

TABLE 11
Speed, Time, and Distance

Min-utes	Speed in knots															Min-utes	
	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5		8.0
1	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	
2	0.0	0.0	0.0	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	0.1	1
3	0.0	0.0	0.0	0.1	0.1	0.1	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.3	2
4	0.0	0.1	0.1	0.1	0.2	0.2	0.2	0.2	0.3	0.3	0.3	0.4	0.4	0.4	0.5	0.5	4
5	0.0	0.1	0.1	0.2	0.2	0.2	0.3	0.3	0.4	0.4	0.5	0.5	0.6	0.6	0.7	0.7	5
6	0.0	0.1	0.2	0.2	0.2	0.3	0.4	0.4	0.4	0.5	0.6	0.6	0.6	0.7	0.8	0.8	6
7	0.1	0.1	0.2	0.2	0.3	0.4	0.4	0.5	0.5	0.6	0.7	0.8	0.8	0.9	0.9	7	
8	0.1	0.1	0.2	0.3	0.3	0.4	0.5	0.5	0.6	0.7	0.7	0.8	0.9	0.9	1.0	1.1	8
9	0.1	0.2	0.2	0.3	0.4	0.4	0.5	0.6	0.7	0.8	0.8	0.9	1.0	1.0	1.1	1.2	9
10	0.1	0.2	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.8	0.9	1.0	1.1	1.2	1.2	1.3	10
11	0.1	0.2	0.3	0.4	0.5	0.6	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	11
12	0.1	0.2	0.3	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	12
13	0.1	0.2	0.3	0.4	0.5	0.6	0.8	0.9	1.0	1.1	1.2	1.3	1.4	1.5	1.6	1.7	13
14	0.1	0.2	0.4	0.5	0.6	0.7	0.8	0.9	1.0	1.2	1.3	1.4	1.5	1.6	1.8	1.9	14
15	0.1	0.2	0.4	0.5	0.6	0.8	0.9	1.0	1.1	1.2	1.4	1.5	1.6	1.8	1.9	2.0	15
16	0.1	0.3	0.4	0.5	0.7	0.8	0.9	1.1	1.2	1.3	1.5	1.6	1.7	1.9	2.0	2.1	16
17	0.1	0.3	0.4	0.6	0.7	0.8	1.0	1.1	1.3	1.4	1.6	1.7	1.8	2.0	2.1	2.3	17
18	0.2	0.3	0.4	0.6	0.8	0.9	1.0	1.2	1.4	1.5	1.6	1.8	2.0	2.1	2.2	2.4	18
19	0.2	0.3	0.5	0.6	0.8	1.0	1.1	1.3	1.4	1.6	1.7	1.9	2.1	2.2	2.4	2.5	19
20	0.2	0.3	0.5	0.7	0.8	1.0	1.2	1.3	1.5	1.7	1.8	2.0	2.2	2.3	2.5	2.7	20
21	0.2	0.4	0.5	0.7	0.9	1.0	1.2	1.4	1.6	1.8	1.9	2.1	2.3	2.4	2.6	2.8	21
22	0.2	0.4	0.6	0.7	0.9	1.1	1.3	1.5	1.6	1.8	2.0	2.2	2.4	2.6	2.8	2.9	22
23	0.2	0.4	0.6	0.8	1.0	1.2	1.3	1.5	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.1	23
24	0.2	0.4	0.6	0.8	1.0	1.2	1.4	1.6	1.8	2.0	2.2	2.4	2.6	2.8	3.0	3.2	24
25	0.2	0.4	0.6	0.8	1.0	1.2	1.5	1.7	1.9	2.1	2.3	2.5	2.7	2.9	3.1	3.3	25
26	0.2	0.4	0.6	0.9	1.1	1.3	1.5	1.7	2.0	2.2	2.4	2.6	2.8	3.0	3.2	3.5	26
27	0.2	0.4	0.7	0.9	1.1	1.4	1.6	1.8	2.0	2.2	2.5	2.7	2.9	3.2	3.4	3.6	27
28	0.2	0.5	0.7	0.9	1.2	1.4	1.6	1.9	2.1	2.3	2.6	2.8	3.0	3.3	3.5	3.7	28
29	0.2	0.5	0.7	1.0	1.2	1.4	1.7	1.9	2.2	2.4	2.7	2.9	3.1	3.4	3.6	3.9	29
