

# Convert beats-per-minute to msec to hz

bpm	msec					hz		
	16ths	8ths	6ths	4ths	2lfs	16	4	1
60	250	500	750	1000	2000	4	1	0.25
61	245.9	491.8	737.7	983.61	1967.21	4.067	1.017	0.254
62	241.94	483.87	725.81	967.74	1935.48	4.133	1.033	0.258
63	238.1	476.19	714.29	952.38	1904.76	4.2	1.05	0.263
64	234.37	468.75	703.12	937.5	1875	4.267	1.067	0.267
65	230.77	461.54	692.31	923.08	1846.15	4.333	1.083	0.271
66	227.27	454.55	681.82	909.09	1818.18	4.4	1.1	0.275
67	223.88	447.76	671.64	895.52	1791.04	4.467	1.117	0.279
68	220.59	441.18	661.76	882.35	1764.71	4.533	1.133	0.283
69	217.39	434.78	652.17	869.57	1739.13	4.6	1.15	0.287
bpm	msec					hz		
70	214.29	428.57	642.86	857.14	1714.29	4.667	1.167	0.292
71	211.27	422.54	633.8	845.07	1690.14	4.733	1.183	0.296
72	208.33	416.67	625	833.33	1666.67	4.8	1.2	0.3
73	205.48	410.96	616.44	821.92	1643.84	4.867	1.217	0.304
74	202.7	405.41	608.11	810.81	1621.62	4.933	1.233	0.308
75	200	400	600	800	1600	5	1.25	0.312
76	197.37	394.74	592.11	789.47	1578.95	5.067	1.267	0.317
77	194.81	389.61	584.42	779.22	1558.44	5.133	1.283	0.321
78	192.31	384.62	576.92	769.23	1538.46	5.2	1.3	0.325
79	189.87	379.75	569.62	759.49	1518.99	5.267	1.317	0.329
bpm	msec					hz		
80	187.5	375	562.5	750	1500	5.333	1.333	0.333
81	185.19	370.37	555.56	740.74	1481.48	5.4	1.35	0.337
82	182.93	365.85	548.78	731.71	1463.41	5.467	1.367	0.342
83	180.72	361.45	542.17	722.89	1445.78	5.533	1.383	0.346
84	178.57	357.14	535.71	714.29	1428.57	5.6	1.4	0.35
85	176.47	352.94	529.41	705.88	1411.76	5.667	1.417	0.354
86	174.42	348.84	523.26	697.67	1395.35	5.733	1.433	0.358
87	172.41	344.83	517.24	689.66	1379.31	5.8	1.45	0.362
88	170.45	340.91	511.36	681.82	1363.64	5.867	1.467	0.367
89	168.54	337.08	505.62	674.16	1348.31	5.933	1.483	0.371
bpm	msec					hz		
90	166.67	333.33	500	666.67	1333.33	6	1.5	0.375
91	164.84	329.67	494.51	659.34	1318.68	6.067	1.517	0.379

92	163.04	326.09	489.13	652.17	1304.35	6.133	1.533	0.383
93	161.29	322.58	483.87	645.16	1290.32	6.2	1.55	0.388
94	159.57	319.15	478.72	638.3	1276.6	6.267	1.567	0.392
95	157.89	315.79	473.68	631.58	1263.16	6.333	1.583	0.396
96	156.25	312.5	468.75	625	1250	6.4	1.6	0.4
97	154.64	309.28	463.92	618.56	1237.11	6.467	1.617	0.404
98	153.06	306.12	459.18	612.24	1224.49	6.533	1.633	0.408
99	151.52	303.03	454.55	606.06	1212.12	6.6	1.65	0.413
bpm	msec					hz		
100	150	300	450	600	1200	6.667	1.667	0.417
101	148.51	297.03	445.54	594.06	1188.12	6.733	1.683	0.421
102	147.06	294.12	441.18	588.24	1176.47	6.8	1.7	0.425
103	145.63	291.26	436.89	582.52	1165.05	6.867	1.717	0.429
104	144.23	288.46	432.69	576.92	1153.85	6.933	1.733	0.433
105	142.86	285.71	428.57	571.43	1142.86	7	1.75	0.438
106	141.51	283.02	424.53	566.04	1132.08	7.067	1.767	0.442
107	140.19	280.37	420.56	560.75	1121.5	7.133	1.783	0.446
108	138.89	277.78	416.67	555.56	1111.11	7.2	1.8	0.45
109	137.61	275.23	412.84	550.46	1100.92	7.267	1.817	0.454
bpm	msec					hz		
110	136.36	272.73	409.09	545.45	1090.91	7.333	1.833	0.458
111	135.14	270.27	405.41	540.54	1081.08	7.4	1.85	0.463
112	133.93	267.86	401.79	535.71	1071.43	7.467	1.867	0.467
113	132.74	265.49	398.23	530.97	1061.95	7.533	1.883	0.471
114	131.58	263.16	394.74	526.32	1052.63	7.6	1.9	0.475
115	130.43	260.87	391.3	521.74	1043.48	7.667	1.917	0.479
116	129.31	258.62	387.93	517.24	1034.48	7.733	1.933	0.483
117	128.21	256.41	384.62	512.82	1025.64	7.8	1.95	0.487
118	127.12	254.24	381.36	508.47	1016.95	7.867	1.967	0.492
119	126.05	252.1	378.15	504.2	1008.4	7.933	1.983	0.496
bpm	msec					hz		
120	125	250	375	500	1000	8	2	0.5
121	123.97	247.93	371.9	495.87	991.74	8.067	2.017	0.504
122	122.95	245.9	368.85	491.8	983.61	8.133	2.033	0.508
123	121.95	243.9	365.85	487.8	975.61	8.2	2.05	0.512
124	120.97	241.94	362.9	483.87	967.74	8.267	2.067	0.517
125	120	240	360	480	960	8.333	2.083	0.521
126	119.05	238.1	357.14	476.19	952.38	8.4	2.1	0.525
127	118.11	236.22	354.33	472.44	944.88	8.467	2.117	0.529
128	117.19	234.37	351.56	468.75	937.5	8.533	2.133	0.533

