.4	9.5	9.6	9.7	9.8	9.9
141	0:28:54	0:29:14	0:29:35	0:29:55	0:30:16	0:30:36	0:30:56	0:31:17	0:31:37	0:31:58	0:32:18	0:32:38	0:32:59	0:33:19	0:33:40
144	0:28:29	0:28:49	0:29:09	0:29:29	0:29:49	0:30:09	0:30:29	0:30:49	0:31:09	0:31:29	0:31:49	0:32:10	0:32:30	0:32:50	0:33:10
147	0:28:03	0:28:23	0:28:43	0:29:02	0:29:22	0:29:42	0:30:02	0:30:22	0:30:41	0:31:01	0:31:21	0:31:41	0:32:01	0:32:20	0:32:40
150	0:27:37	0:27:57	0:28:16	0:28:36	0:28:56	0:29:15	0:29:35	0:29:54	0:30:14	0:30:33	0:30:52	0:31:12	0:31:31	0:31:51	0:32:10
153	0:27:12	0:27:31	0:27:50	0:28:10	0:28:29	0:28:48	0:29:07	0:29:26	0:29:46	0:30:05	0:30:24	0:30:43	0:31:02	0:31:22	0:31:41
156	0:26:46	0:27:05	0:27:24	0:27:43	0:28:02	0:28:21	0:28:40	0:28:59	0:29:18	0:29:37	0:29:56	0:30:14	0:30:33	0:30:52	0:31:11
159	0:26:21	0:26:40	0:26:58	0:27:17	0:27:35	0:27:54	0:28:13	0:28:31	0:28:50	0:29:08	0:29:27	0:29:46	0:30:04	0:30:23	0:30:41
162	0:25:56	0:26:14	0:26:32	0:26:50	0:27:09	0:27:27	0:27:45	0:28:04	0:28:22	0:28:40	0:28:58	0:29:17	0:29:35	0:29:53	0:30:12
165	0:25:30	0:25:48	0:26:06	0:26:24	0:26:42	0:27:00	0:27:18	0:27:36	0:27:54	0:28:12	0:28:30	0:28:48	0:29:06	0:29:24	0:29:42
168	0:25:04	0:25:22	0:25:40	0:25:58	0:26:15	0:26:33	0:26:51	0:27:08	0:27:26	0:27:44	0:28:01	0:28:19	0:28:37	0:28:55	0:29:12
171	0:24:39	0:24:56	0:25:14	0:25:31	0:25:49	0:26:06	0:26:23	0:26:41	0:26:58	0:27:16	0:27:33	0:27:50	0:28:08	0:28:25	0:28:43
174	0:24:13	0:24:31	0:24:48	0:25:05	0:25:22	0:25:39	0:25:56	0:26:13	0:26:30	0:26:47	0:27:04	0:27:22	0:27:39	0:27:56	0:28:13
177	0:23:48	0:24:05	0:24:22	0:24:38	0:24:55	0:25:12	0:25:29	0:25:46	0:26:02	0:26:19	0:26:36	0:26:53	0:27:10	0:27:26	0:27:43
180	0:23:23	0:23:39	0:23:55	0:24:12	0:24:28	0:24:45	0:25:01	0:25:18	0:25:35	0:25:51	0:26:08	0:26:24	0:26:40	0:26:57	0:27:14
183	0:22:57	0:23:13	0:23:29	0:23:46	0:24:02	0:24:18	0:24:34	0:24:50	0:25:07	0:25:23	0:25:39	0:25:55	0:26:11	0:26:28	0:26:44
186	0:22:31	0:22:47	0:23:03	0:23:19	0:23:35	0:23:51	0:24:07	0:24:23	0:24:39	0:24:55	0:25:11	0:25:26	0:25:42	0:25:58	0:26:14
189	0:22:06	0:22:22	0:22:37	0:22:53	0:23:08	0:23:24	0:23:40	0:23:55	0:24:11	0:24:26	0:24:42	0:24:58	0:25:13	0:25:29	0:25:44
192	0:21:41	0:21:56	0:22:11	0:22:26	0:22:42	0:22:57	0:23:12	0:23:28	0:23:43	0:23:58	0:24:13	0:24:29	0:24:44	0:24:59	0:25:15
195	0:21:15	0:21:30	0:21:45	0:22:00	0:22:15	0:22:30	0:22:45	0:23:00	0:23:15	0:23:30	0:23:45	0:24:00	0:24:15	0:24:30	0:24:45
198	0:20:49	0:21:04	0:21:19	0:21:34	0:21:48	0:22:03	0:22:18	0:22:32	0:22:47	0:23:02	0:23:17	0:23:31	0:23:46	0:24:01	0:24:15
201	0:20:24	0:20:38	0:20:53	0:21:07	0:21:22	0:21:36	0:21:50	0:22:05	0:22:19	0:22:34	0:22:48	0:23:02	0:23:17	0:23:31	0:23:46
204	0:19:59	0:20:13	0:20:27	0:20:41	0:20:55	0:21:09	0:21:23	0:21:37	0:21:51	0:22:05	0:22:20	0:22:34	0:22:48	0:23:02	0:23:16
207	0:19:33	0:19:47	0:20:01	0:20:14	0:20:28	0:20:42	0:20:56	0:21:10	0:21:23	0:21:37	0:21:51	0:22:05	0:22:19	0:22:32	0:22:46
210	0:19:07	0:19:21	0:19:34	0:19:48	0:20:02	0:20:15	0:20:29	0:20:42	0:20:56	0:21:09	0:21:23	0:21:36	0:21:50	0:22:03	0:22:17
213	0:18:42	0:18:55	0:19:08	0:19:22	0:19:35	0:19:48	0:20:01	0:20:14	0:20:28	0:20:41	0:20:54	0:21:07	0:21:20	0:21:34	0:21:47
216	0:18:17	0:18:29	0:18:42	0:18:55	0:19:08	0:19:21	0:19:34	0:19:47	0:20:00	0:20:13	0:20:25	0:20:38	0:20:51	0:21:04	0:21:17
219	0:17:51	0:18:04	0:18:16	0:18:29	0:18:41	0:18:54	0:19:07	0:19:19	0:19:32	0:19:44	0:19:57	0:20:10	0:20:22	0:20:35	0:20:47
222	0:17:25	0:17:38	0:17:50	0:18:02	0:18:15	0:18:27	0:18:39	0:18:52	0:19:04	0:19:16	0:19:28	0:19:41	0:19:53	0:20:05	0:20:18
225	0:17:00	0:17:12	0:17:24	0:17:36	0:17:48	0:18:00	0:18:12	0:18:24	0:18:36	0:18:48	0:19:00	0:19:12	0:19:24	0:19:36	0:19:48
228	0:16:35	0:16:46	0:16:58	0:17:10	0:17:21	0:17:33	0:17:45	0:17:56	0:18:08	0:18:20	0:18:31	0:18:43	0:18:55	0:19:07	0:19:18
231	0:16:09	0:16:20	0:16:32	0:16:43	0:16:55	0:17:06	0:17:17	0:17:29	0:17:40	0:17:52	0:18:03	0:18:14	0:18:26	0:18:37	0:18:49
234	0:15:44	0:15:55	0:16:06	0:16:17	0:16:28	0:16:39	0:16:50	0:17:01	0:17:12	0:17:23	0:17:34	0:17:46	0:17:57	0:18:08	0:18:19
237	0:15:18	0:15:29	0:15:40	0:15:50	0:16:01	0:16:12	0:16:23	0:16:34	0:16:44	0:16:55	0:17:06	0:17:17	0:17:28	0:17:38	0:17:49
240	0:14:52	0:15:03	0:15:13	0:15:24	0:15:34	0:15:45	0:15:56	0:16:06	0:16:17	0:16:27	0:16:38	0:16:48	0:16:58	0:17:09	0:17:19
243	0:14:27	0:14:37	0:14:47	0:14:58	0:15:08	0:15:18	0:15:28	0:15:38	0:15:49	0:15:59	0:16:09	0:16:19	0:16:29	0:16:40	0:16:50
246	0:14:02	0:14:11	0:14:21	0:14:31	0:14:41	0:14:51	0:15:01	0:15:11	0:15:21	0:15:31	0:15:41	0:15:50	0:16:00	0:16:10	0:16:20
249	0:13:36	0:13:46	0:13:55	0:14:05	0:14:14	0:14:24	0:14:34	0:14:43	0:14:53	0:15:02	0:15:12	0:15:22	0:15:31	0:15:41	0:15:50
252	0:13:10	0:13:20	0:13:29	0:13:38	0:13:48	0:13:57	0:14:06	0:14:16	0:14:25	0:14:34	0:14:44	0:14:53	0:15:02	0:15:11	0:15:21
255	0:12:45	0:12:54	0:13:03	0:13:12	0:13:21	0:13:30	0:13:39	0:13:48	0:13:57	0:14:06	0:14:15	0:14:24	0:14:33	0:14:42	0:14:51
258	0:12:19	0:12:28	0:12:37	0:12:46	0:12:54	0:13:03	0:13:12	0:13:20	0:13:29	0:13:38	0:13:46	0:13:55	0:14:04	0:14:13	0:14:21
261	0:11:54	0:12:02	0:12:11	0:12:19	0:12:28	0:12:36	0:12:44	0:12:53	0:13:01	0:13:10	0:13:18	0:13:26	0:13:35	0:13:43	0:13:52
264	0:11:28	0:11:37	0:11:45	0:11:53	0:12:01	0:12:09	0:12:17	0:12:25	0:12:33	0:12:41	0:12:49	0:12:58	0:13:06	0:13:14	0:13:22
267	0:11:03	0:11:11	0:11:19	0:11:26	0:11:34	0:11:42	0:11:50	0:11:58	0:12:05	0:12:13	0:12:21	0:12:29	0:12:37	0:12:44	0:12:52
270	0:10:37	0:10:45	0:10:52	0:11:00	0:11:07	0:11:15	0:11:22	0:11:30	0:11:37	0:11:45	0:11:52	0:12:00	0:12:07	0:12:15	0:12:22
273	0:10:12	0:10:19	0:10:26	0:10:34	0:10:41	0:10:48	0:10:55	0:11:02	0:11:10	0:11:17	0:11:24	0:11:31	0:11:38	0:11:46	0:11:53
