

HANDICAP CONVERSION TABLE from CYCA to PORTSMOUTH

CYCA (mins/hr)	CYCA (TCF)	Portsmout h	CYCA (mins/hr)	CYCA (TCF)	Portsmout h	CYCA (mins/hr)	CYCA (TCF)	Portsmout h
-10	1.167	589	4.75	0.921	746	19.5	0.675	1018
-9.75	1.163	591	5	0.917	749	19.75	0.671	1024
-9.5	1.158	593	5.25	0.913	752	20	0.667	1030
-9.25	1.154	595	5.5	0.908	757	20.25	0.663	1036
-9	1.15	597	5.75	0.904	760	20.5	0.658	1044
-8.75	1.146	599	6	0.9	763	20.75	0.654	1050
-8.5	1.142	602	6.25	0.896	767	21	0.65	1057
-8.25	1.138	604	6.5	0.892	770	21.25	0.646	1063
-8	1.133	606	6.75	0.888	774	21.5	0.642	1070
-7.75	1.129	609	7	0.883	778	21.75	0.638	1077
-7.5	1.125	611	7.25	0.879	782	22	0.633	1085
-7.25	1.121	613	7.5	0.875	785	22.25	0.629	1092
-7	1.117	615	7.75	0.871	789	22.5	0.625	1099
-6.75	1.113	617	8	0.867	792	22.75	0.621	1106
-6.5	1.108	620	8.25	0.863	796	23	0.617	1113
-6.25	1.104	622	8.5	0.858	801	23.25	0.613	1121
-6	1.1	625	8.75	0.854	804	23.5	0.608	1130
-5.75	1.096	627	9	0.85	808	23.75	0.604	1137
-5.5	1.092	629	9.25	0.846	812	24	0.6	1145
-5.25	1.088	631	9.5	0.842	816			
-5	1.083	634	9.75	0.838	820			
-4.75	1.079	637	10	0.833	825			
-4.5	1.075	639	10.25	0.829	829			
-4.25	1.071	641	10.5	0.825	833			
-4	1.067	644	10.75	0.821	837			
-3.75	1.063	646	11	0.817	841			
-3.5	1.058	649	11.25	0.813	845			
-3.25	1.054	652	11.5	0.808	850			
-3	1.05	654	11.75	0.804	854			
-2.75	1.046	657	12	0.8	859			
-2.5	1.042	659	12.25	0.796	863			
-2.25	1.038	662	12.5	0.792	867			
-2	1.033	665	12.75	0.788	872			
-1.75	1.029	668	13	0.783	877			
-1.5	1.025	670	13.25	0.779	882			
-1.25	1.021	673	13.5	0.775	886			
-1	1.017	676	13.75	0.771	891			
-0.75	1.013	678	14	0.767	896			
-0.5	1.008	682	14.25	0.763	900			
-0.25	1.004	684	14.5	0.758	906			
0	1	687	14.75	0.754	911			
0.25	0.996	690	15	0.75	916			
0.5	0.992	693	15.25	0.746	921			
0.75	0.988	695	15.5	0.742	926			
1	0.983	699	15.75	0.738	931			
1.25	0.979	702	16	0.733	937			
1.5	0.975	705	16.25	0.729	942			
1.75	0.971	708	16.5	0.725	948			
2	0.967	710	16.75	0.721	953			
2.25	0.963	713	17	0.717	958			
2.5	0.958	717	17.25	0.713	964			
2.75	0.954	720	17.5	0.708	970			
3	0.95	723	17.75	0.704	976			
3.25	0.946	726	18	0.7	981			
3.5	0.942	729	18.25	0.696	987			
3.75	0.938	732	18.5	0.692	993			
4	0.933	736	18.75	0.688	999			
4.25	0.929	740	19	0.683	1006			
4.5	0.925	743	19.25	0.679	1012			

20.00	1030
20.25	1036
20.50	1044
20.75	1050
21.00	1057
21.25	1063
21.50	1070
21.75	1077
22.00	1085
22.25	1092
22.50	1099
22.75	1106
23.00	1113
23.25	1121
23.50	1130
23.75	1137
24.00	1145
24.25	1152
24.50	1159
24.75	1166
25.00	1173
26.25	1180
26.50	1187
26.75	1194
27.00	1201

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