30	0.2	0.5	0.8	1.0	1.2	1.5	1.8	2.0	2.2	2.5	2.8	3.0	3.2	3.5	3.8	4.0	30
31	0.3	0.5	0.8	1.0	1.3	1.6	1.8	2.1	2.3	2.6	2.8	3.1	3.4	3.6	3.9	4.1	31
32	0.3	0.5	0.8	1.1	1.3	1.6	1.9	2.1	2.4	2.7	2.9	3.2	3.5	3.7	4.0	4.3	32
33	0.3	0.6	0.8	1.1	1.4	1.6	1.9	2.2	2.5	2.8	3.0	3.3	3.6	3.8	4.1	4.4	33
34	0.3	0.6	0.8	1.1	1.4	1.7	2.0	2.3	2.6	2.8	3.1	3.4	3.7	4.0	4.2	4.5	34
35	0.3	0.6	0.9	1.2	1.5	1.8	2.0	2.3	2.6	2.9	3.2	3.5	3.8	4.1	4.4	4.7	35
36	0.3	0.6	0.9	1.2	1.5	1.8	2.1	2.4	2.7	3.0	3.3	3.6	3.9	4.2	4.5	4.8	36
37	0.3	0.6	0.9	1.2	1.5	1.8	2.2	2.5	2.8	3.1	3.4	3.7	4.0	4.3	4.6	4.9	37
38	0.3	0.6	1.0	1.3	1.6	1.9	2.2	2.5	2.8	3.2	3.5	3.8	4.1	4.4	4.8	5.1	38
39	0.3	0.6	1.0	1.3	1.6	2.0	2.3	2.6	2.9	3.2	3.6	3.9	4.2	4.6	4.9	5.2	39
40	0.3	0.7	1.0	1.3	1.7	2.0	2.3	2.7	3.0	3.3	3.7	4.0	4.3	4.7	5.0	5.3	40
41	0.3	0.7	1.0	1.4	1.7	2.0	2.4	2.7	3.1	3.4	3.8	4.1	4.4	4.8	5.1	5.5	41
42	0.4	0.7	1.0	1.4	1.8	2.1	2.4	2.8	3.2	3.5	3.8	4.2	4.6	4.9	5.2	5.6	42
43	0.4	0.7	1.1	1.4	1.8	2.2	2.5	2.9	3.2	3.6	3.9	4.3	4.7	5.0	5.4	5.7	43
44	0.4	0.7	1.1	1.5	1.8	2.2	2.6	2.9	3.3	3.7	4.0	4.4	4.8	5.1	5.5	5.9	44
45	0.4	0.8	1.1	1.5	1.9	2.2	2.6	3.0	3.4	3.8	4.1	4.5	4.9	5.2	5.6	6.0	45
46	0.4	0.8	1.2	1.5	1.9	2.3	2.7	3.1	3.4	3.8	4.2	4.6	5.0	5.4	5.8	6.1	46
47	0.4	0.8	1.2	1.6	2.0	2.4	2.7	3.1	3.5	3.9	4.3	4.7	5.1	5.5	5.9	6.3	47
48	0.4	0.8	1.2	1.6	2.0	2.4	2.8	3.2	3.6	4.0	4.4	4.8	5.2	5.6	6.0	6.4	48
49	0.4	0.8	1.2	1.6	2.0	2.4	2.9	3.3	3.7	4.1	4.5	4.9	5.3	5.7	6.1	6.5	49
50	0.4	0.8	1.2	1.7	2.1	2.5	2.9	3.3	3.8	4.2	4.6	5.0	5.4	5.8	6.2	6.7	50
51	0.4	0.8	1.3	1.7	2.1	2.6	3.0	3.4	3.8	4.2	4.7	5.1	5.5	6.0	6.4	6.8	51
52	0.4	0.9	1.3	1.7	2.2	2.6	3.0	3.5	3.9	4.3	4.8	5.2	5.6	6.1	6.5	6.9	52
53	0.4	0.9	1.3	1.8	2.2	2.6	3.1	3.5	4.0	4.4	4.9	5.3	5.7	6.2	6.6	7.1	53
54	0.4	0.9	1.4	1.8	2.2	2.7	3.2	3.6	4.1	4.5	5.0	5.4	5.8	6.3	6.8	7.2	54
55	0.5	0.9	1.4	1.8	2.3	2.8	3.2	3.7	4.1	4.6	5.0	5.5	6.0	6.4	6.9	7.3	55
56	0.5	0.9	1.4	1.9	2.3	2.8	3.3	3.7	4.2	4.7	5.1	5.6	6.1	6.5	7.0	7.5	56
57	0.5	1.0	1.4	1.9	2.4	2.8	3.3	3.8	4.3	4.8	5.2	5.7	6.2	6.6	7.1	7.6	57
58	0.5	1.0	1.4	1.9	2.4	2.9	3.4	3.9	4.4	4.8	5.3	5.8	6.3	6.8	7.2	7.7	58
59	0.5	1.0	1.5	2.0	2.5	3.0	3.4	3.9	4.4	4.9	5.4	5.9	6.4	6.9	7.4	7.9	59
60	0.5	1.0	1.5	2.0	2.5	3.0	3.5	4.0	4.5	5.0	5.5	6.0	6.5	7.0	7.5	8.0	60

TABLE 11
Speed, Time, and Distance

