

## SAILING COURSE TIMES

49er FX Women

WINDWARD / LEEWARD COURSE

Target Time 30 minutes

Wind Range	5 - 8 Knots					8 - 12 Knots					12 - 15 Knots					15+ Knots				
Upwind Speed	16 mins/mile			Up Time (mins)	Down Time (mins)	13 mins/mile			Up Time (mins)	Down Time (mins)	11 mins/mile			Up Time (mins)	Down Time (mins)	10 mins/mile			Up Time (mins)	Down Time (mins)
Run Speed	12 mins/mile					8 mins/mile					7 mins/mile					6 mins/mile				
Leg Length Nautical Miles	L2	L3	L4			L2	L3	L4			L2	L3	L4			L2	L3	L4		
0.3	16.8	25.2	33.6	4.8	3.6	12.6	18.9	25.2	3.9	2.4	10.2	15.3	20.4	3.2	2.0	9.6	14.4	19.2	3.0	1.8
0.4	22.4	33.6	44.8	6.4	4.8	16.8	25.2	33.6	5.2	3.2	13.6	20.4	27.2	4.2	2.6	12.8	19.2	25.6	4.0	2.4
0.5	28.0	42.0	56.0	8.0	6.0	21.0	31.5	42.0	6.5	4.0	17.0	25.5	34.0	5.3	3.3	16.0	24.0	32.0	5.0	3.0
0.6	33.6	50.4	67.2	9.6	7.2	25.2	37.8	50.4	7.8	4.8	20.4	30.6	40.8	6.3	3.9	19.2	28.8	38.4	6.0	3.6
0.7	39.2	58.8	78.4	11.2	8.4	29.4	44.1	58.8	9.1	5.6	23.8	35.7	47.6	7.4	4.6	22.4	33.6	44.8	7.0	4.2
0.8	44.8	67.2	89.6	12.8	9.6	33.6	50.4	67.2	10.4	6.4	27.2	40.8	54.4	8.4	5.2	25.6	38.4	51.2	8.0	4.8
0.9	50.4	75.6	100.8	14.4	10.8	37.8	56.7	75.6	11.7	7.2	30.6	45.9	61.2	9.5	5.9	28.8	43.2	57.6	9.0	5.4
1.0	56.0	84.0	112.0	16.0	12.0	42.0	63.0	84.0	13.0	8.0	34.0	51.0	68.0	10.5	6.5	32.0	48.0	64.0	10.0	6.0
1.1	61.6	92.4	123.2	17.6	13.2	46.2	69.3	92.4	14.3	8.8	37.4	56.1	74.8	11.6	7.2	35.2	52.8	70.4	11.0	6.6
1.2	67.2	100.8	134.4	19.2	14.4	50.4	75.6	100.8	15.6	9.6	40.8	61.2	81.6	12.6	7.8	38.4	57.6	76.8	12.0	7.2