

SAILING COURSE TIMES

49er

WINDWARD / LEEWARD COURSE

Target Time 30 minutes

Wind Range	5 - 8 Knots					8 - 12 Knots					12 - 15 Knots					15+ Knots				
Upwind Speed	23 mins/mile			Up Time (mins)	Down Time (mins)	11 mins/mile			Up Time (mins)	Down Time (mins)	9 mins/mile			Up Time (mins)	Down Time (mins)	8 mins/mile			Up Time (mins)	Down Time (mins)
Run Speed	14 mins/mile					6 mins/mile					5 mins/mile					4 mins/mile				
Leg Length Nautical Miles	L1	L2	L3			L1	L2	L3			L1	L2	L3			L1	L2	L3		
0.3	11.1	22.2	33.3	6.9	4.2	5.1	10.2	15.3	3.3	1.8	4.2	8.4	12.6	2.7	1.5	3.6	7.2	10.8	2.4	1.2
0.4	14.8	29.6	44.4	9.2	5.6	6.8	13.6	20.4	4.4	2.4	5.6	11.2	16.8	3.6	2.0	4.8	9.6	14.4	3.2	1.6
0.5	18.5	37.0	55.5	11.5	7.0	8.5	17.0	25.5	5.5	3.0	7.0	14.0	21.0	4.5	2.5	6.0	12.0	18.0	4.0	2.0
0.6	22.2	44.4	66.6	13.8	8.4	10.2	20.4	30.6	6.6	3.6	8.4	16.8	25.2	5.4	3.0	7.2	14.4	21.6	4.8	2.4
0.7	25.9	51.8	77.7	16.1	9.8	11.9	23.8	35.7	7.7	4.2	9.8	19.6	29.4	6.3	3.5	8.4	16.8	25.2	5.6	2.8
0.8	29.6	59.2	88.8	18.4	11.2	13.6	27.2	40.8	8.8	4.8	11.2	22.4	33.6	7.2	4.0	9.6	19.2	28.8	6.4	3.2
0.9	33.3	66.6	99.9	20.7	12.6	15.3	30.6	45.9	9.9	5.4	12.6	25.2	37.8	8.1	4.5	10.8	21.6	32.4	7.2	3.6
1.0	37.0	74.0	111.0	23.0	14.0	17.0	34.0	51.0	11.0	6.0	14.0	28.0	42.0	9.0	5.0	12.0	24.0	36.0	8.0	4.0
1.1	40.7	81.4	122.1	25.3	15.4	18.7	37.4	56.1	12.1	6.6	15.4	30.8	46.2	9.9	5.5	13.2	26.4	39.6	8.8	4.4
1.2	44.4	88.8	133.2	27.6	16.8	20.4	40.8	61.2	13.2	7.2	16.8	33.6	50.4	10.8	6.0	14.4	28.8	43.2	9.6	4.8