Min-utes	Speed in knots																Min-utes
	8.5	9.0	9.5	10.0	10.5	11.0	11.5	12.0	12.5	13.0	13.5	14.0	14.5	15.0	15.5	16.0	
1	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	
2	0.1	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.2	0.3	1
3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	2
4	0.4	0.4	0.5	0.5	0.5	0.6	0.6	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	3
5	0.6	0.6	0.6	0.7	0.7	0.7	0.8	0.8	0.8	0.9	0.9	1.0	1.0	1.0	1.0	1.1	4
6	0.7	0.8	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.0	1.0	1.1	1.1	1.1	1.2	1.2	5
7	0.9	0.9	1.0	1.0	1.0	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.4	1.4	1.4	1.5	6
8	1.0	1.0	1.1	1.1	1.2	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.6	1.7	1.8	1.8	7
9	1.1	1.2	1.3	1.3	1.4	1.5	1.5	1.6	1.7	1.7	1.8	1.9	1.9	2.0	2.1	2.1	8
10	1.3	1.4	1.4	1.5	1.6	1.6	1.7	1.8	1.8	1.9	2.0	2.0	2.1	2.2	2.2	2.3	9
11	1.4	1.5	1.6	1.7	1.8	1.8	1.9	2.0	2.1	2.2	2.2	2.3	2.4	2.5	2.6	2.7	10
12	1.6	1.6	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0	11
13	1.7	1.8	1.9	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0	3.1	3.2	12
14	1.8	2.0	2.1	2.2	2.3	2.4	2.5	2.6	2.7	2.8	2.9	3.0	3.1	3.2	3.4	3.5	13
15	2.0	2.1	2.2	2.3	2.4	2.6	2.7	2.8	2.9	3.0	3.2	3.3	3.4	3.5	3.6	3.7	14
16	2.1	2.2	2.4	2.5	2.6	2.8	2.9	3.0	3.1	3.2	3.4	3.5	3.6	3.8	3.9	4.0	15
17	2.3	2.4	2.5	2.7	2.8	2.9	3.1	3.2	3.3	3.5	3.6	3.7	3.9	4.0	4.1	4.3	16
18	2.4	2.5	2.7	2.8	3.0	3.1	3.3	3.4	3.5	3.7	3.8	4.0	4.1	4.2	4.4	4.5	17
19	2.6	2.7	2.8	3.0	3.2	3.3	3.4	3.6	3.8	3.9	4.0	4.2	4.4	4.5	4.6	4.8	18
20	2.7	2.8	3.0	3.2	3.3	3.5	3.6	3.8	4.0	4.1	4.3	4.4	4.6	4.8	4.9	5.1	19
21	2.8	3.0	3.2	3.3	3.5	3.7	3.8	4.0	4.2	4.3	4.5	4.7	4.8	5.0	5.2	5.3</	

TABLE 11
Speed, Time, and Distance

Min-utes	Speed in knots														Min-utes	
	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0		24.0
	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles		Miles
1	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.3	0.4	0.4	0.4	0.4	0.4	0.4	1
2	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.7	0.7	0.7	0.7	0.7	0.8	0.8	0.8	2
3	0.8	0.8	0.9	0.9	0.9	1.0	1.0	1.0	1.0	1.0	1.1	1.1	1.1	1.2	1.2	3
4	1.1	1.1	1.2	1.2	1.2	1.3	1.3	1.3	1.4	1.4	1.4	1.5	1.5	1.6	1.6	4
5	1.4	1.4	1.5	1.5	1.5	1.6	1.6	1.7	1.7	1.8	1.8	1.8	1.9	1.9	2.0	5