276	0:09:46	0:09:53	0:10:00	0:10:07	0:10:14	0:10:21	0:10:28	0:10:35	0:10:42	0:10:49	0:10:56	0:11:02	0:11:09	0:11:16	0:11:23
279	0:09:21	0:09:28	0:09:34	0:09:41	0:09:47	0:09:54	0:10:01	0:10:07	0:10:14	0:10:20	0:10:27	0:10:34	0:10:40	0:10:47	0:10:53
282	0:08:55	0:09:02	0:09:08	0:09:14	0:09:21	0:09:27	0:09:33	0:09:40	0:09:46	0:09:52	0:09:59	0:10:05	0:10:11	0:10:17	0:10:24
285	0:08:30	0:08:36	0:08:42	0:08:48	0:08:54	0:09:00	0:09:06	0:09:12	0:09:18	0:09:24	0:09:30	0:09:36	0:09:42	0:09:48	0:09:54
288	0:08:04	0:08:10	0:08:16	0:08:22	0:08:27	0:08:33	0:08:39	0:08:44	0:08:50	0:08:56	0:09:01	0:09:07	0:09:13	0:09:19	0:09:24
291	0:07:39	0:07:44	0:07:50	0:07:55	0:08:01	0:08:06	0:08:11	0:08:17	0:08:22	0:08:28	0:08:33	0:08:38	0:08:44	0:08:49	0:08:55
294	0:07:14	0:07:19	0:07:24	0:07:29	0:07:34	0:07:39	0:07:44	0:07:49	0:07:54	0:07:59	0:08:04	0:08:10	0:08:15	0:08:20	0:08:25
297	0:06:48	0:06:53	0:06:58	0:07:02	0:07:07	0:07:12	0:07:17	0:07:22	0:07:26	0:07:31	0:07:36	0:07:41	0:07:46	0:07:50	0:07:55
300	0:06:22	0:06:27	0:06:31	0:06:36	0:06:41	0:06:45	0:06:49	0:06:54	0:06:59	0:07:03	0:07:07	0:07:12	0:07:16	0:07:21	0:07:25
303	0:05:57	0:06:01	0:06:05	0:06:10	0:06:14	0:06:18	0:06:22	0:06:26	0:06:31	0:06:35	0:06:39	0:06:43	0:06:47	0:06:52	0:06:56
306	0:05:32	0:05:35	0:05:39	0:05:43	0:05:47	0:05:51	0:05:55	0:05:59	0:06:03	0:06:07	0:06:10	0:06:14	0:06:18	0:06:22	0:06:26
309	0:05:06	0:05:10	0:05:13	0:05:17	0:05:20	0:05:24	0:05:28	0:05:31	0:05:35	0:05:38	0:05:42	0:05:46	0:05:49	0:05:53	0:05:56
312	0:04:40	0:04:44	0:04:47	0:04:50	0:04:54	0:04:57	0:05:00	0:05:04	0:05:07	0:05:10	0:05:14	0:05:17	0:05:20	0:05:23	0:05:27
315	0:04:15	0:04:18	0:04:21	0:04:24	0:04:27	0:04:30	0:04:33	0:04:36	0:04:39	0:04:42	0:04:45	0:04:48	0:04:51	0:04:54	0:04:57
318	0:03:50	0:03:52	0:03:55	0:03:58	0:04:00	0:04:03	0:04:06	0:04:08	0:04:11	0:04:14	0:04:16	0:04:19	0:04:22	0:04:25	0:04:27
321	0:03:24	0:03:26	0:03:29	0:03:31	0:03:34	0:03:36	0:03:38	0:03:41	0:03:43	0:03:46	0:03:48	0:03:50	0:03:53	0:03:55	0:03:58
324	0:02:59	0:03:01	0:03:03	0:03:05	0:03:07	0:03:09	0:03:11	0:03:13	0:03:15	0:03:17	0:03:20	0:03:22	0:03:24	0:03:26	0:03:28
327	0:02:33	0:02:35	0:02:37	0:02:38	0:02:40	0:02:42	0:02:44	0:02:46	0:02:47	0:02:49	0:02:51	0:02:53	0:02:55	0:02:56	0:02

Distance → PHRF ↓	10	10.1	10.2	10.3	10.4	10.5	10.6	10.7	10.8	10.9	11	11.1	11.2	11.3	11.4
-81	1:11:00	1:11:43	1:12:25	1:13:08	1:13:50	1:14:33	1:15:16	1:15:58	1:16:41	1:17:23	1:18:06	1:18:49	1:19:31	1:20:14	1:20:56
-78	1:10:30	1:11:12	1:11:55	1:12:37	1:13:19	1:14:01	1:14:44	1:15:26	1:16:08	1:16:51	1:17:33	1:18:15	1:18:58	1:19:40	1:20:22
-75	1:10:00	1:10:42	1:11:24	1:12:06	1:12:48	1:13:30	1:14:12	1:14:54	1:15:36	1:16:18	1:17:00	1:17:42	1:18:24	1:19:06	1:19:48
-72	1:09:30	1:10:12	1:10:53	1:11:35	1:12:17	1:12:59	1:13:40	1:14:22	1:15:04	1:15:45	1:16:27	1:17:09	1:17:50	1:18:32	1:19:14
-69	1:09:00	1:09:41	1:10:23	1:11:04	1:11:46	1:12:27	1:13:08	1:13:50	1:14:31	1:15:13	1:15:54	1:16:35	1:17:17	1:17:58	1:18:40
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-6	0:58:30	0:59:05	0:59:40	1:00:15	1:00:50	1:01:26	1:02:01	1:02:36	1:03:11	1:03:46	1:04:21	1:04:56	1:05:31	1:06:06	1:06:41
-3	0:58:00	0:58:35	0:59:10	0:59:44	1:00:19	1:00:54	1:01:29	1:02:04	1:02:38	1:03:13	1:03:48	1:04:23	1:04:58	1:05:32	1:06:07
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75	0:45:00	0:45:27	0:45:54	0:46:21	0:46:48	0:47:15	0:47:42	0:48:09	0:48:36	0:49:03	0:49:30	0:49:57	0:50:24	0:50:51	0:51:18
78	0:44:30	0:44:57	0:45:23	0:45:50	0:46:17	0:46:44	0:47:10	0:47:37	0:48:04	0:48:30	0:48:57	0:49:24	0:49:50	0:50:17	0:50:44
81	0:44:00	0:44:26	0:44:53	0:45:19	0:45:46	0:46:12	0:46:38	0:47:05	0:47:31	0:47:58	0:48:24	0:48:50	0:49:17	0:49:43	0:50:10
84	0:43:30	0:43:56	0:44:22	0:44:48	0:45:14	0:45:41	0:46:07	0:46:33	0:46:59	0:47:25	0:47:51	0:48:17	0:48:43	0:49:09	0:49:35
87	0:43:00	0:43:26	0:43:52	0:44:17	0:44:43	0:45:09	0:45:35	0:46:01	0:46:26	0:46:52	0:47:18	0:47:44	0:48:10	0:48:35	0:49:01
90	0:42:30	0:42:55	0:43:21	0:43:47	0:44:12	0:44:37	0:45:03	0:45:29	0:45:54	0:46:20	0:46:45	0:47:11	0:47:36	0:48:02	0:48:27
93	0:42:00	0:42:25	0:42:50	0:43:16	0:43:41	0:44:06	0:44:31	0:44:56	0:45:22	0:45:47	0:46:12	0:46:37	0:47:02	0:47:28	0:47:53
96	0:41:30	0:41:55	0:42:20	0:42:45	0:43:10	0:43:34	0:43:59	0:44:24	0:44:49	0:45:14	0:45:39	0:46:04	0:46:29	0:46:54	0:47:19
99	0:41:00	0:41:25	0:41:49	0:42:14	0:42:38	0:43:03	0:43:28	0:43:52	0:44:17	0:44:41	0:45:06	0:45:31	0:45:55	0:46:20	0:46:44
102	0:40:30	0:40:54	0:41:19	0:41:43	0:42:07	0:42:31	0:42:56	0:43:20	0:43:44	0:44:09	0:44:33	0:44:57	0:45:22	0:45:46	0:46:10
105	0:40:00	0:40:24	0:40:48	0:41:12	0:41:36	0:42:00	0:42:24	0:42:48	0:43:12	0:43:36	0:44:00	0:44:24	0:44:48	0:45:12	0:45:36
108	0:39:30	0:39:54	0:40:17												

Distance → PHRF ↓	10	10.1	10.2	10.3	10.4	10.5	10.6	10.7	10.8	10.9	11	11.1	11.2	11.3	11.4
141	0:34:00	0:34:20	0:34:41	0:35:01	0:35:22	0:35:42	0:36:02	0:36:23	0:36:43	0:37:04	0:37:24	0:37:44	0:38:05	0:38:25	0:38:46
144	0:33:30	0:33:50	0:34:10	0:34:30	0:34:50	0:35:11	0:35:31	0:35:51	0:36:11	0:36:31	0:36:51	0:37:11	0:37:31	0:37:51	0:38:11
147	0:33:00	0:33:20	0:33:40	0:33:59	0:34:19	0:34:39	0:34:59	0:35:19	0:35:38	0:35:58	0:36:18	0:36:38	0:36:58	0:37:17	0:37:37
150	0:32:30	0:32:50	0:33:09	0:33:29	0:33:48	0:34:07	0:34:27	0:34:46	0:35:06	0:35:26	0:35:45	0:36:04	0:36:24	0:36:44	0:37:03
153	0:32:00	0:32:19	0:32:38	0:32:58	0:33:17	0:33:36	0:33:55	0:34:14	0:34:34	0:34:53	0:35:12	0:35:31	0:35:50	0:36:10	0:36:29
156	0:31:30	0:31:49	0:32:08	0:32:27	0:32:46	0:33:05	0:33:23	0:33:42	0:34:01	0:34:20	0:34:39	0:34:58	0:35:17	0:35:36	0:35:55
159	0:31:00	0:31:19	0:31:37	0:31:56	0:32:14	0:32:33	0:32:52	0:33:10	0:33:29	0:33:47	0:34:06	0:34:25	0:34:43	0:35:02	0:35:20
