

Expected Race Times for Olympic Classes Up and Back

ILCA 6	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	12 - 15 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	15+ Knots	15+ Knots	15+ Knots	15+ Knots
Leg Length Km	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back
0.6	6.3	5.1	11.4	22.8	5.4	3.75	9.15	18.3	4.95	2.85	7.8	15.6	5.1	2.1	7.2	14.4
0.7	8.4	6.8	15.2	30.4	7.2	5	12.2	24.4	6.6	3.8	10.4	20.8	6.8	2.8	9.6	19.2
0.9	10.5	8.5	19	38	9	6.25	15.25	30.5	8.25	4.75	13	26	8.5	3.5	12	24
1.1	12.6	10.2	22.8	45.6	10.8	7.5	18.3	36.6	9.9	5.7	15.6	31.2	10.2	4.2	14.4	28.8
1.3	14.7	11.9	26.6	53.2	12.6	8.75	21.35	42.7	11.55	6.65	18.2	36.4	11.9	4.9	16.8	33.6
1.5	16.8	13.6	30.4	60.8	14.4	10	24.4	48.8	13.2	7.6	20.8	41.6	13.6	5.6	19.2	38.4
1.7	18.9	15.3	34.2	68.4	16.2	11.25	27.45	54.9	14.85	8.55	23.4	46.8	15.3	6.3	21.6	43.2
1.9	21	17	38	76	18	12.5	30.5	61	16.5	9.5	26	52	17	7	24	48
2.0	23.1	18.7	41.8	83.6	19.8	13.75	33.55	67.1	18.15	10.45	28.6	57.2	18.7	7.7	26.4	52.8
2.2	25.2	20.4	45.6	91.2	21.6	15	36.6	73.2	19.8	11.4	31.2	62.4	20.4	8.4	28.8	57.6
ILCA 7	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	12 - 15 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	15+ Knots	15+ Knots	15+ Knots	15+ Knots
Leg Length Km	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back
0.6	5.7	4.8	10.5	21	5.1	3.6	8.7	17.4	4.8	2.7	7.5	15	4.95	2.1	7.05	14.1
0.7	7.6	6.4	14	28	6.8	4.8	11.6	23.2	6.4	3.6	10	20	6.6	2.8	9.4	18.8
0.9	9.5	8	17.5	35	8.5	6	14.5	29	8	4.5	12.5	25	8.25	3.5	11.75	23.5
1.1	11.4	9.6	21	42	10.2	7.2	17.4	34.8	9.6	5.4	15	30	9.9	4.2	14.1	28.2
1.3	13.3	11.2	24.5	49	11.9	8.4	20.3	40.6	11.2	6.3	17.5	35	11.55	4.9	16.45	32.9
1.5	15.2	12.8	28	56	13.6	9.6	23.2	46.4	12.8	7.2	20	40	13.2	5.6	18.8	37.6
1.7	17.1	14.4	31.5	63	15.3	10.8	26.1	52.2	14.4	8.1	22.5	45	14.85	6.3	21.15	42.3
1.9	19	16	35	70	17	12	29	58	16	9	25	50	16.5	7	23.5	47

2.0	20.9	17.6	38.5	77	18.7	13.2	31.9	63.8	17.6	9.9	27.5	55	18.15	7.7	25.85	51.7
2.2	22.8	19.2	42	84	20.4	14.4	34.8	69.6	19.2	10.8	30	60	19.8	8.4	28.2	56.4
470 Mixed	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	12 - 15 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	15+ Knots	15+ Knots	15+ Knots	15+ Knots
Leg Length Km	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back
0.6	5.7	4.8	10.5	21	5.1	3.3	8.4	16.8	3.75	2.7	6.45	12.9	3.45	2.4	5.85	11.7
0.7	7.6	6.4	14	28	6.8	4.4	11.2	22.4	5	3.6	8.6	17.2	4.6	3.2	7.8	15.6
0.9	9.5	8	17.5	35	8.5	5.5	14	28	6.25	4.5	10.75	21.5	5.75	4	9.75	19.5
1.1	11.4	9.6	21	42	10.2	6.6	16.8	33.6	7.5	5.4	12.9	25.8	6.9	4.8	11.7	23.4
1.3	13.3	11.2	24.5	49	11.9	7.7	19.6	39.2	8.75	6.3	15.05	30.1	8.05	5.6	13.65	27.3
1.5	15.2	12.8	28	56	13.6	8.8	22.4	44.8	10	7.2	17.2	34.4	9.2	6.4	15.6	31.2
1.7	17.1	14.4	31.5	63	15.3	9.9	25.2	50.4	11.25	8.1	19.35	38.7	10.35	7.2	17.55	35.1
1.9	19	16	35	70	17	11	28	56	12.5	9	21.5	43	11.5	8	19.5	39
2.0	20.9	17.6	38.5	77	18.7	12.1	30.8	61.6	13.75	9.9	23.65	47.3	12.65	8.8	21.45	42.9
2.2	22.8	19.2	42	84	20.4	13.2	33.6	67.2	15	10.8	25.8	51.6	13.8	9.6	23.4	46.8
2.4	24.7	20.8	45.5	91	22.1	14.3	36.4	72.8	16.25	11.7	27.95	55.9	14.95	10.4	25.35	50.7
2.6	26.6	22.4	49	98	23.8	15.4	39.2	78.4	17.5	12.6	30.1	60.2	16.1	11.2	27.3	54.6
2.8	28.5	24	52.5	105	25.5	16.5	42	84	18.75	13.5	32.25	64.5	17.25	12	29.25	58.5
49er	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	12 - 15 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	15+ Knots	15+ Knots	15+ Knots	15+ Knots
Leg Length Km	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back	Up	Down	1 Up-Back	2 Up-Back
0.6	4.5	3	7.5	15	3.6	2.1	5.7	11.4	2.85	1.65	4.5	9	3	1.65	4.65	9.3
0.7	6	4	10	20	4.8	2.8	7.6	15.2	3.8	2.2	6	12	4	2.2	6.2	12.4
0.9	7.5	5	12.5	25	6	3.5	9.5	19	4.75	2.75	7.5	15	5	2.75	7.75	15.5
1.1	9	6	15	30	7.2	4.2	11.4	22.8	5.7	3.3	9	18	6	3.3	9.3	18.6