6	1.6	1.7	1.8	1.8	1.8	1.9	2.0	2.0	2.1	2.2	2.2	2.2	2.3	2.4	2.4	6
7	1.9	2.0	2.0	2.1	2.2	2.2	2.3	2.3	2.4	2.5	2.6	2.6	2.7	2.7	2.8	7
8	2.2	2.3	2.3	2.4	2.5	2.5	2.6	2.7	2.7	2.8	2.9	2.9	3.0	3.1	3.2	8
9	2.5	2.6	2.6	2.7	2.8	2.8	2.9	3.0	3.1	3.2	3.2	3.3	3.4	3.5	3.6	9
10	2.8	2.8	2.9	3.0	3.1	3.2	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.8	4.0	10
11	3.0	3.1	3.2	3.3	3.4	3.5	3.6	3.7	3.8	3.8	3.9	4.0	4.1	4.2	4.3	11
12	3.3	3.4	3.5	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	4.4	4.5	4.6	4.7	12
13	3.6	3.7	3.8	3.9	4.0	4.1	4.2	4.3	4.4	4.6	4.7	4.8	4.9	5.0	5.1	13
14	3.8	4.0	4.1	4.2	4.3	4.4	4.6	4.7	4.8	4.9	5.0	5.1	5.2	5.4	5.5	14
15	4.1	4.2	4.4	4.5	4.6	4.8	4.9	5.0	5.1	5.2	5.4	5.5	5.6	5.8	5.9	15
16	4.4	4.5	4.7	4.8	4.9	5.1	5.2	5.3	5.5	5.6	5.7	5.9	6.0	6.1	6.3	16
17	4.7	4.8	5.0	5.1	5.2	5.4	5.5	5.7	5.8	6.0	6.1	6.2	6.4	6.5	6.7	17
18	5.0	5.1	5.2	5.4	5.6	5.7	5.8	6.0	6.2	6.3	6.4	6.6	6.8	6.9	7.0	18
19	5.2	5.4	5.5	5.7	5.9	6.0	6.2	6.3	6.5	6.6	6.8	7.0	7.1	7.3	7.4	19
20	5.5	5.7	5.8	6.0	6.2	6.3	6.5	6.7	6.8	7.0	7.2	7.3	7.5	7.7	7.8	20
21	5.8	6.0	6.1	6.3	6.5	6.6	6.8	7.0	7.2	7.4	7.5	7.7	7.9	8.0	8.2	21
22	6.0	6.2	6.4	6.6	6.8	7.0	7.2	7.3	7.5	7.7	7.9	8.1	8.2	8.4	8.6	22
23	6.3	6.5	6.7	6.9	7.1	7.3	7.5	7.7	7.9	8.0	8.2	8.4	8.6	8.8	9.0	23
24	6.6	6.8	7.0	7.2	7.4	7.6	7.8	8.0	8.2	8.4	8.6	8.8	9.0	9.2	9.4	24
25	6.9	7.1	7.3	7.5	7.7	7.9	8.1	8.3	8.5	8.8	9.0	9.2	9.4	9.6	9.8	25
26	7.2	7.4	7.6	7.8	8.0	8.2	8.4	8.7	8.9	9.1	9.3	9.5	9.8	10.0	10.2	26
27	7.4	7.6	7.9	8.1	8.3	8.6	8.8	9.0	9.2	9.4	9.7	9.9	10.1	10.4	10.6	27
28	7.7	7.9	8.2	8.4	8.6	8.9	9.1	9.3	9.6	9.8	10.0	10.3	10.5	10.7	11.0	28
29	8.0	8.2	8.5	8.7	8.9	9.2	9.4	9.7	9.9	10.2	10.4	10.6	10.9	11.1	11.4	29
30	8.2	8.5	8.8	9.0	9.2	9.5	9.8	10.0	10.2	10.5	10.8	11.0	11.2	11.5	11.8	30
31	8.5	8.8	9.0	9.3	9.6	9.8	10.1	10.3	10.6	10.8	11.1	11.4	11.6	11.9	12.1	31
32	8.8	9.1	9.3	9.6	9.9	10.1	10.4	10.7	10.9	11.1	11.5	11.7	12.0	12.3	12.5	32
33	9.1	9.4	9.6	9.9	10.2	10.4	10.7	11.0	11.3	11.6	11.8	12.1	12.4	12.6	12.9	33
34	9.4	9.6	9.9	10.2	10.5	10.8	11.0	11.3	11.6	11.9	12.2	12.5	12.8	13.0	13.3	34
35	9.6	9.9	10.2	10.5	10.8	11.1	11.4	11.7	12.0	12.2	12.5	12.8	13.1	13.4	13.7	35
36	9.9	10.2	10.5	10.8	11.1	11.4	11.7	12.0	12.3	12.6	12.9	13.2	13.5	13.8	14.1	36
