Seconds to Metronome for 8 Counts (4 bars)

3.0	160	5.0	96	7.0	69
3.1	155	5.1	94	7.1	68
3.2	150	5.2	92	7.2	67
3.3	145	5.3	91	7.3	66
3.4	141	5.4	89	7.4	65
3.5	137	5.5	87	7.5	64
3.6	133	5.6	86	7.6	63
3.7	130	5.7	84	7.7	62
3.8	126	5.8	83	7.8	62
3.9	123	5.9	81	7.9	61
4.0	120	6.0	80	8.0	60
4.1	117	6.1	79	8.1	59
4.2	114	6.2	77	8.2	59
4.3	112	6.3	76	8.3	58
4.4	109	6.4	75	8.4	57
4.5	107	6.5	74	8.5	56
4.6	104	6.6	73	8.6	56
4.7	102	6.7	72	8.7	55
4.8	100	6.8	71	8.8	55
4.9	98	6.9	70	8.9	54

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4.0	120	6.0	80	8.0	60
4.1	117	6.1	79	8.1	59
4.2	114	6.2	77	8.2	59
4.3	112	6.3	76	8.3	58
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