162	0:30:30	0:30:48	0:31:07	0:31:25	0:31:43	0:32:01	0:32:20	0:32:38	0:32:56	0:33:15	0:33:33	0:33:51	0:34:10	0:34:28	0:34:46
165	0:30:00	0:30:18	0:30:36	0:30:54	0:31:12	0:31:30	0:31:48	0:32:06	0:32:24	0:32:42	0:33:00	0:33:18	0:33:36	0:33:54	0:34:12
168	0:29:30	0:29:48	0:30:05	0:30:23	0:30:41	0:30:59	0:31:16	0:31:34	0:31:52	0:32:09	0:32:27	0:32:45	0:33:02	0:33:20	0:33:38
171	0:29:00	0:29:17	0:29:35	0:29:52	0:30:10	0:30:27	0:30:44	0:31:02	0:31:19	0:31:37	0:31:54	0:32:11	0:32:29	0:32:46	0:33:04
174	0:28:30	0:28:47	0:29:04	0:29:21	0:29:38	0:29:56	0:30:13	0:30:30	0:30:47	0:31:04	0:31:21	0:31:38	0:31:55	0:32:12	0:32:29
177	0:28:00	0:28:17	0:28:34	0:28:50	0:29:07	0:29:24	0:29:41	0:29:58	0:30:14	0:30:31	0:30:48	0:31:05	0:31:22	0:31:38	0:31:55
180	0:27:30	0:27:46	0:28:03	0:28:20	0:28:36	0:28:53	0:29:09	0:29:25	0:29:42	0:29:58	0:30:15	0:30:32	0:30:48	0:31:05	0:31:21
183	0:27:00	0:27:16	0:27:32	0:27:49	0:28:05	0:28:21	0:28:37	0:28:53	0:29:10	0:29:26	0:29:42	0:29:58	0:30:14	0:30:31	0:30:47
186	0:26:30	0:26:46	0:27:02	0:27:18	0:27:34	0:27:49	0:28:05	0:28:21	0:28:37	0:28:53	0:29:09	0:29:25	0:29:41	0:29:57	0:30:13
189	0:26:00	0:26:16	0:26:31	0:26:47	0:27:02	0:27:18	0:27:34	0:27:49	0:28:05	0:28:20	0:28:36	0:28:52	0:29:07	0:29:23	0:29:38
192	0:25:30	0:25:45	0:26:01	0:26:16	0:26:31	0:26:46	0:27:02	0:27:17	0:27:32	0:27:48	0:28:03	0:28:18	0:28:34	0:28:49	0:29:04
195	0:25:00	0:25:15	0:25:30	0:25:45	0:26:00	0:26:15	0:26:30	0:26:45	0:27:00	0:27:15	0:27:30	0:27:45	0:28:00	0:28:15	0:28:30
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201	0:24:00	0:24:14	0:24:29	0:24:43	0:24:58	0:25:12	0:25:26	0:25:41	0:25:55	0:26:10	0:26:24	0:26:38	0:26:53	0:27:07	0:27:22
204	0:23:30	0:23:44	0:23:58	0:24:12	0:24:26	0:24:41	0:24:55	0:25:09	0:25:23	0:25:37	0:25:51	0:26:05	0:26:19	0:26:33	0:26:47
207	0:23:00	0:23:14	0:23:28	0:23:41	0:23:55	0:24:09	0:24:23	0:24:37	0:24:50	0:25:04	0:25:18	0:25:32	0:25:46	0:25:59	0:26:13
210	0:22:30	0:22:44	0:22:57	0:23:11	0:23:24	0:23:37	0:23:51	0:24:05	0:24:18	0:24:32	0:24:45	0:24:59	0:25:12	0:25:26	0:25:39
213	0:22:00	0:22:13	0:22:26	0:22:40	0:22:53	0:23:06	0:23:19	0:23:32	0:23:46	0:23:59	0:24:12	0:24:25	0:24:38	0:24:52	0:25:05
216	0:21:30	0:21:43	0:21:56	0:22:09	0:22:22	0:22:34	0:22:47	0:23:00	0:23:13	0:23:26	0:23:39	0:23:52	0:24:05	0:24:18	0:24:31
219	0:21:00	0:21:13	0:21:25	0:21:38	0:21:50	0:22:03	0:22:16	0:22:28	0:22:41	0:22:53	0:23:06	0:23:19	0:23:31	0:23:44	0:23:56
222	0:20:30	0:20:42	0:20:55	0:21:07	0:21:19	0:21:31	0:21:44	0:21:56	0:22:08	0:22:21	0:22:33	0:22:45	0:22:58	0:23:10	0:23:22
225	0:20:00	0:20:12	0:20:24	0:20:36	0:20:48	0:21:00	0:21:12	0:21:24	0:21:36	0:21:48	0:22:00	0:22:12	0:22:24	0:22:36	0:22:48
228	0:19:30	0:19:42	0:19:53	0:20:05	0:20:17	0:20:29	0:20:40	0:20:52	0:21:04	0:21:15	0:21:27	0:21:39	0:21:50	0:22:02	0:22:14
231	0:19:00	0:19:11	0:19:23	0:19:34	0:19:46	0:19:57	0:20:08	0:20:20	0:20:31	0:20:43	0:20:54	0:21:05	0:21:17	0:21:28	0:21:40
234	0:18:30	0:18:41	0:18:52	0:19:03	0:19:14	0:19:26	0:19:37	0:19:48	0:19:59	0:20:10	0:20:21	0:20:32	0:20:43	0:20:54	0:21:05
237	0:18:00	0:18:11	0:18:22	0:18:32	0:18:43	0:18:54	0:19:05	0:19:16	0:19:26	0:19:37	0:19:48	0:19:59	0:20:10	0:20:20	0:20:31
240	0:17:30	0:17:40	0:17:51	0:18:02	0:18:12	0:18:23	0:18:33	0:18:43	0:18:54	0:19:05	0:19:15	0:19:26	0:19:36	0:19:47	0:19:57
243	0:17:00	0:17:10	0:17:20	0:17:31	0:17:41	0:17:51	0:18:01	0:18:11	0:18:22	0:18:32	0:18:42	0:18:52	0:19:02	0:19:13	0:19:23
246	0:16:30	0:16:40	0:16:50	0:17:00	0:17:10	0:17:19	0:17:29	0:17:39	0:17:49	0:17:59	0:18:09	0:18:19	0:18:29	0:18:39	0:18:49
249	0:16:00	0:16:10	0:16:19	0:16:29	0:16:38	0:16:48	0:16:58	0:17:07	0:17:17	0:17:26	0:17:36	0:17:46	0:17:55	0:18:05	0:18:14
252	0:15:30	0:15:39	0:15:49	0:15:58	0:16:07	0:16:16	0:16:26	0:16:35	0:16:44	0:16:54	0:17:03	0:17:12	0:17:22	0:17:31	0:17:40
255	0:15:00	0:15:09	0:15:18	0:15:27	0:15:36	0:15:45	0:15:54	0:16:03	0:16:12	0:16:21	0:16:30	0:16:39	0:16:48	0:16:57	0:17:06
258	0:14:30	0:14:39	0:14:47	0:14:56	0:15:05	0:15:13	0:15:22	0:15:31	0:15:40	0:15:48	0:15:57	0:16:06	0:16:14	0:16:23	0:16:32
261	0:14:00	0:14:08	0:14:17	0:14:25	0:14:34	0:14:42	0:14:50	0:14:59	0:15:07	0:15:16	0:15:24	0:15:32	0:15:41	0:15:49	0:15:58
264	0:13:30	0:13:38	0:13:46	0:13:54	0:14:02	0:14:10	0:14:19	0:14:27	0:14:35	0:14:43	0:14:51	0:14:59	0:15:07	0:15:15	0:15:23
267	0:13:00	0:13:08	0:13:16	0:13:23	0:13:31	0:13:39	0:13:47	0:13:55	0:14:02	0:14:10	0:14:18	0:14:26	0:14:34	0:14:41	0:14:49
270	0:12:30	0:12:37	0:12:45	0:12:52	0:13:00	0:13:08	0:13:15	0:13:22	0:13:30	0:13:37	0:13:45	0:13:52	0:14:00	0:14:07	0:14:15
273	0:12:00	0:12:07	0:12:14	0:12:22	0:12:29	0:12:36	0:12:43	0:12:50	0:12:58	0:13:05	0:13:12	0:13:19	0:13:26	0:13:34	0:13:41
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285	0:10:00	0:10:06	0:10:12	0:10:18	0:10:24	0:10:30	0:10:36	0:10:42	0:10:48	0:10:54	0:11:00	0:11:06	0:11:12	0:11:18	0:11:24
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294	0:08:30	0:08:35	0:08:40	0:08:45	0:08:50	0:08:55	0:09:01	0:09:06	0:09:11	0:09:16	0:09:21	0:09:26	0:09:31	0:09:36	0:09:41
297	0:08:00	0:08:05	0:08:10	0:08:14	0:08:19	0:08:24	0:08:29	0:08:34	0:08:38	0:08:43	0:08:48	0:08:53	0:08:58	0:09:02	0:09:07
300	0:07:30	0:07:34	0:07:39	0:07:44	0:07:48	0:07:52	0:07:57	0:08:01	0:08:06	0:08:11	0:08:15	0:08:20	0:08:24	0:08:29	0:08:33
303	0:07:00	0:07:04	0:07:08	0:07:13	0:07:17	0:07:21	0:07:25	0:07:29	0:07:34	0:07:38	0:07:42	0:07:46	0:07:50	0:07:55	0:07:59
306	0:06:30	0:06:34	0:06:38	0:06:42	0:06:46	0:06:49	0:06:53	0:06:57	0:07:01	0:07:05	0:07:09	0:07:13	0:07:17	0:07:21	0:07:25
309	0:06:00	0:06:04	0:06:07	0:06:11	0:06:14	0:06:18	0:06:22	0:06:25	0:06:29	0:06:32	0:06:36	0:06:40	0:06:43	0:06:47	0:06:50
312	0:05:30	0:05:33	0:05:37	0:05:40	0:05:43	0:05:46	0:05:50	0:05:53	0:05:56	0:06:00	0:06:03	0:06:06	0:06:10	0:06:13	0:06:16