37	10.2	10.5	10.8	11.1	11.4	11.7	12.0	12.3	12.6	13.0	13.3	13.6	13.9	14.2	14.5	37
38	10.4	10.8	11.1	11.4	11.7	12.0	12.4	12.7	13.0	13.3	13.6	13.9	14.2	14.6	14.9	38
39	10.7	11.0	11.4	11.7	12.0	12.4	12.7	13.0	13.3	13.6	14.0	14.3	14.6	15.0	15.3	39
40	11.0	11.3	11.7	12.0	12.3	12.7	13.0	13.3	13.7	14.0	14.3	14.7	15.0	15.3	15.7	40
41	11.3	11.6	12.0	12.3	12.6	13.0	13.3	13.7	14.0	14.4	14.7	15.0	15.4	15.7	16.1	41
42	11.6	11.9	12.2	12.6	13.0	13.3	13.6	14.0	14.4	14.7	15.0	15.4	15.8	16.1	16.4	42
43	11.8	12.2	12.5	12.9	13.3	13.6	14.0	14.3	14.7	15.0	15.4	15.8	16.1	16.5	16.8	43
44	12.1	12.5	12.8	13.2	13.6	13.9	14.3	14.7	15.0	15.4	15.8	16.1	16.5	16.9	17.2	44
45	12.4	12.8	13.1	13.5	13.9	14.2	14.6	15.0	15.4	15.8	16.1	16.5	16.9	17.2	17.6	45
46	12.6	13.0	13.4	13.8	14.2	14.6	15.0	15.3	15.7	16.1	16.5	16.9	17.2	17.6	18.0	46
47	12.9	13.3	13.7	14.1	14.5	14.9	15.3	15.7	16.1	16.4	16.8	17.2	17.6	18.0	18.4	47
48	13.2	13.6	14.0	14.4	14.8	15.2	15.6	16.0	16.4	16.8	17.2	17.6	18.0	18.4	18.8	48
49	13.5	13.9	14.3	14.7	15.1	15.5	15.9	16.3	16.7	17.2	17.6	18.0	18.4	18.8	19.2	49
50	13.8	14.2	14.6	15.0	15.4	15.8	16.2	16.7	17.1	17.5	17.9	18.3	18.8	19.2	19.6	50
51	14.0	14.4	14.9	15.3	15.7	16.2	16.6	17.0	17.4	17.8	18.3	18.7	19.1	19.6	20.0	51
52	14.3	14.7	15.2	15.6	16.0	16.5	16.9	17.3	17.8	18.2	18.6	19.1	19.5	19.9	20.4	52
53	14.6	15.0	15.5	15.9	16.3	16.8	17.2	17.7	18.1	18.6	19.0	19.4	19.9	20.3	20.8	53
54	14.8	15.3	15.8	16.2	16.6	17.1	17.6	18.0	18.4	18.9	19.4	19.8	20.2	20.7	21.2	54
55	15.1	15.6	16.0	16.5	17.0	17.4	17.9	18.3	18.8	19.2	19.7	20.2	20.6	21.1	21.5	55
56	15.4	15.9	16.3	16.8	17.3	17.7	18.2	18.7	19.1	19.6	20.1	20.5	21.0	21.5	21.9	56
57	15.7	16.2	16.6	17.1	17.6	18.0	18.5	19.0	19.5	20.0	20.4	20.9	21.4	21.8	22.3	57
58	16.0	16.4	16.9	17.4	17.9	18.4	18.8	19.3	19.8	20.3	20.8	21.3	21.8	22.2	22.7	58
59	16.2	16.7	17.2	17.7	18.2	18.7	19.2	19.7	20.2	20.6	21.1	21.6	22.1	22.6	23.1	59
60	16.5	17.0	17.5	18.0	18.5	19.0	19.5	20.0	20.5	21.0	21.5	22.0	22.5	23.0	23.5	60

TABLE 11
Speed, Time, and Distance

Min-utes	Speed in knots														Min-utes		
	24.5	25.0	25.5	26.0	26.5	27.0	27.5	28.0	28.5	29.0	29.5	30.0	30.5	31.0		31.5	32.0
	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles	Miles		Miles	Miles
1	0.4	0.4	0.4	0.4	0.4	0.4	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	0.5	1	
