

Sheet1

Wind low	Wind Up	Wind Dir	Heading	Angle	Speed	VMG
19	21	163.5	109	54.5	13.89	8.07
19	21	163.5	218	54.5	13.76	7.99
19	21	168.5	119	49.5	13.66	8.87
19	21	168.5	218	49.5	13.15	8.54
19	21	169.5	114	55.5	14.40	8.16
19	21	169.5	225	55.5	14.03	7.95
19	21	163.5	114	49.5	14.17	9.20
19	21	163.5	213	49.5	13.50	8.77
19	21	166.5	118	48.5	13.66	9.05
19	21	166.5	215	48.5	13.74	9.10
19	21	164	110	54	13.65	8.02
19	21	164	218	54	14.14	8.31
19	21	157	108	49	14.25	9.35
19	21	157	206	49	14.18	9.30
11	15	159.5	103	56.5	14.39	7.94
11	15	159.5	216	56.5	14.76	8.15
11	15	173	115	58	14.81	7.85
11	15	173	231	58	15.11	8.01
11	15	118	60	58	14.98	7.94
11	15	118	176	58	14.25	7.55
11	15	141	82	59	13.51	6.96
11	15	141	200	59	14.51	7.47
9	12	105	47	58	14.02	7.43
9	12	105	163	58	14.62	7.75
6	8	79	19	60	14.00	7.00
6	8	79	139	60	12.40	6.20
9	12	93.5	40	53.5	12.40	7.38
9	12	93.5	147	53.5	11.70	6.96
6	8	81	15	66	11.76	4.78
6	8	81	147	66	11.89	4.84

Tack	Course	Sail
Starboard	Upwind	9.8 RS4
Port	Upwind	9.8 RS4
Starboard	Upwind	9.8 RS4
Port	Upwind	9.8 RS4
Starboard	Upwind	9.8 RS4
Port	Upwind	9.8 RS4
Starboard	Upwind	9.8 RS4
Port	Upwind	9.8 RS4
Starboard	Upwind	9.8 RS4
Port	Upwind	9.8 RS4
Starboard	Upwind	9.8 RS4
Port	Upwind	9.8 RS4
Starboard	Upwind	9.8 RS4
Port	Upwind	9.8 RS4
Starboard	Upwind	10.7 RS4
Port	Upwind	10.7 RS4
Starboard	Upwind	10.7 RS4
Port	Upwind	10.7 RS4
Starboard	Upwind	10.7 RS4
Port	Upwind	10.7 RS4
Starboard	Upwind	10.7 RS4
Port	Upwind	10.7 RS4
Starboard	Upwind	10.7 RS4
Port	Upwind	10.7 RS4
Starboard	Upwind	10.7 RS4
Port	Upwind	10.7 RS4
Starboard	Upwind	10.7 RS4
Port	Upwind	10.7 RS4