

SPEED RESTRICTIONS

Link	Extra Running Time	Extra Running Time (secs)							
		10	20	30	40	50	60	90	120
West Ruislip - Ruislip Gardens	Yes	0.0455	0.0910	0.1365	0.1819	0.2274	0.2729	0.4094	0.5458
	No	0.0455	0.0910	0.1365	0.1819	0.2274	0.2729	0.4094	0.5458
Ruislip Gardens - South Ruislip	Yes	0.0727	0.1454	0.2182	0.2909	0.3636	0.4363	0.6545	0.8727
	No	0.0727	0.1454	0.2182	0.2909	0.3636	0.4363	0.6545	0.8727
South Ruislip - Northolt	Yes	0.1290	0.2579	0.3869	0.5159	0.6448	0.7738	1.1607	1.5476
	No	0.1290	0.2579	0.3869	0.5159	0.6448	0.7738	1.1607	1.5476
Northolt - Greenford	Yes	0.2483	0.4967	0.7450	0.9933	1.2416	1.4900	2.2349	2.9799
	No	0.2483	0.4967	0.7450	0.9933	1.2416	1.4900	2.2349	2.9799
Greenford - Perivale	Yes	0.3419	0.6838	1.0257	1.3675	1.7094	2.0513	3.0770	4.1026
	No	0.3419	0.6838	1.0257	1.3675	1.7094	2.0513	3.0770	4.1026
Perivale - Hanger Lane	Yes	0.3927	0.7855	1.1782	1.5710	1.9637	2.3565	3.5347	4.7130
	No	0.3927	0.7855	1.1782	1.5710	1.9637	2.3565	3.5347	4.7130
Hanger Lane - North Acton	Yes	0.4750	0.9501	1.4251	1.9002	2.3752	2.8503	4.2754	5.7006
	No	0.4750	0.9501	1.4251	1.9002	2.3752	2.8503	4.2754	5.7006
Ealing Broadway - West Acton	Yes	0.5128	1.0257	1.5385	2.0513	2.5641	3.0770	4.6155	6.1540
	No	0.5128	1.0257	1.5385	2.0513	2.5641	3.0770	4.6155	6.1540
West Acton - North Acton	Yes	0.5661	1.1322	1.6984	2.2645	2.8306	3.3967	5.0951	6.7935
	No	0.5661	1.1322	1.6984	2.2645	2.8306	3.3967	5.0951	6.7935
North Acton - East Acton	Yes	1.5026	4.6811	9.7191	15.7859	24.5591	35.8783	75.7809	120.4155
	No	1.1268	2.2537	3.3805	4.8831	8.0616	13.0996	39.2588	79.1614
East Acton - White City	Yes	1.5869	4.8498	9.9721	16.1232	24.9808	36.3842	76.5399	121.4275
	No	1.2112	2.4223	3.6335	5.2204	8.4833	13.6056	40.0177	80.1734
White City - Shepherds Bush (Central)	Yes	1.3946	16.9448	49.7033	91.9816	150.1115	220.0219	464.9292	750.6642
	No	1.3946	2.7891	4.1837	5.5782	21.1285	53.8870	224.2056	469.1128
Shepherds Bush (Central) - Holland Park	Yes	1.7889	17.7336	50.8864	93.5591	152.0833	222.3882	468.4785	755.3967
	No	1.7889	3.5779	5.3668	7.1557	23.1004	56.2532	227.7550	473.8453
Holland Park - Notting Hill Gate	Yes	1.9492	18.0542	51.3673	94.2003	152.8848	223.3500	469.9212	757.3204
	No	1.9492	3.8985	5.8477	7.7970	23.9019	57.2150	229.1977	475.7690
Notting Hill Gate - Queensway	Yes	2.3961	8.2672	29.6398	68.2100	116.2959	179.8533	419.0183	698.7769
	No	2.3961	4.7921	7.1882	9.5842	15.4553	36.8280	187.0415	426.2065
Queensway - Lancaster Gate	Yes	2.6965	8.8680	30.5411	69.4116	117.7979	181.6557	421.7219	702.3817
	No	2.6965	5.3929	8.0894	10.7859	16.9574	38.6305	189.7451	429.8113