2	0.8	0.8	0.8	0.9	0.9	0.9	0.9	0.9	1.0	1.0	1.0	1.0	1.0	1.0	1.1	2	
3	1.2	1.2	1.3	1.3	1.3	1.4	1.4	1.4	1.4	1.4	1.5	1.5	1.6	1.6	1.6	3	
4	1.6	1.7	1.7	1.7	1.8	1.8	1.8	1.9	1.9	2.0	2.0	2.0	2.0	2.1	2.1	4	
5	2.0	2.1	2.1	2.2	2.2	2.2	2.3	2.3	2.4	2.4	2.5	2.5	2.5	2.6	2.7	5	
6	2.4	2.5	2.6	2.6	2.6	2.7	2.8	2.8	2.8	2.9	3.0	3.0	3.0	3.1	3.2	6	
7	2.9	2.9	3.0	3.0	3.1	3.2	3.2	3.3	3.3	3.4	3.4	3.5	3.6	3.6	3.7	7	
8	3.3	3.3	3.4	3.5	3.5	3.6	3.7	3.7	3.8	3.9	4.0	4.1	4.1	4.2	4.3	8	
9	3.7	3.8	3.8	3.9	4.0	4.0	4.1	4.2	4.3	4.4	4.4	4.5	4.6	4.6	4.7	9	
10	4.1	4.2	4.2	4.3	4.4	4.4	4.5	4.6	4.7	4.8	4.8	4.9	5.0	5.1	5.2	10	
11	4.5	4.6	4.7	4.8	4.9	5.0	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9	11	
12	4.9	5.0	5.1	5.2	5.3	5.4	5.5	5.6	5.7	5.8	5.9	6.0	6.1	6.2	6.3	12	
13	5.3	5.4	5.5	5.6	5.7	5.8	6.0	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	13	
14	5.7	5.8	6.0	6.1	6.2	6.3	6.4	6.5	6.6	6.8	6.9	7.0	7.1	7.2	7.4	14	
15	6.1	6.2	6.4	6.5	6.6	6.8	6.9	7.0	7.1	7.2	7.4	7.5	7.6	7.8	7.9	15	
16	6.5	6.7	6.8	6.9	7.1	7.2	7.3	7.5	7.6	7.7	7.9	8.0	8.1	8.3	8.4	16	
17	6.9	7.1	7.2	7.4	7.5	7.6	7.8	7.9	8.1	8.2	8.4	8.5	8.6	8.8	8.9	17	
18	7.4	7.5	7.6	7.8	8.0	8.1	8.2	8.4	8.6	8.7	8.8	9.0	9.2	9.3	9.4	18	
19	7.8	7.9	8.1	8.2	8.4	8.6	8.7	8.9	9.0	9.2	9.3	9.5	9.7	9.8	10.0	19	
20	8.2	8.3	8.5	8.7	8.8	9.0	9.2	9.3	9.5	9.7	9.8	10.0	10.2	10.3	10.5	20	
21	8.6	8.8	8.9	9.1	9.3	9.4	9.6										

TABLE 11
Speed, Time, and Distance

Min-utes	Speed in knots																		Min-utes
	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0			
	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>	<i>Miles</i>			
1	0.5	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.6	0.7	0.7	1		
2	1.1	1.1	1.1	1.1	1.1	1.2	1.2	1.2	1.2	1.2	1.3	1.3	1.3	1.3	1.3	1.3	2		
3	1.6	1.6	1.7	1.7	1.7	1.8	1.8	1.8	1.8	1.9	1.9	1.9	2.0	2.0	2.0	2.0	3		
4	2.2	2.2	2.2	2.3	2.3	2.3	2.4	2.4	2.4	2.5	2.5	2.5	2.6	2.6	2.6	2.7	4		
5	2.7	2.8	2.8	2.8	2.9	2.9	3.0	3.0	3.0	3.1	3.1	3.2	3.2	3.2	3.3	3.3	5		
6	3.2	3.3	3.4	3.4	3.4	3.5	3.6	3.6	3.6	3.7	3.8	3.8	3.8	3.9	4.0	4.0	6		
7	3.8	3.8	3.9	4.0	4.0	4.1	4.1	4.2	4.3	4.3	4.4	4.4	4.5	4.6	4.6	4.7	7		
8	4.3	4.4	4.5	4.5	4.6	4.7	4.7	4.8	4.9	4.9	5.0	5.1	5.1	5.2	5.3	5.3	8		
9	4.9	5.0	5.0	5.1	5.2	5.2	5.3	5.4	5.5	5.6	5.6	5.7	5.8	5.8	5.9	6.0	9		