315	0:05:00	0:05:03	0:05:06	0:05:09	0:05:12	0:05:15	0:05:18	0:05:21	0:05:24	0:05:27	0:05:30	0:05:33	0:05:36	0:05:39	0:05:42
318	0:04:30	0:04:33	0:04:35	0:04:38	0:04:41	0:04:44	0:04:46	0:04:49	0:04:52	0:04:54	0:04:57	0:05:00	0:05:02	0:05:05	0:05:08
321	0:04:00	0:04:02	0:04:05	0:04:07	0:04:10	0:04:12	0:04:14	0:04:17	0:04:19	0:04:22	0:04:24	0:04:26	0:04:29	0:04:31	0:04:34
324	0:03:30	0:03:32	0:03:34	0:03:36	0:03:38	0:03:41	0:03:43	0:03:45	0:03:47	0:03:49	0:03:51	0:03:53	0:03:55	0:03:57	0:03:59
327	0:03:00	0:03:02	0:03:04	0:03:05	0:03:07	0:03:09	0:03:11	0:03:13	0:03:14	0:03:16	0:03:18	0:03:20	0:03:22	0:0	

Distance → PHRF ↓	11.5	11.6	11.7	11.8	11.9	12	12.1	12.2	12.3	12.4	12.5	12.6	12.7	12.8	12.9
-81	1:21:39	1:22:22	1:23:04	1:23:47	1:24:29	1:25:12	1:25:55	1:26:37	1:27:20	1:28:02	1:28:45	1:29:28	1:30:10	1:30:53	1:31:35
-78	1:21:05	1:21:47	1:22:29	1:23:11	1:23:54	1:24:36	1:25:18	1:26:01	1:26:43	1:27:25	1:28:07	1:28:50	1:29:32	1:30:14	1:30:57
-75	1:20:30	1:21:12	1:21:54	1:22:36	1:23:18	1:24:00	1:24:42	1:25:24	1:26:06	1:26:48	1:27:30	1:28:12	1:28:54	1:29:36	1:30:18
-72	1:19:55	1:20:37	1:21:19	1:22:01	1:22:42	1:23:24	1:24:06	1:24:47	1:25:29	1:26:11	1:26:53	1:27:34	1:28:16	1:28:58	1:29:39
-69	1:19:21	1:20:02	1:20:44	1:21:25	1:22:07	1:22:48	1:23:29	1:24:11	1:24:52	1:25:34	1:26:15	1:26:56	1:27:38	1:28:19	1:29:01
-66	1:18:47	1:19:28	1:20:09	1:20:50	1:21:31	1:22:12	1:22:53	1:23:34	1:24:15	1:24:56	1:25:37	1:26:19	1:27:00	1:27:41	1:28:22
-63	1:18:12	1:18:53	1:19:34	1:20:14	1:20:55	1:21:36	1:22:17	1:22:58	1:23:38	1:24:19	1:25:00	1:25:41	1:26:22	1:27:02	1:27:43
-60	1:17:37	1:18:18	1:18:58	1:19:39	1:20:20	1:21:00	1:21:41	1:22:21	1:23:02	1:23:42	1:24:22	1:25:03	1:25:44	1:26:24	1:27:04
-57	1:17:03	1:17:43	1:18:23	1:19:04	1:19:44	1:20:24	1:21:04	1:21:44	1:22:25	1:23:05	1:23:45	1:24:25	1:25:05	1:25:46	1:26:26
-54	1:16:29	1:17:08	1:17:48	1:18:28	1:19:08	1:19:48	1:20:28	1:21:08	1:21:48	1:22:28	1:23:08	1:23:47	1:24:27	1:25:07	1:25:47
-51	1:15:54	1:16:34	1:17:13	1:17:53	1:18:32	1:19:12	1:19:52	1:20:31	1:21:11	1:21:50	1:22:30	1:23:10	1:23:49	1:24:29	1:25:08
-48	1:15:19	1:15:59	1:16:38	1:17:17	1:17:57	1:18:36	1:19:15	1:19:55	1:20:34	1:21:13	1:21:53	1:22:32	1:23:11	1:23:50	1:24:30
-45	1:14:45	1:15:24	1:16:03	1:16:42	1:17:21	1:18:00	1:18:39	1:19:18	1:19:57	1:20:36	1:21:15	1:21:54	1:22:33	1:23:12	1:23:51
-42	1:14:11	1:14:49	1:15:28	1:16:07	1:16:45	1:17:24	1:18:03	1:18:41	1:19:20	1:19:59	1:20:37	1:21:16	1:21:55	1:22:34	1:23:12
-39	1:13:36	1:14:14	1:14:53	1:15:31	1:16:10	1:16:48	1:17:26	1:18:05	1:18:43	1:19:22	1:20:00	1:20:38	1:21:17	1:21:55	1:22:34
-36	1:13:01	1:13:40	1:14:18	1:14:56	1:15:34	1:16:12	1:16:50	1:17:28	1:18:06	1:18:44	1:19:23	1:20:01	1:20:39	1:21:17	1:21:55
-33	1:12:27	1:13:05	1:13:43	1:14:20	1:14:58	1:15:36	1:16:14	1:16:52	1:17:29	1:18:07	1:18:45	1:19:23	1:20:01	1:20:38	1:21:16
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-27	1:11:18	1:11:55	1:12:32	1:13:10	1:13:47	1:14:24	1:15:01	1:15:38	1:16:16	1:16:53	1:17:30	1:18:07	1:18:44	1:19:22	1:19:59
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-21	1:10:09	1:10:46	1:11:22	1:11:59	1:12:35	1:13:12	1:13:49	1:14:25	1:15:02	1:15:38	1:16:15	1:16:52	1:17:28	1:18:05	1:18:41
-18	1:09:35	1:10:11	1:10:47	1:11:23	1:12:00	1:12:36	1:13:12	1:13:49	1:14:25	1:15:01	1:15:38	1:16:14	1:16:50	1:17:26	1:18:03
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-9	1:07:51	1:08:26	1:09:02	1:09:37	1:10:13	1:10:48	1:11:23	1:11:59	1:12:34	1:13:10	1:13:45	1:14:20	1:14:56	1:15:31	1:16:07
-6	1:07:17	1:07:52	1:08:27	1:09:02	1:09:37	1:10:12	1:10:47	1:11:22	1:11:57	1:12:32	1:13:08	1:13:43	1:14:18	1:14:53	1:15:28
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0	1:06:07	1:06:42	1:07:16	1:07:51	1:08:26	1:09:00	1:09:35	1:10:09	1:10:43	1:11:18	1:11:53	1:12:27	1:13:01	1:13:36	1:14:11
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57	0:55:12	0:55:41	0:56:10	0:56:38	0:57:07	0:57:36	0:58:05	0:58:34	0:59:02	0:59:31	1:00:00	1:00:29	1:00:58	1:01:26	1:01:55
60	0:54:37	0:55:06	0:55:35	0:56:03	0:56:32	0:57:00	0:57:29	0:57:57	0:58:26	0:58:54	0:59:23	0:59:51	1:00:19	1:00:48	1:01:17
63	0:54:03	0:54:31	0:54:59	0:55:28	0:55:56	0:56:24	0:56:52	0:57:20	0:57:49	0:58:17	0:58:45	0:59:13	0:59:41	1:00:10	1:00:38
66	0:53:29	0:53:56	0:54:24	0:54:52	0:55:20	0:55:48	0:56:16	0:56:44	0:57:12	0:57:40	0:58:08	0:58:35	0:59:03	0:59:31	0:59:59
69	0:52:54	0:53:22	0:53:49	0:54:17	0:54:44	0:55:12	0:55:40	0:56:07	0:56:35	0:57:02	0:57:30	0:57:58	0:58:25	0:58:53	0:59:20
72	0:52:20	0:52:47	0:53:14	0:53:41	0:54:09	0:54:36	0:55:03	0:55:31	0:55:58	0:56:25	0:56:53	0:57:20	0:57:47	0:58:14	0:58:42
75	0:51:45	0:52:12	0:52:39	0:53:06	0:53:33	0:54:00	0:54:27	0:54:54	0:55:21	0:55:48	0:56:15	0:56:42	0:57:09	0:57:36	0:58:03
78	0:51:11	0:51:37	0:52:04	0:52:31	0:52:57	0:53:24	0:53:51	0:54:17	0:54:44	0:55:11	0:55:38	0:56:04	0:56:31	0:56:58	0:57:24
81	0:50:36	0:51:02	0:51:29	0:51:55	0:52:22	0:52:48	0:53:14	0:53:41	0:54:07	0:54:34	0:55:00	0:55:26	0:55:53	0:56:19	0:56:46
84	0:50:01	0:50:28	0:50:54	0:51:20	0:51:46	0:52:12	0:52:38	0:53:04	0:53:30	0:53:56	0:54:22	0:54:49	0:55:15	0:55:41	0:56:07
87	0:49:27	0:49:53	0:50:19	0:50:44	0:51:10	0:51:36	0:52:02	0:52:28	0:52:53	0:53:19	0:53:45	0:54:11	0:54:37	0:55:02	0:55:28
90	0:48:52	0:49:18	0:49:44	0:50:09	0:50:35	0:51:00	0:51:25	0:51:51	0:52:17	0:52:42	0:53:08	0:53:33	0:53:59	0:54:24	0:54:50
93	0:48:18	0:48:43	0:49:08	0:49:34	0:49:59	0:50:24	0:50:49	0:51:14	0:51:40	0:52:05	0:52:30	0:52:55	0:53:20	0:53:46	0:54:11
96	0:47:44	0:48:08	0:48:33	0:48:58	0:49:23	0:49:48	0:50:13	0:50:38	0:51:03	0:51:28	0:51:53	0:52:17	0:52:42	0:53:07	0:53:32