Lancaster Gate - Marble Arch	Yes	2.9569	9.3889	31.3224	70.4534	119.1002	183.2184	424.0660	705.5071
	No	2.9569	5.9138	8.8707	11.8277	18.2596	40.1932	192.0892	432.9367
Marble Arch - Bond Street	Yes	3.3688	10.2126	32.5581	72.1010	121.1596	185.6898	427.7730	710.4498
	No	3.3688	6.7376	10.1064	13.4752	20.3191	42.6645	195.7962	437.8794
Bond Street - Oxford Circus	Yes	3.9766	9.2990	32.0032	72.6100	115.8327	189.3366	428.8083	707.9632
	No	3.9766	7.9532	11.9298	15.9064	21.2288	43.9330	201.2664	440.7381
Oxford Circus - Tottenham Court Road	Yes	4.4407	10.2272	33.3955	74.4665	118.1532	192.1212	432.9852	713.5325
	No	4.4407	8.8814	13.3221	17.7629	23.5493	46.7177	205.4434	446.3074
Tottenham Court Road - Holborn	Yes	4.3696	10.0849	33.1822	74.1820	117.7977	191.6945	432.3452	712.6791
	No	4.3696	8.7392	13.1088	17.4784	23.1938	46.2910	204.8033	445.4540
Holborn - Chancery Lane	Yes	4.7108	10.7673	34.2056	75.5466	119.5034	193.7415	435.4156	716.7730
	No	4.7108	9.4215	14.1323	18.8430	24.8995	48.3379	207.8737	449.5478
Chancery Lane - St. Pauls	Yes	5.8203	31.4007	70.1271	118.3141	187.8495	264.2250	523.5507	825.3038
	No	4.4745	8.9490	13.4235	19.2438	44.8242	83.5507	277.6485	536.9743
St. Pauls - Bank and Monument	Yes	5.5523	30.8648	69.3233	117.2423	186.5098	262.6173	521.1393	822.0886
	No	4.2066	8.4132	12.6197	18.1721	43.4846	81.9431	275.2371	533.7590
Bank and Monument - Liverpool Street	Yes	5.1424	30.0450	68.0936	115.6027	184.4603	260.1579	517.4501	817.1697
	No	3.7967	7.5933	11.3900	16.5324	41.4350	79.4836	271.5479	528.8401
Liverpool Street - Bethnal Green	Yes	2.9654	8.6684	22.9058	44.8403	72.1685	107.8288	231.9354	376.5371
	No	2.9654	5.9308	8.8962	11.8615	17.5646	31.8019	116.7249	240.8315
Bethnal Green - Mile End	Yes	2.7494	8.2364	22.2578	43.9763	71.0886	106.5328	229.9915	373.7453
	No	2.7494	5.4988	8.2482	10.9976	16.4846	30.5060	114.7810	238.2396
Mile End - Stratford	Yes	2.3722	7.4820	21.1261	42.4674	69.2024	104.2694	226.5964	369.2185
	No	2.3722	4.7443	7.1165	9.4886	14.5984	28.2426	111.3859	233.7129
Stratford - Leyton	Yes	4.6542	20.0810	38.7285	67.6158	100.8271	142.8268	271.7607	418.0336
	No	1.9166	3.8331	5.7497	10.4039	25.8307	44.4782	148.5765	277.5105
Leyton - Leytonstone	Yes	4.4163	19.6051	38.0147	66.6641	99.6375	141.3992	269.6193	415.1784
	No	1.6786	3.3573	5.0359	9.4522	24.6411	43.0506	146.4351	274.6553
Leytonstone - Wanstead	Yes	0.5157	1.0313	1.5470	2.0626	2.5783	3.0939	4.6409	6.5248
	No	0.5157	1.0313	1.5470	2.0626	2.5783	3.0939	4.6409	6.1879
Wanstead - Redbridge	Yes	0.4606	0.9212	1.3818	1.8424	2.3030	2.7636	4.1454	5.8641