10	5.4	5.5	5.6	5.7	5.8	5.8	5.9	6.0	6.1	6.2	6.2	6.3	6.4	6.5	6.6	6.7	10		
11	6.0	6.0	6.1	6.2	6.3	6.4	6.5	6.6	6.7	6.8	6.9	7.0	7.1	7.2	7.2	7.3	11		
12	6.5	6.6	6.7	6.8	6.9	7.0	7.1	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9	8.0	12		
13	7.0	7.2	7.3	7.4	7.5	7.6	7.7	7.8	7.9	8.0	8.1	8.2	8.3	8.4	8.6	8.7	13		
14	7.6	7.7	7.8	7.9	8.0	8.2	8.3	8.4	8.5	8.6	8.8	8.9	9.0	9.1	9.2	9.3	14		
15	8.1	8.2	8.4	8.5	8.6	8.8	8.9	9.0	9.1	9.2	9.4	9.5	9.6	9.8	9.9	10.0	15		
16	8.7	8.8	8.9	9.1	9.2	9.3	9.5	9.6	9.7	9.9	10.0	10.1	10.3	10.4	10.5	10.7	16		
17	9.2	9.4	9.5	9.6	9.8	9.9	10.1	10.2	10.3	10.5	10.6	10.8	10.9	11.0	11.2	11.3	17		
18	9.8	9.9	10.1	10.2	10.4	10.5	10.6	10.8	11.0	11.1	11.2	11.4	11.6	11.7	11.8	12.0	18		
19	10.3	10.4	10.6	10.8	10.9	11.1	11.2	11.4	11.6	11.7	11.9	12.0	12.2	12.4	12.5	12.7	19		
20	10.8	11.0	11.2	11.3	11.5	11.7	11.8	12.0	12.2	12.3	12.5	12.7	12.8	13.0	13.2	13.3	20		
21	11.4	11.6	11.7	11.9	12.1	12.2	12.4	12.6	12.8	13.0	13.1	13.3	13.5	13.6	13.8	14.0	21		
22	11.9	12.1	12.3	12.5	12.6	12.8	13.0	13.2	13.4	13.6	13.8	13.9	14.1	14.3	14.5	14.7	22		
23	12.5	12.6	12.8	13.0	13.2	13.4	13.6	13.8	14.0	14.2	14.4	14.6	14.8	15.0	15.1	15.3	23		
24	13.0	13.2	13.4	13.6	13.8	14.0	14.2	14.4	14.6	14.8	15.0	15.2	15.4	15.6	15.8	16.0	24		
25	13.5	13.8	14.0	14.2	14.4	14.6	14.8	15.0	15.2	15.4	15.6	15.8	16.0	16.2	16.5	16.7	25		
26	14.1	14.3	14.5	14.7	15.0	15.2	15.4	15.6	15.8	16.0	16.2	16.5	16.7	16.9	17.1	17.3	26		
27	14.6	14.8	15.1	15.3	15.5	15.8	16.0	16.2	16.4	16.6	16.9	17.1	17.3	17.6	17.8	18.0	27		
28	15.2	15.4	15.6	15.9	16.1	16.3	16.6	16.8	17.0	17.3	17.5	17.7	18.0	18.2	18.4	18.7	28		
29	15.7	16.0	16.2	16.4	16.7	16.9	17.2	17.4	17.6	17.9	18.1	18.4	18.6	18.9	19.1	19.3	29		
30	16.2	16.5	16.8	17.0	17.2	17.5	17.8	18.0	18.2	18.5	18.8	19.0	19.2	19.5	19.8	20.0	30		
31	16.8	17.0	17.3	17.6	17.8	18.1	18.3	18.6	18.9	19.1	19.4	19.6	19.9	20.2	20.4	20.7	31		
32	17.3	17.6	17.9	18.1	18.4	18.7	18.9	19.2	19.5	19.7	20.0	20.3	20.5	20.8	21.1	21.3	32		
33	17.9	18.2	18.4	18.7	19.0	19.2	19.5	19.8	20.1	20.4	20.6	20.9	21.2	21.4	21.7	22.0	33		
34	18.4	18.7	19.0	19.3	19.6	19.8	20.1	20.4	20.7	21.0	21.2	21.5	21.8	22.1	22.4	22.7	34		
35	19.0	19.2	19.5	19.8	20.1	20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.5	22.8	23.0	23.3	35		