99	0:47:09	0:47:34	0:47:58	0:48:23	0:48:47	0:49:12	0:49:37	0:50:01	0:50:26	0:50:50	0:51:15	0:51:40	0:52:04	0:52:29	0:52:53
102	0:46:35	0:46:59	0:47:23	0:47:47	0:48:12	0:48:36	0:49:00	0:49:25	0:49:49	0:50:13	0:50:37	0:51:02	0:51:26	0:51:50	0:52:15
105	0:46:00	0:46:24	0:46:48	0:47:12	0:47:36	0:48:00	0:48:24	0:48:48	0:49:12	0:49:36	0:50:00	0:50:24	0:50:48	0:51:12	0:51:36
108	0:45:26	0:45:49	0:46:13</												

Distance → PHRF ↓	11.5	11.6	11.7	11.8	11.9	12	12.1	12.2	12.3	12.4	12.5	12.6	12.7	12.8	12.9
141	0:39:06	0:39:26	0:39:47	0:40:07	0:40:28	0:40:48	0:41:08	0:41:29	0:41:49	0:42:10	0:42:30	0:42:50	0:43:11	0:43:31	0:43:52
144	0:38:31	0:38:52	0:39:12	0:39:32	0:39:52	0:40:12	0:40:32	0:40:52	0:41:12	0:41:32	0:41:52	0:42:13	0:42:33	0:42:53	0:43:13
147	0:37:57	0:38:17	0:38:37	0:38:56	0:39:16	0:39:36	0:39:56	0:40:16	0:40:35	0:40:55	0:41:15	0:41:35	0:41:55	0:42:14	0:42:34
150	0:37:22	0:37:42	0:38:02	0:38:21	0:38:40	0:39:00	0:39:19	0:39:39	0:39:59	0:40:18	0:40:37	0:40:57	0:41:16	0:41:36	0:41:56
153	0:36:48	0:37:07	0:37:26	0:37:46	0:38:05	0:38:24	0:38:43	0:39:02	0:39:22	0:39:41	0:40:00	0:40:19	0:40:38	0:40:58	0:41:17
156	0:36:14	0:36:32	0:36:51	0:37:10	0:37:29	0:37:48	0:38:07	0:38:26	0:38:45	0:39:04	0:39:22	0:39:41	0:40:00	0:40:19	0:40:38
159	0:35:39	0:35:58	0:36:16	0:36:35	0:36:53	0:37:12	0:37:31	0:37:49	0:38:08	0:38:26	0:38:45	0:39:04	0:39:22	0:39:41	0:39:59
162	0:35:05	0:35:23	0:35:41	0:35:59	0:36:18	0:36:36	0:36:54	0:37:13	0:37:31	0:37:49	0:38:07	0:38:26	0:38:44	0:39:02	0:39:21
165	0:34:30	0:34:48	0:35:06	0:35:24	0:35:42	0:36:00	0:36:18	0:36:36	0:36:54	0:37:12	0:37:30	0:37:48	0:38:06	0:38:24	0:38:42
168	0:33:56	0:34:13	0:34:31	0:34:49	0:35:06	0:35:24	0:35:42	0:35:59	0:36:17	0:36:35	0:36:53	0:37:10	0:37:28	0:37:46	0:38:03
171	0:33:21	0:33:38	0:33:56	0:34:13	0:34:31	0:34:48	0:35:05	0:35:23	0:35:40	0:35:58	0:36:15	0:36:32	0:36:50	0:37:07	0:37:25
174	0:32:47	0:33:04	0:33:21	0:33:38	0:33:55	0:34:12	0:34:29	0:34:46	0:35:03	0:35:20	0:35:37	0:35:55	0:36:12	0:36:29	0:36:46
177	0:32:12	0:32:29	0:32:46	0:33:02	0:33:19	0:33:36	0:33:53	0:34:10	0:34:26	0:34:43	0:35:00	0:35:17	0:35:34	0:35:50	0:36:07
180	0:31:38	0:31:54	0:32:10	0:32:27	0:32:44	0:33:00	0:33:16	0:33:33	0:33:50	0:34:06	0:34:22	0:34:39	0:34:55	0:35:12	0:35:29
183	0:31:03	0:31:19	0:31:35	0:31:52	0:32:08	0:32:24	0:32:40	0:32:56	0:33:13	0:33:29	0:33:45	0:34:01	0:34:17	0:34:34	0:34:50
186	0:30:29	0:30:44	0:31:00	0:31:16	0:31:32	0:31:48	0:32:04	0:32:20	0:32:36	0:32:52	0:33:08	0:33:23	0:33:39	0:33:55	0:34:11
189	0:29:54	0:30:10	0:30:25	0:30:41	0:30:56	0:31:12	0:31:28	0:31:43	0:31:59	0:32:14	0:32:30	0:32:46	0:33:01	0:33:17	0:33:32
192	0:29:20	0:29:35	0:29:50	0:30:05	0:30:21	0:30:36	0:30:51	0:31:07	0:31:22	0:31:37	0:31:52	0:32:08	0:32:23	0:32:38	0:32:54
195	0:28:45	0:29:00	0:29:15	0:29:30	0:29:45	0:30:00	0:30:15	0:30:30	0:30:45	0:31:00	0:31:15	0:31:30	0:31:45	0:32:00	0:32:15
198	0:28:11	0:28:25	0:28:40	0:28:55	0:29:09	0:29:24	0:29:39	0:29:53	0:30:08	0:30:23	0:30:37	0:30:52	0:31:07	0:31:22	0:31:36
201	0:27:36	0:27:50	0:28:05	0:28:19	0:28:34	0:28:48	0:29:02	0:29:17	0:29:31	0:29:46	0:30:00	0:30:14	0:30:29	0:30:43	0:30:58
204	0:27:02	0:27:16	0:27:30	0:27:44	0:27:58	0:28:12	0:28:26	0:28:40	0:28:54	0:29:08	0:29:22	0:29:37	0:29:51	0:30:05	0:30:19
207	0:26:27	0:26:41	0:26:55	0:27:08	0:27:22	0:27:36	0:27:50	0:28:04	0:28:17	0:28:31	0:28:45	0:28:59	0:29:13	0:29:26	0:29:40
210	0:25:53	0:26:06	0:26:19	0:26:33	0:26:46	0:27:00	0:27:14	0:27:27	0:27:40	0:27:54	0:28:07	0:28:21	0:28:34	0:28:48	0:29:02
213	0:25:18	0:25:31	0:25:44	0:25:58	0:26:11	0:26:24	0:26:37	0:26:50	0:27:04	0:27:17	0:27:30	0:27:43	0:27:56	0:28:10	0:28:23
216	0:24:44	0:24:56	0:25:09	0:25:22	0:25:35	0:25:48	0:26:01	0:26:14	0:26:27	0:26:40	0:26:52	0:27:05	0:27:18	0:27:31	0:27:44
219	0:24:09	0:24:22	0:24:34	0:24:47	0:24:59	0:25:12	0:25:25	0:25:37	0:25:50	0:26:02	0:26:15	0:26:28	0:26:40	0:26:53	0:27:05
222	0:23:35	0:23:47	0:23:59	0:24:11	0:24:24	0:24:36	0:24:48	0:25:01	0:25:13	0:25:25	0:25:37	0:25:50	0:26:02	0:26:14	0:26:27
225	0:23:00	0:23:12	0:23:24	0:23:36	0:23:48	0:24:00	0:24:12	0:24:24	0:24:36	0:24:48	0:25:00	0:25:12	0:25:24	0:25:36	0:25:48
228	0:22:26	0:22:37	0:22:49	0:23:01	0:23:12	0:23:24	0:23:36	0:23:47	0:23:59	0:24:11	0:24:22	0:24:34	0:24:46	0:24:58	0:25:09
231	0:21:51	0:22:02	0:22:14	0:22:25	0:22:37	0:22:48	0:22:59	0:23:11	0:23:22	0:23:34	0:23:45	0:23:56	0:24:08	0:24:19	0:24:31
234	0:21:16	0:21:28	0:21:39	0:21:50	0:22:01	0:22:12	0:22:23	0:22:34	0:22:45	0:22:56	0:23:08	0:23:19	0:23:30	0:23:41	0:23:52
237	0:20:42	0:20:53	0:21:04	0:21:14	0:21:25	0:21:36	0:21:47	0:21:58	0:22:08	0:22:19	0:22:30	0:22:41	0:22:52	0:23:02	0:23:13
240	0:20:07	0:20:18	0:20:29	0:20:39	0:20:49	0:21:00	0:21:11	0:21:21	0:21:31	0:21:42	0:21:52	0:22:03	0:22:13	0:22:24	0:22:34
243	0:19:33	0:19:43	0:19:53	0:20:04	0:20:14	0:20:24	0:20:34	0:20:44	0:20:55	0:21:05	0:21:15	0:21:25	0:21:35	0:21:46	0:21:56
246	0:18:58	0:19:08	0:19:18	0:19:28	0:19:38	0:19:48	0:19:58	0:20:08	0:20:18	0:20:28	0:20:37	0:20:47	0:20:57	0:21:07	0:21:17
249	0:18:24	0:18:34	0:18:43	0:18:53	0:19:02	0:19:12	0:19:22	0:19:31	0:19:41	0:19:50	0:20:00	0:20:10	0:20:19	0:20:29	0:20:38
252	0:17:49	0:17:59	0:18:08	0:18:17	0:18:27	0:18:36	0:18:45	0:18:55	0:19:04	0:19:13	0:19:22	0:19:32	0:19:41	0:19:50	0:20:00
255	0:17:15	0:17:24	0:17:33	0:17:42	0:17:51	0:18:00	0:18:09	0:18:18	0:18:27	0:18:36	0:18:45	0:18:54	0:19:03	0:19:12	0:19:21
258	0:16:40	0:16:49	0:16:58	0:17:07	0:17:15	0:17:24	0:17:33	0:17:41	0:17:50	0:17:59	0:18:07	0:18:16	0:18:25	0:18:34	0:18:42
261	0:16:06	0:16:14	0:16:23	0:16:31	0:16:40	0:16:48	0:16:56	0:17:05	0:17:13	0:17:22	0:17:30	0:17:38	0:17:47	0:17:55	0:18:04
264	0:15:31	0:15:40	0:15:48	0:15:56	0:16:04	0:16:12	0:16:20	0:16:28	0:16:36	0:16:44	0:16:52	0:17:01	0:17:09	0:17:17	0:17:25