	No	0.4606	0.9212	1.3818	1.8424	2.3030	2.7636	4.1454	5.5272
Redbridge - Gants Hill	Yes	0.3736	0.7471	1.1207	1.4943	1.8678	2.2414	3.3621	4.7599
	No	0.3736	0.7471	1.1207	1.4943	1.8678	2.2414	3.3621	4.4828
Gants Hill - Newbury Park	Yes	0.1937	0.3873	0.5810	0.7747	0.9683	1.1620	1.7430	2.3240
	No								

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	No	0.1937	0.3873	0.5810	0.7747	0.9683	1.1620	1.7430	2.3240
Newbury Park - Barkingside	Yes	0.0649	0.1297	0.1946	0.2594	0.3243	0.3892	0.5837	0.7783
	No	0.0649	0.1297	0.1946	0.2594	0.3243	0.3892	0.5837	0.7783
Barkingside - Fairlop	Yes	0.0361	0.0721	0.1082	0.1443	0.1804	0.2164	0.3246	0.8624
	No	0.0361	0.0721	0.1082	0.1443	0.1804	0.2164	0.3246	0.4329
Fairlop - Hainault	Yes	0.0082	0.0165	0.0247	0.0329	0.0412	0.0494	0.0741	0.5283
	No	0.0082	0.0165	0.0247	0.0329	0.0412	0.0494	0.0741	0.0988
Woodford - Roding Valley	Yes	0.0234	0.0468	0.0702	0.0936	0.1169	0.1403	0.2105	0.2807
	No	0.0234	0.0468	0.0702	0.0936	0.1169	0.1403	0.2105	0.2807
Roding Valley - Chigwell	Yes	0.0168	0.0335	0.0503	0.0670	0.0838	0.1005	0.1508	0.2010
	No	0.0168	0.0335	0.0503	0.0670	0.0838	0.1005	0.1508	0.2010
Chigwell - Grange Hill	Yes	0.0101	0.0202	0.0303	0.0404	0.0505	0.0606	0.0909	0.1213
	No	0.0101	0.0202	0.0303	0.0404	0.0505	0.0606	0.0909	0.1213
Grange Hill - Hainault	Yes	0.0016	0.0032	0.0048	0.0064	0.0079	0.0095	0.0143	0.0191
	No	0.0016	0.0032	0.0048	0.0064	0.0079	0.0095	0.0143	0.0191
Leytonstone - Snaresbrook	Yes	0.9065	1.8129	2.7194	3.6259	4.5323	5.4388	8.1582	11.1909
	No	0.9065	1.8129	2.7194	3.6259	4.5323	5.4388	8.1582	10.8776
Snaresbrook - South Woodford	Yes	0.8171	1.6342	2.4514	3.2685	4.0856	4.9027	7.3541	9.8054
	No	0.8171	1.6342	2.4514	3.2685	4.0856	4.9027	7.3541	9.8054
South Woodford - Woodford	Yes	0.7313	1.4626	2.1939	2.9252	3.6565	4.3878	6.5817	8.7756
	No	0.7313	1.4626	2.1939	2.9252	3.6565	4.3878	6.5817	8.7756
Woodford - Buckhurst Hill	Yes	0.3731	0.7463	1.1194	1.4926	1.8657	2.2389	3.3583	4.4777
	No	0.3731	0.7463	1.1194	1.4926	1.8657	2.2389	3.3583	4.4777
Buckhurst Hill - Loughton	Yes	0.3162	0.6324	0.9486	1.2648	1.5810	1.8973	2.8459	3.7945
	No	0.3162	0.6324	0.9486	1.2648	1.5810	1.8973	2.8459	3.7945
Loughton - Debden	Yes	0.1538	0.3076	0.4614	0.6153	0.7691	0.9229	1.3843	1.8458
	No	0.1538	0.3076	0.4614	0.6153	0.7691	0.9229	1.3843	1.8458
Debden - Theydon Bois	Yes	0.1081	0.2162	0.3242	0.4323	0.5404	0.6485	0.9727	1.2969
	No	0.1081	0.2162	0.3242	0.4323	0.5404	0.6485	0.9727	1.2969
Theydon Bois - Epping	Yes	0.0821	0.1643	0.2464	0.3285	0.4107	0.4928	0.7392	0.9856
	No	0.0821	0.1643	0.2464	0.3285	0.4107	0.4928	0.7392	0.9856