36	19.5	19.8	20.1	20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.5	22.8	23.1	23.4	23.7	24.0	36		
37	20.0	20.4	20.7	21.0	21.3	21.6	21.9	22.2	22.5	22.8	23.1	23.4	23.7	24.0	24.4	24.7	37		
38	20.6	20.9	21.2	21.5	21.8	22.2	22.5	22.8	23.1	23.4	23.8	24.1	24.4	24.7	25.0	25.3	38		
39	21.1	21.4	21.8	22.1	22.4	22.8	23.1	23.4	23.7	24.0	24.4	24.7	25.0	25.4	25.7	26.0	39		
40	21.7	22.0	22.3	22.7	23.0	23.3	23.7	24.0	24.3	24.7	25.0	25.3	25.7	26.0	26.3	26.7	40		
41	22.2	22.6	22.9	23.2	23.6	23.9	24.3	24.6	24.9	25.3	25.6	26.0	26.3	26.6	27.0	27.3	41		
42	22.8	23.1	23.4	23.8	24.2	24.5	24.8	25.2	25.6	25.9	26.2	26.6	27.0	27.3	27.6	28.0	42		
43	23.3	23.6	24.0	24.4	24.7	25.1	25.4	25.8	26.2	26.5	26.9	27.2	27.6	28.0	28.3	28.7	43		
44	23.8	24.2	24.6	24.9	25.3	25.7	26.0	26.4	26.8	27.1	27.5	27.9	28.2	28.6	29.0	29.3	44		
45	24.4	24.8	25.1	25.5	25.9	26.2	26.6	27.0	27.4	27.8	28.1	28.5	28.9	29.2	29.6	30.0	45		
46	24.9	25.3	25.7	26.1	26.4	26.8	27.2	27.6	28.0	28.4	28.8	29.1	29.5	29.9	30.3	30.7	46		
47	25.5	25.8	26.2	26.6	27.0	27.4	27.8	28.2	28.6	29.0	29.4	29.8	30.2	30.6	30.9	31.3	47		
48	26.0	26.4	26.8	27.2	27.6	28.0	28.4	28.8	29.2	29.6	30.0	30.4	30.8	31.2	31.6	32.0	48		
49	26.5	27.0	27.4	27.8	28.2	28.6	29.0	29.4	29.8	30.2	30.6	31.0	31.4	31.8	32.3	32.7	49		
50	27.1	27.5	27.9	28.3	28.8	29.2	29.6	30.0	30.4	30.8	31.2	31.7	32.1	32.5	32.9	33.3	50		
51	27.6	28.0	28.5	28.9	29.3	29.8	30.2	30.6	31.0	31.4	31.9	32.3	32.7	33.2	33.6	34.0	51		
52	28.2	28.6	29.0	29.5	29.9	30.3	30.8	31.2	31.6	32.1	32.5	32.9	33.4	33.8	34.2	34.7	52		
53	28.7	29.2	29.6	30.0	30.5	30.9	31.4	31.8	32.2	32.7	33.1	33.6	34.0	34.4	34.9	35.3	53		
54	29.2	29.7	30.2	30.6	31.0	31.5	32.0	32.4	32.8	33.3	33.8	34.2	34.6	35.1	35.6	36.0	54		
55	29.8	30.2	30.7	31.2	31.6	32.1	32.5	33.0	33.5	33.9	34.4	34.8	35.3	35.8	36.2	36.7	55		
56	30.3	30.8	31.3	31.7	32.2	32.7	33.1	33.6	34.1	34.5	35.0	35.5	35.9	36.4	36.9	37.3	56		
57	30.9	31.4	31.8	32.3	32.8	33.2	33.7	34.2	34.7	35.2	35.6	36.1	36.6	37.0	37.5	38.0	57		
58	31.4	31.9	32.4	32.9	33.4	33.8	34.3	34.8	35.3	35.8	36.2	36.7	37.2	37.7	38.2	38.7	58		
59	32.0	32.4	32.9	33.4	33.9	34.4	34.9	35.4	35.9	36.4	36.9	37.4	37.9	38.4	38.9	39.3	59		
60	32.5	33.0	33.5	34.0	34.5	35.0	35.5	36.0	36.5	37.0	37.5	38.0	38.5	39.0	39.5	40.0	60		