267	0:14:57	0:15:05	0:15:13	0:15:20	0:15:28	0:15:36	0:15:44	0:15:52	0:15:59	0:16:07	0:16:15	0:16:23	0:16:31	0:16:38	0:16:46
270	0:14:22	0:14:30	0:14:37	0:14:45	0:14:52	0:15:00	0:15:07	0:15:15	0:15:22	0:15:30	0:15:38	0:15:45	0:15:53	0:16:00	0:16:07
273	0:13:48	0:13:55	0:14:02	0:14:10	0:14:17	0:14:24	0:14:31	0:14:38	0:14:46	0:14:53	0:15:00	0:15:07	0:15:14	0:15:22	0:15:29
276	0:13:14	0:13:20	0:13:27	0:13:34	0:13:41	0:13:48	0:13:55	0:14:02	0:14:09	0:14:16	0:14:22	0:14:29	0:14:36	0:14:43	0:14:50
279	0:12:39	0:12:46	0:12:52	0:12:59	0:13:05	0:13:12	0:13:19	0:13:25	0:13:32	0:13:38	0:13:45	0:13:52	0:13:58	0:14:05	0:14:11
282	0:12:05	0:12:11	0:12:17	0:12:23	0:12:30	0:12:36	0:12:42	0:12:49	0:12:55	0:13:01	0:13:08	0:13:14	0:13:20	0:13:26	0:13:33
285	0:11:30	0:11:36	0:11:42	0:11:48	0:11:54	0:12:00	0:12:06	0:12:12	0:12:18	0:12:24	0:12:30	0:12:36	0:12:42	0:12:48	0:12:54
288	0:10:56	0:11:01	0:11:07	0:11:13	0:11:18	0:11:24	0:11:30	0:11:35	0:11:41	0:11:47	0:11:52	0:11:58	0:12:04	0:12:10	0:12:15
291	0:10:21	0:10:26	0:10:32	0:10:37	0:10:43	0:10:48	0:10:53	0:10:59	0:11:04	0:11:10	0:11:15	0:11:20	0:11:26	0:11:31	0:11:37
294	0:09:46	0:09:52	0:09:57	0:10:02	0:10:07	0:10:12	0:10:17	0:10:22	0:10:27	0:10:32	0:10:37	0:10:43	0:10:48	0:10:53	0:10:58
297	0:09:12	0:09:17	0:09:22	0:09:26	0:09:31	0:09:36	0:09:41	0:09:46	0:09:50	0:09:55	0:10:00	0:10:05	0:10:10	0:10:14	0:10:19
300	0:08:37	0:08:42	0:08:46	0:08:51	0:08:55	0:09:00	0:09:04	0:09:09	0:09:13	0:09:18	0:09:22	0:09:27	0:09:31	0:09:36	0:09:41
303	0:08:03	0:08:07	0:08:11	0:08:16	0:08:20	0:08:24	0:08:28	0:08:32	0:08:37	0:08:41	0:08:45	0:08:49	0:08:53	0:08:58	0:09:02
306	0:07:29	0:07:32	0:07:36	0:07:40	0:07:44	0:07:48	0:07:52	0:07:56	0:08:00	0:08:04	0:08:07	0:08:11	0:08:15	0:08:19	0:08:23
309	0:06:54	0:06:58	0:07:01	0:07:05	0:07:08	0:07:12	0:07:16	0:07:19	0:07:23	0:07:26	0:07:30	0:07:34	0:07:37	0:07:41	0:07:44
312	0:06:20	0:06:23	0:06:26	0:06:29	0:06:33	0:06:36	0:06:39	0:06:43	0:06:46	0:06:49	0:06:52	0:06:56	0:06:59	0:07:02	0:07:06
315	0:05:45	0:05:48	0:05:51	0:05:54	0:05:57	0:06:00	0:06:03	0:06:06	0:06:09	0:06:12	0:06:15	0:06:18	0:06:21	0:06:24	0:06:27
318	0:05:11	0:05:13	0:05:16	0:05:19	0:05:21	0:05:24	0:05:27	0:05:29	0:05:32	0:05:35	0:05:37	0:05:40	0:05:43	0:05:46	0:05:48
321	0:04:36	0:04:38	0:04:41	0:04:43	0:04:46	0:04:48	0:04:50	0:04:53	0:04:55	0:04:58	0:05:00	0:05:02	0:05:05	0:05:07	0:05:10
324	0:04:01	0:04:04	0:04:06	0:04:08	0:04:10	0:04:12	0:04:14	0:04:16	0:04:18	0:04:20	0:04:23	0:04:25	0:04:27	0:04:29	0:04:31
327	0:03:27	0:03:29	0:03:31	0:03:32	0:03:34	0:03:36	0:03:38	0:03:40	0:03:41	0:03:43	0:03:45	0:03:47	0:03:49	0	

Distance → PHRF ↓	13	13.1	13.2	13.3	13.4	13.5	13.6	13.7	13.8	13.9	14	14.1	14.2	14.3	14.4
-81	1:32:18	1:33:01	1:33:43	1:34:26	1:35:08	1:35:51	1:36:34	1:37:16	1:37:59	1:38:41	1:39:24	1:40:07	1:40:49	1:41:32	1:42:14
-78	1:31:39	1:32:21	1:33:04	1:33:46	1:34:28	1:35:10	1:35:53	1:36:35	1:37:17	1:38:00	1:38:42	1:39:24	1:40:07	1:40:49	1:41:31
-75	1:31:00	1:31:42	1:32:24	1:33:06	1:33:48	1:34:30	1:35:12	1:35:54	1:36:36	1:37:18	1:38:00	1:38:42	1:39:24	1:40:06	1:40:48
-72	1:30:21	1:31:03	1:31:44	1:32:26	1:33:08	1:33:49	1:34:31	1:35:13	1:35:55	1:36:36	1:37:18	1:38:00	1:38:41	1:39:23	1:40:05
-69	1:29:42	1:30:23	1:31:05	1:31:46	1:32:28	1:33:09	1:33:50	1:34:32	1:35:13	1:35:55	1:36:36	1:37:17	1:37:59	1:38:40	1:39:22
-66	1:29:03	1:29:44	1:30:25	1:31:06	1:31:47	1:32:29	1:33:10	1:33:51	1:34:32	1:35:13	1:35:54	1:36:35	1:37:16	1:37:57	1:38:38
-63	1:28:24	1:29:05	1:29:46	1:30:26	1:31:07	1:31:48	1:32:29	1:33:10	1:33:50	1:34:31	1:35:12	1:35:53	1:36:34	1:37:14	1:37:55
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84	0:56:33	0:56:59	0:57:25	0:57:51	0:58:17	0:58:44	0:59:10	0:59:36	1:00:02	1:00:28	1:00:54	1:01:20	1:01:46	1:02:12	1:02:38
87	0:55:54	0:56:20	0:56:46	0:57:11	0:57:37	0:58:03	0:58:29	0:58:55	0:59:20	0:59:46	1:00:12	1:00:38	1:01:04	1:01:29	1:01:55
90	0:55:15	0:55:41	0:56:06	0:56:32	0:56:57	0:57:23	0:57:48	0:58:14	0:58:39	0:59:05	0:59:30	0:59:56	1:00:21	1:00:47	1:01:12
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96	0:53:57	0:54:22	0:54:47	0:55:12	0:55:37	0:56:01	0:56:26	0:56:51	0:57:16	0:57:41	0:58:06	0:58:31	0:58:56	0:59:21	0:59:46
99	0:53:18	0:53:43	0:54:07	0:54:32	0:54:56	0:55:21	0:55:46	0:56:10	0:56:35	0:56:59	0:57:24	0:57:49	0:58:13	0:58:38	0:59:02
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105	0:52:00	0:52:24	0:52:48	0:53:12	0:53:36	0:54:00	0:54:24	0:54:48	0:55:12	0:55:36	0:56:00	0:56:24	0:56:48	0:5	

Distance → PHRF ↓	13	13.1	13.2	13.3	13.4	13.5	13.6	13.7	13.8	13.9	14	14.1	14.2	14.3	14.4
141	0:44:12	0:44:32	0:44:53	0:45:13	0:45:34	0:45:54	0:46:14	0:46:35	0:46:55	0:47:16	0:47:36	0:47:56	0:48:17	0:48:37	0:48:58
144	0:43:33	0:43:53	0:44:13	0:44:33	0:44:53	0:45:14	0:45:34	0:45:54	0:46:14	0:46:34	0:46:54	0:47:14	0:47:34	0:47:54	0:48:14
147	0:42:54	0:43:14	0:43:34	0:43:53	0:44:13	0:44:33	0:44:53	0:45:13	0:45:32	0:45:52	0:46:12	0:46:32	0:46:52	0:47:11	0:47:31
150	0:42:15	0:42:35	0:42:54	0:43:14	0:43:33	0:43:52	0:44:12	0:44:31	0:44:51	0:45:11	0:45:30	0:45:50	0:46:09	0:46:29	0:46:48
153	0:41:36	0:41:55	0:42:14	0:42:34	0:42:53	0:43:12	0:43:31	0:43:50	0:44:10	0:44:29	0:44:48	0:45:07	0:45:26	0:45:46	0:46:05
156	0:40:57	0:41:16	0:41:35	0:41:54	0:42:13	0:42:31	0:42:50	0:43:09	0:43:28	0:43:47	0:44:06	0:44:25	0:44:44	0:45:03	0:45:22
159	0:40:18	0:40:37	0:40:55	0:41:14	0:41:32	0:41:51	0:42:10	0:42:28	0:42:47	0:43:05	0:43:24	0:43:43	0:44:01	0:44:20	0:44:38
162	0:39:39	0:39:57	0:40:16	0:40:34	0:40:52	0:41:11	0:41:29	0:41:47	0:42:05	0:42:24	0:42:42	0:43:00	0:43:19	0:43:37	0:43:55
165	0:39:00	0:39:18	0:39:36	0:39:54	0:40:12	0:40:30	0:40:48	0:41:06	0:41:24	0:41:42	0:42:00	0:42:18	0:42:36	0:42:54	0:43:12
