

Course	M1-P-L1-M1 M1-L1-P-M1	M1-P-J-M1 M1-J-P-M1	M1-L1-J-M1 M1-J-L1-M1	M1-L1-J-P-M1 M1-P-J-L1-M1	M1-J-L1-P-M1 M1-P-L1-J-M1	M1-P-L1-J-P-M1 M1-P-J-L1-P-M1	M1-P-M1	M1-J-M1	M1-L1-M1
	Course Length in Miles								
Rating	4.86	5.02	5.85	6.65	7.95	8.75	3.8	4.2	2.76
	Time Correction in Minutes and Seconds*								
270	2:25	2:30	2:55	3:19	3:58	4:22	1:54	2:06	1:22
261	3:09	3:15	3:48	4:19	5:10	5:41	2:28	2:43	1:47
258	3:24	3:30	4:05	4:39	5:33	6:07	2:39	2:56	1:55
255	3:38	3:45	4:23	4:59	5:57	6:33	2:51	3:09	2:04
252	3:53	4:00	4:40	5:19	6:21	7:00	3:02	3:21	2:12
249	4:07	4:16	4:58	5:39	6:45	7:26	3:13	3:34	2:20
246	4:22	4:31	5:15	5:59	7:09	7:52	3:25	3:46	2:29
243	4:37	4:46	5:33	6:19	7:33	8:18	3:36	3:59	2:37
240	4:51	5:01	5:51	6:39	7:57	8:45	3:48	4:12	2:45
237	5:06	5:16	6:08	6:58	8:20	9:11	3:59	4:24	2:53
234	5:20	5:31	6:26	7:18	8:44	9:37	4:10	4:37	3:02
231	5:35	5:46	6:43	7:38	9:08	10:03	4:22	4:49	3:10
228	5:49	6:01	7:01	7:58	9:32	10:30	4:33	5:02	3:18
225	6:04	6:16	7:18	8:18	9:56	10:56	4:45	5:15	3:27
222	6:19	6:31	7:36	8:38	10:20	11:22	4:56	5:27	3:35
219	6:33	6:46	7:53	8:58	10:43	11:48	5:07	5:40	3:43
216	6:48	7:01	8:11	9:18	11:07	12:15	5:19	5:52	3:51
213	7:02	7:16	8:28	9:38	11:31	12:41	5:30	6:05	4:00
210	7:17	7:31	8:46	9:58	11:55	13:07	5:42	6:18	4:08
207	7:31	7:46	9:04	10:18	12:19	13:33	5:53	6:30	4:16
204	7:46	8:01	9:21	10:38	12:43	14:00	6:04	6:43	4:24
201	8:01	8:16	9:39	10:58	13:07	14:26	6:16	6:55	4:33
198	8:15	8:32	9:56	11:18	13:30	14:52	6:27	7:08	4:41
195	8:30	8:47	10:14	11:38	13:54	15:18	6:39	7:21	4:49
192	8:44	9:02	10:31	11:58	14:18	15:45	6:50	7:33	4:58
189	8:59	9:17	10:49	12:18	14:42	16:11	7:01	7:46	5:06
186	9:14	9:32	11:06	12:38	15:06	16:37	7:13	7:58	5:14
183	9:28	9:47	11:24	12:58	15:30	17:03	7:24	8:11	5:22
180	9:43	10:02	11:42	13:18	15:54	17:30	7:36	8:24	5:31
177	9:57	10:17	11:59	13:37	16:17	17:56	7:47	8:36	5:39
174	10:12	10:32	12:17	13:57	16:41	18:22	7:58	8:49	5:47
171	10:26	10:47	12:34	14:17	17:05	18:48	8:10	9:01	5:56
168	10:41	11:02	12:52	14:37	17:29	19:15	8:21	9:14	6:04
165	10:56	11:17	13:09	14:57	17:53	19:41	8:33	9:27	6:12
162	11:10	11:32	13:27	15:17	18:17	20:07	8:44	9:39	6:20
159	11:25	11:47	13:44	15:37	18:40	20:33	8:55	9:52	6:29
156	11:39	12:02	14:02	15:57	19:04	21:00	9:07	10:04	6:37
153	11:54	12:17	14:19	16:17	19:28	21:26	9:18	10:17	6:45
150	12:09	12:33	14:37	16:37	19:52	21:52	9:30	10:30	6:54
147	12:23	12:48	14:55	16:57	20:16	22:18	9:41	10:42	7:02
144	12:38	13:03	15:12	17:17	20:40	22:45	9:52	10:55	7:10
141	12:52	13:18	15:30	17:37	21:04	23:11	10:04	11:07	7:18
138	13:07	13:33	15:47	17:57	21:27	23:37	10:15	11:20	7:27
135	13:21	13:48	16:05	18:17	21:51	24:04	10:27	11:33	7:35
132	13:36	14:03	16:22	18:37	22:15	24:30	10:38	11:45	7:43
129	13:51	14:18	16:40	18:57	22:39	24:56	10:49	11:58	7:51
126	14:05	14:33	16:57	19:17	23:03	25:23	11:01	12:10	8:00
123	14:20	14:48	17:15	19:37	23:27	25:49	11:12	12:23	8:08
120	14:34	15:03	17:33	19:57	23:51	26:15	11:24	12:36	8:16

\* (300-Rating) x Distance/60