1.3	10.5	7	17.5	35	8.4	4.9	13.3	26.6	6.65	3.85	10.5	21	7	3.85	10.85	21.7
1.5	12	8	20	40	9.6	5.6	15.2	30.4	7.6	4.4	12	24	8	4.4	12.4	24.8
1.7	13.5	9	22.5	45	10.8	6.3	17.1	34.2	8.55	4.95	13.5	27	9	4.95	13.95	27.9
1.9	15	10	25	50	12	7	19	38	9.5	5.5	15	30	10	5.5	15.5	31
2.0	16.5	11	27.5	55	13.2	7.7	20.9	41.8	10.45	6.05	16.5	33	11	6.05	17.05	34.1
2.2	18	12	30	60	14.4	8.4	22.8	45.6	11.4	6.6	18	36	12	6.6	18.6	37.2
Naca	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	5 - 8 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	12 - 15 Knots	8 - 12 Knots	8 - 12 Knots	8 - 12 Knots	15+ Knots	15+ Knots	15+ Knots	15+ Knots
Leg Length Km	Up	Down	1 Up- Back	2 Up- Back	Up	Down	1 Up- Back	2 Up- Back	Up	Down	1 Up- Back	2 Up- Back	Up	Down	1 Up- Back	2 Up- Back
0.6	3.6	1.8	5.4	10.8	2.55	1.35	3.9	7.8	2.1	0.9	3	6	2.1	0.9	3	6
0.7	4.8	2.4	7.2	14.4	3.4	1.8	5.2	10.4	2.8	1.2	4	8	2.8	1.2	4	8
0.9	6	3	9	18	4.25	2.25	6.5	13	3.5	1.5	5	10	3.5	1.5	5	10
1.1	7.2	3.6	10.8	21.6	5.1	2.7	7.8	15.6	4.2	1.8	6	12	4.2	1.8	6	12
1.3	8.4	4.2	12.6	25.2	5.95	3.15	9.1	18.2	4.9	2.1	7	14	4.9	2.1	7	14
1.5	9.6	4.8	14.4	28.8	6.8	3.6	10.4	20.8	5.6	2.4	8	16	5.6	2.4	8	16
1.7	10.8	5.4	16.2	32.4	7.65	4.05	11.7	23.4	6.3	2.7	9	18	6.3	2.7	9	18
1.9	12	6	18	36	8.5	4.5	13	26	7	3	10	20	7	3	10	20
2.0	13.2	6.6	19.8	39.6	9.35	4.95	14.3	28.6	7.7	3.3	11	22	7.7	3.3	11	22
2.2	14.4	7.2	21.6	43.2	10.2	5.4	15.6	31.2	8.4	3.6	12	24	8.4	3.6	12	24
2.4	15.6	7.8	23.4	46.8	11.05	5.85	16.9	33.8	9.1	3.9	13	26	9.1	3.9	13	26
2.6	16.8	8.4	25.2	50.4	11.9	6.3	18.2	36.4	9.8	4.2	14	28	9.8	4.2	14	28
2.8	18	9	27	54	12.75	6.75	19.5	39	10.5	4.5	15	30	10.5	4.5	15	30
3.0	19.2	9.6	28.8	57.6	13.6	7.2	20.8	41.6	11.2	4.8	16	32	11.2	4.8	16	32