168	0:38:21	0:38:39	0:38:56	0:39:14	0:39:32	0:39:49	0:40:07	0:40:25	0:40:43	0:41:00	0:41:18	0:41:36	0:41:53	0:42:11	0:42:29
171	0:37:42	0:37:59	0:38:17	0:38:34	0:38:52	0:39:09	0:39:26	0:39:44	0:40:01	0:40:19	0:40:36	0:40:53	0:41:11	0:41:28	0:41:46
174	0:37:03	0:37:20	0:37:37	0:37:54	0:38:11	0:38:29	0:38:46	0:39:03	0:39:20	0:39:37	0:39:54	0:40:11	0:40:28	0:40:45	0:41:02
177	0:36:24	0:36:41	0:36:58	0:37:14	0:37:31	0:37:48	0:38:05	0:38:22	0:38:38	0:38:55	0:39:12	0:39:29	0:39:46	0:40:02	0:40:19
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204	0:30:33	0:30:47	0:31:01	0:31:15	0:31:29	0:31:44	0:31:58	0:32:12	0:32:26	0:32:40	0:32:54	0:33:08	0:33:22	0:33:36	0:33:50
207	0:29:54	0:30:08	0:30:22	0:30:35	0:30:49	0:31:03	0:31:17	0:31:31	0:31:44	0:31:58	0:32:12	0:32:26	0:32:40	0:32:53	0:33:07
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222	0:26:39	0:26:51	0:27:04	0:27:16	0:27:28	0:27:40	0:27:53	0:28:05	0:28:17	0:28:30	0:28:42	0:28:54	0:29:07	0:29:19	0:29:31
225	0:26:00	0:26:12	0:26:24	0:26:36	0:26:48	0:27:00	0:27:12	0:27:24	0:27:36	0:27:48	0:28:00	0:28:12	0:28:24	0:28:36	0:28:48
228	0:25:21	0:25:33	0:25:44	0:25:56	0:26:08	0:26:19	0:26:31	0:26:43	0:26:55	0:27:06	0:27:18	0:27:30	0:27:41	0:27:53	0:28:05
231	0:24:42	0:24:53	0:25:05	0:25:16	0:25:28	0:25:39	0:25:50	0:26:02	0:26:13	0:26:25	0:26:36	0:26:47	0:26:59	0:27:10	0:27:22
234	0:24:03	0:24:14	0:24:25	0:24:36	0:24:47	0:24:59	0:25:10	0:25:21	0:25:32	0:25:43	0:25:54	0:26:05	0:26:16	0:26:27	0:26:38
237	0:23:24	0:23:35	0:23:46	0:23:56	0:24:07	0:24:18	0:24:29	0:24:40	0:24:50	0:25:01	0:25:12	0:25:23	0:25:34	0:25:44	0:25:55
240	0:22:45	0:22:56	0:23:06	0:23:17	0:23:27	0:23:37	0:23:48	0:23:58	0:24:09	0:24:19	0:24:30	0:24:41	0:24:51	0:25:01	0:25:12
243	0:22:06	0:22:16	0:22:26	0:22:37	0:22:47	0:22:57	0:23:07	0:23:17	0:23:28	0:23:38	0:23:48	0:23:58	0:24:08	0:24:19	0:24:29
246	0:21:27	0:21:37	0:21:47	0:21:57	0:22:07	0:22:17	0:22:26	0:22:36	0:22:46	0:22:56	0:23:06	0:23:16	0:23:26	0:23:36	0:23:46
249	0:20:48	0:20:58	0:21:07	0:21:17	0:21:26	0:21:36	0:21:46	0:21:55	0:22:05	0:22:14	0:22:24	0:22:34	0:22:43	0:22:53	0:23:02
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255	0:19:30	0:19:39	0:19:48	0:19:57	0:20:06	0:20:15	0:20:24	0:20:33	0:20:42	0:20:51	0:21:00	0:21:09	0:21:18	0:21:27	0:21:36
258	0:18:51	0:19:00	0:19:08	0:19:17	0:19:26	0:19:34	0:19:43	0:19:52	0:20:01	0:20:09	0:20:18	0:20:27	0:20:35	0:20:44	0:20:53
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270	0:16:15	0:16:22	0:16:30	0:16:38	0:16:45	0:16:52	0:17:00	0:17:07	0:17:15	0:17:22	0:17:30	0:17:37	0:17:45	0:17:52	0:18:00
273	0:15:36	0:15:43	0:15:50	0:15:58	0:16:05	0:16:12	0:16:19	0:16:26	0:16:34	0:16:41	0:16:48	0:16:55	0:17:02	0:17:10	0:17:17
276	0:14:57	0:15:04	0:15:11	0:15:18	0:15:25	0:15:31	0:15:38	0:15:45	0:15:52	0:15:59	0:16:06	0:16:13	0:16:20	0:16:27	0:16:34
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303	0:09:06	0:09:10	0:09:14	0:09:19	0:09:23	0:09:27	0:09:31	0:09:35	0:09:40	0:09:44	0:09:48	0:09:52	0:09:56	0:10:01	0:10:05
306	0:08:27	0:08:31	0:08:35	0:08:39	0:08:43	0:08:46	0:08:50	0:08:54	0:08:58	0:09:02	0:09:06	0:09:10	0:09:14	0:09:18	0:09:22
309	0:07:48	0:07:52	0:07:55	0:07:59	0:08:02	0:08:06	0:08:10	0:08:13	0:08:17	0:08:20	0:08:24	0:08:28	0:08:31	0:08:35	0:08:38
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321	0:05:12	0:05:14	0:05:17	0:05:19	0:05:22	0:05:24	0:05:26	0:05:29	0:05:31	0:05:34	0:05:36	0:05:38	0:05:41	0:05:43	0:05:46
324	0:04:33	0:04:35	0:04:37	0:04:39	0:04:41	0:04:44	0:04:46	0:04:48	0:04:50	0:04:52	0:04:54	0:04:56	0:04:58	0:05:00	0:05:02
327	0:03:54	0:03:56	0:03:58	0:03:59	0:04:01	0:04:03	0:04:05	0:04:07	0:04:08	0:04:10	0:04:12	0:04:14	0:04:16	0:0	

Distance → PHRF ↓	14.5	14.6	14.7	14.8	14.9	15	15.1	15.2	15.3	15.4	15.5	15.6	15.7	15.8	15.9
-81	1:42:57	1:43:40	1:44:22	1:45:05	1:45:47	1:46:30	1:47:13	1:47:55	1:48:38	1:49:20	1:50:03	1:50:46	1:51:28	1:52:11	1:52:53
-78	1:42:14	1:42:56	1:43:38	1:44:20	1:45:03	1:45:45	1:46:27	1:47:10	1:47:52	1:48:34	1:49:16	1:49:59	1:50:41	1:51:23	1:52:06
-75	1:41:30	1:42:12	1:42:54	1:43:36	1:44:18	1:45:00	1:45:42	1:46:24	1:47:06	1:47:48	1:48:30	1:49:12	1:49:54	1:50:36	1:51:18
-72	1:40:47	1:41:28	1:42:10	1:42:52	1:43:33	1:44:15	1:44:57	1:45:38	1:46:20	1:47:02	1:47:43	1:48:25	1:49:07	1:49:49	1:50:30
-69	1:40:03	1:40:44	1:41:26	1:42:07	1:42:49	1:43:30	1:44:11	1:44:53	1:45:34	1:46:16	1:46:57	1:47:38	1:48:20	1:49:01	1:49:43
-66	1:39:19	1:40:01	1:40:42	1:41:23	1:42:04	1:42:45	1:43:26	1:44:07	1:44:48	1:45:29	1:46:10	1:46:52	1:47:33	1:48:14	1:48:55
-63	1:38:36	1:39:17	1:39:58	1:40:38	1:41:19	1:42:00	1:42:41	1:43:22	1:44:02	1:44:43	1:45:24	1:46:05	1:46:46	1:47:26	1:48:07
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-57	1:37:09	1:37:49	1:38:29	1:39:10	1:39:50	1:40:30	1:41:10	1:41:50	1:42:31	1:43:11	1:43:51	1:44:31	1:45:11	1:45:52	1:46:32
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-51	1:35:42	1:36:22	1:37:01	1:37:41	1:38:20	1:39:00	1:39:40	1:40:19	1:40:59	1:41:38	1:42:18	1:42:58	1:43:37	1:44:17	1:44:56
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-33	1:31:21	1:31:59	1:32:37	1:33:14	1:33:52	1:34:30	1:35:08	1:35:46	1:36:23	1:37:01	1:37:39	1:38:17	1:38:55	1:39:32	1:40:10
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69	1:06:42	1:07:10	1:07:37	1:08:05	1:08:32	1:09:00	1:09:28	1:09:55	1:10:23	1:10:50	1:11:18	1:11:46	1:12:13	1:12:41	1:13:08
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75	1:05:15	1:05:42	1:06:09	1:06:36	1:07:03	1:07:30	1:07:57	1:08:24	1:08:51	1:09:18	1:09:45	1:10:12	1:10:39	1:11:06	1:11:33
78	1:04:32	1:04:58	1:05:25	1:05:52	1:06:18	1:06:45	1:07:12	1:07:38	1:08:05	1:08:32	1:08:59	1:09:25	1:09:52	1:10:19	1:10:45
