

**READY RECKONER INDIAN FILE**

**SPEED 750 METRES PER MINUTE**

<b>TIME ( SECONDS)</b>	<b>PENALTY POINTS</b>	<b>TIME ( SECONDS)</b>	<b>PENALTY POINTS</b>
11.5 -12.5	0.5	36.5-37.5	13
12.5-13.5	1	37.5-38.5	13.5
13.5-14.5	1.5	38.5-39.5	14
14.5-15.5	2	39.5-40.5	14.5
15.5-16.5	2.5	40.5-41.5	15
16.5-17.5	3	41.5-42.5	15.5
17.5-18.5	3.5	42.5-43.5	16
18.5-19.5	4	43.5-44.5	16.5
19.5-20.5	4.5	44.5-45.5	17
20.5-21.5	5	45.5-46.5	17.5
21.5-22.5	5.5	46.5-47.5	18
22.5-23.5	6	47.5-48.5	18.5
23.5-24.5	6.5	48.5-49.5	19
24.5-25.5	7	49.5-50.5	19.5
25.5-26.5	7.5	50.5-51.5	20
26.5-27.5	8	51.5-52.5	20.5
27.5-28.5	8.5	52.5-53.5	21
28.5-29.5	9	53.5-54.5	21.5
29.5-30.5	9.5	54.5-55.5	22
30.5-31.5	10	55.5-56.5	22.5
31.5-32.5	10.5	56.5-57.5	23
32.5-33.5	11	57.5-58.5	23.5
33.5-34.5	11.5	58.5-59.5	24
34.5-35.5	12	59.5-60.5	24.5
35.5-36.5	12.5	60.5-61.5	25