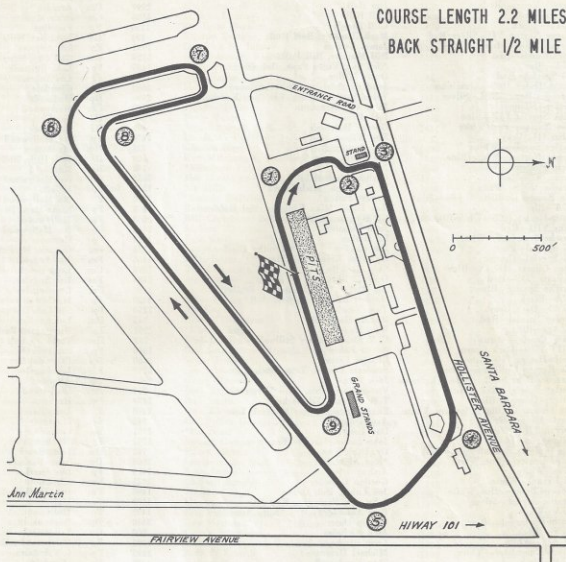


SANTA BARBARA AIRPORT COURSE



Lap time conversion chart

Time your favorite for one lap with your watch and convert to miles per hour. One lap equals approximately 2.2 miles.

minutes	seconds	mph
2	57	45
2	38	50
2	25	55
2	13	60
2	2	65
1	52	70
1	46	75
1	39	80

minutes	seconds	mph
1	33	85
1	28	90
1	23	95
1	19	100
1	16	105
1	12	110
1	9	115
1	6	120