81	1:03:48	1:04:14	1:04:41	1:05:07	1:05:34	1:06:00	1:06:26	1:06:53	1:07:19	1:07:46	1:08:12	1:08:38	1:09:05	1:09:31	1:09:58
84	1:03:05	1:03:31	1:03:57	1:04:23	1:04:49	1:05:15	1:05:41	1:06:07	1:06:33	1:06:59	1:07:26	1:07:52	1:08:18	1:08:44	1:09:10
87	1:02:21	1:02:47	1:03:13	1:03:38	1:04:04	1:04:30	1:04:56	1:05:22	1:05:47	1:06:13	1:06:39	1:07:05	1:07:31	1:07:56	1:08:22
90	1:01:38	1:02:03	1:02:29	1:02:54	1:03:20	1:03:45	1:04:11	1:04:36	1:05:02	1:05:27	1:05:53	1:06:18	1:06:44	1:07:09	1:07:35
93	1:00:54	1:01:19	1:01:44	1:02:10	1:02:35	1:03:00	1:03:25	1:03:50	1:04:16	1:04:41	1:05:06	1:05:31	1:05:56	1:06:22	1:06:47
96	1:00:11	1:00:35	1:01:00	1:01:25	1:01:50	1:02:15	1:02:40	1:03:05	1:03:30	1:03:55	1:04:19	1:04:44	1:05:09	1:05:34	1:05:59
99	0:59:27	0:59:52	1:00:16	1:00:41	1:01:05	1:01:30	1:01:55	1:02:19	1:02:44	1:03:08	1:03:33	1:03:58	1:04:22	1:04:47	1:05:11
102	0:58:44	0:59:08	0:59:32	0:59:56	1:00:21	1:00:45	1:01:09	1:01:34	1:01:58	1:02:22	1:02:46	1:03:11	1:03:35	1:03:59	1:04:24
105	0:58:00	0:58:24	0:58:48	0:59:12	0:59:36	1:00:00	1:00:24	1:00:48	1:01:12	1:01:36	1:02:00	1:02:24	1:02:48	1:03:12	1:03:36
108	0:57:16	0:57:40													

Distance → PHRF ↓	14.5	14.6	14.7	14.8	14.9	15	15.1	15.2	15.3	15.4	15.5	15.6	15.7	15.8	15.9
141	0:49:18	0:49:38	0:49:59	0:50:19	0:50:40	0:51:00	0:51:20	0:51:41	0:52:01	0:52:22	0:52:42	0:53:02	0:53:23	0:53:43	0:54:04
144	0:48:35	0:48:55	0:49:15	0:49:35	0:49:55	0:50:15	0:50:35	0:50:55	0:51:15	0:51:35	0:51:55	0:52:16	0:52:36	0:52:56	0:53:16
147	0:47:51	0:48:11	0:48:31	0:48:50	0:49:10	0:49:30	0:49:50	0:50:10	0:50:29	0:50:49	0:51:09	0:51:29	0:51:49	0:52:08	0:52:28
150	0:47:08	0:47:27	0:47:47	0:48:06	0:48:26	0:48:45	0:49:04	0:49:24	0:49:44	0:50:03	0:50:22	0:50:42	0:51:02	0:51:21	0:51:40
153	0:46:24	0:46:43	0:47:02	0:47:22	0:47:41	0:48:00	0:48:19	0:48:38	0:48:58	0:49:17	0:49:36	0:49:55	0:50:14	0:50:34	0:50:53
156	0:45:41	0:45:59	0:46:18	0:46:37	0:46:56	0:47:15	0:47:34	0:47:53	0:48:12	0:48:31	0:48:50	0:49:08	0:49:27	0:49:46	0:50:05
159	0:44:57	0:45:16	0:45:34	0:45:53	0:46:11	0:46:30	0:46:49	0:47:07	0:47:26	0:47:44	0:48:03	0:48:22	0:48:40	0:48:59	0:49:17
162	0:44:14	0:44:32	0:44:50	0:45:08	0:45:27	0:45:45	0:46:03	0:46:22	0:46:40	0:46:58	0:47:17	0:47:35	0:47:53	0:48:11	0:48:30
165	0:43:30	0:43:48	0:44:06	0:44:24	0:44:42	0:45:00	0:45:18	0:45:36	0:45:54	0:46:12	0:46:30	0:46:48	0:47:06	0:47:24	0:47:42
168	0:42:46	0:43:04	0:43:22	0:43:40	0:43:57	0:44:15	0:44:33	0:44:50	0:45:08	0:45:26	0:45:44	0:46:01	0:46:19	0:46:37	0:46:54
171	0:42:03	0:42:20	0:42:38	0:42:55	0:43:13	0:43:30	0:43:47	0:44:05	0:44:22	0:44:40	0:44:57	0:45:14	0:45:32	0:45:49	0:46:07
174	0:41:20	0:41:37	0:41:54	0:42:11	0:42:28	0:42:45	0:43:02	0:43:19	0:43:36	0:43:53	0:44:10	0:44:28	0:44:45	0:45:02	0:45:19
177	0:40:36	0:40:53	0:41:10	0:41:26	0:41:43	0:42:00	0:42:17	0:42:34	0:42:50	0:43:07	0:43:24	0:43:41	0:43:58	0:44:14	0:44:31
180	0:39:52	0:40:09	0:40:25	0:40:42	0:40:59	0:41:15	0:41:32	0:41:48	0:42:05	0:42:21	0:42:38	0:42:54	0:43:10	0:43:27	0:43:44
183	0:39:09	0:39:25	0:39:41	0:39:58	0:40:14	0:40:30	0:40:46	0:41:02	0:41:19	0:41:35	0:41:51	0:42:07	0:42:23	0:42:40	0:42:56
186	0:38:25	0:38:41	0:38:57	0:39:13	0:39:29	0:39:45	0:40:01	0:40:17	0:40:33	0:40:49	0:41:05	0:41:20	0:41:36	0:41:52	0:42:08
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195	0:36:15	0:36:30	0:36:45	0:37:00	0:37:15	0:37:30	0:37:45	0:38:00	0:38:15	0:38:30	0:38:45	0:39:00	0:39:15	0:39:30	0:39:45
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210	0:32:37	0:32:51	0:33:05	0:33:18	0:33:31	0:33:45	0:33:58	0:34:12	0:34:26	0:34:39	0:34:53	0:35:06	0:35:20	0:35:33	0:35:46
213	0:31:54	0:32:07	0:32:20	0:32:34	0:32:47	0:33:00	0:33:13	0:33:26	0:33:40	0:33:53	0:34:06	0:34:19	0:34:32	0:34:46	0:34:59
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219	0:30:27	0:30:40	0:30:52	0:31:05	0:31:17	0:31:30	0:31:43	0:31:55	0:32:08	0:32:20	0:32:33	0:32:46	0:32:58	0:33:11	0:33:23
222	0:29:43	0:29:56	0:30:08	0:30:20	0:30:33	0:30:45	0:30:57	0:31:10	0:31:22	0:31:34	0:31:46	0:31:59	0:32:11	0:32:23	0:32:36
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237	0:26:06	0:26:17	0:26:28	0:26:38	0:26:49	0:27:00	0:27:11	0:27:22	0:27:32	0:27:43	0:27:54	0:28:05	0:28:16	0:28:26	0:28:37
240	0:25:22	0:25:33	0:25:44	0:25:54	0:26:05	0:26:15	0:26:26	0:26:36	0:26:46	0:26:57	0:27:07	0:27:18	0:27:29	0:27:39	0:27:49
243	0:24:39	0:24:49	0:24:59	0:25:10	0:25:20	0:25:30	0:25:40	0:25:50	0:26:01	0:26:11	0:26:21	0:26:31	0:26:41	0:26:52	0:27:02
246	0:23:55	0:24:05	0:24:15	0:24:25	0:24:35	0:24:45	0:24:55	0:25:05	0:25:15	0:25:25	0:25:35	0:25:44	0:25:54	0:26:04	0:26:14
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255	0:21:45	0:21:54	0:22:03	0:22:12	0:22:21	0:22:30	0:22:39	0:22:48	0:22:57	0:23:06	0:23:15	0:23:24	0:23:33	0:23:42	0:23:51
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270	0:18:07	0:18:15	0:18:23	0:18:30	0:18:38	0:18:45	0:18:52	0:19:00	0:19:07	0:19:15	0:19:22	0:19:30	0:19:37	0:19:45	0:19:52
273	0:17:24	0:17:31	0:17:38	0:17:46	0:17:53	0:18:00	0:18:07	0:18:14	0:18:22	0:18:29	0:18:36	0:18:43	0:18:50	0:18:58	0:19:05
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282	0:15:13	0:15:20	0:15:26	0:15:32	0:15:39	0:15:45	0:15:51	0:15:58	0:16:04	0:16:10	0:16:16	0:16:23	0:16:29	0:16:35	0:16:42
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300	0:10:52	0:10:57	0:11:01	0:11:06	0:11:11	0:11:15	0:11:19	0:11:24	0:11:28	0:11:33	0:11:37	0:11:42	0:11:46	0:11:51	0:11:56
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324	0:05:05	0:05:07	0:05:09	0:05:11	0:05:13	0:05:15	0:05:17	0:05:19	0:05:21	0:05:23	0:05:26	0:05:28	0:05:30	0:05:32	0:05:34
327	0:04:21	0:04:23	0:04:25	0:04:26	0:04:28	0:04:30	0:04:32	0:04:34	0:04:35	0:04:37	0:04:39	0:04:41	0:04:43	0	