129	116.28	232.56	348.84	465.12	930.23	8.6	2.15	0.537
<b>bpm</b>	<b>msec</b>					<b>hz</b>		
130	115.38	230.77	346.15	461.54	923.08	8.667	2.167	0.542
131	114.5	229.01	343.51	458.02	916.03	8.733	2.183	0.546
132	113.64	227.27	340.91	454.55	909.09	8.8	2.2	0.55
133	112.78	225.56	338.35	451.13	902.26	8.867	2.217	0.554
134	111.94	223.88	335.82	447.76	895.52	8.933	2.233	0.558
135	111.11	222.22	333.33	444.44	888.89	9	2.25	0.562
136	110.29	220.59	330.88	441.18	882.35	9.067	2.267	0.567
137	109.49	218.98	328.47	437.96	875.91	9.133	2.283	0.571
138	108.7	217.39	326.09	434.78	869.57	9.2	2.3	0.575
139	107.91	215.83	323.74	431.65	863.31	9.267	2.317	0.579
<b>bpm</b>	<b>msec</b>					<b>hz</b>		
140	107.14	214.29	321.43	428.57	857.14	9.333	2.333	0.583
141	106.38	212.77	319.15	425.53	851.06	9.4	2.35	0.588
142	105.63	211.27	316.9	422.54	845.07	9.467	2.367	0.592
143	104.9	209.79	314.69	419.58	839.16	9.533	2.383	0.596
144	104.17	208.33	312.5	416.67	833.33	9.6	2.4	0.6
145	103.45	206.9	310.34	413.79	827.59	9.667	2.417	0.604
146	102.74	205.48	308.22	410.96	821.92	9.733	2.433	0.608
147	102.04	204.08	306.12	408.16	816.33	9.8	2.45	0.612
148	101.35	202.7	304.05	405.41	810.81	9.867	2.467	0.617
149	100.67	201.34	302.01	402.68	805.37	9.933	2.483	0.621
<b>bpm</b>	<b>msec</b>					<b>hz</b>		
150	100	200	300	400	800	10	2.5	0.625
151	99.34	198.68	298.01	397.35	794.7	10.067	2.517	0.629
152	98.68	197.37	296.05	394.74	789.47	10.133	2.533	0.633
153	98.04	196.08	294.12	392.16	784.31	10.2	2.55	0.637
154	97.4	194.81	292.21	389.61	779.22	10.267	2.567	0.642
155	96.77	193.55	290.32	387.1	774.19	10.333	2.583	0.646
156	96.15	192.31	288.46	384.62	769.23	10.4	2.6	0.65
157	95.54	191.08	286.62	382.17	764.33	10.467	2.617	0.654
158	94.94	189.87	284.81	379.75	759.49	10.533	2.633	0.658
159	94.34	188.68	283.02	377.36	754.72	10.6	2.65	0.662
<b>bpm</b>	<b>msec</b>					<b>hz</b>		
160	93.75	187.5	281.25	375	750	10.667	2.667	0.667
161	93.17	186.34	279.5	372.67	745.34	10.733	2.683	0.671
162	92.59	185.19	277.78	370.37	740.74	10.8	2.7	0.675
163	92.02	184.05	276.07	368.1	736.2	10.867	2.717	0.679

164		91.46	182.93	274.39	365.85	731.71		10.933	2.733	0.683
165		90.91	181.82	272.73	363.64	727.27		11	2.75	0.688
166		90.36	180.72	271.08	361.45	722.89		11.067	2.767	0.692
167		89.82	179.64	269.46	359.28	718.56		11.133	2.783	0.696
168		89.29	178.57	267.86	357.14	714.29		11.2	2.8	0.7
169		88.76	177.51	266.27	355.03	710.06		11.267	2.817	0.704
bpm		msec						hz		
170		88.24	176.47	264.71	352.94	705.88		11.333	2.833	0.708
171		87.72	175.44	263.16	350.88	701.75		11.4	2.85	0.712
172		87.21	174.42	261.63	348.84	697.67		11.467	2.867	0.717
173		86.71	173.41	260.12	346.82	693.64		11.533	2.883	0.721
174		86.21	172.41	258.62	344.83	689.66		11.6	2.9	0.725
175		85.71	171.43	257.14	342.86	685.71		11.667	2.917	0.729
176		85.23	170.45	255.68	340.91	681.82		11.733	2.933	0.733
177		84.75	169.49	254.24	338.98	677.97		11.8	2.95	0.738
178		84.27	168.54	252.81	337.08	674.16		11.867	2.967	0.742
179		83.8	167.6	251.4	335.2	670.39		11.933	2.983	0.746
bpm		msec						hz		
180		83.33	166.67	250	333.33	666.67		12	3	0.75
181		82.87	165.75	248.62	331.49	662.98		12.067	3.017	0.754
182		82.42	164.84	247.25	329.67	659.34		12.133	3.033	0.758
183		81.97	163.93	245.9	327.87	655.74		12.2	3.05	0.762
184		81.52	163.04	244.57	326.09	652.17		12.267	3.067	0.767
185		81.08	162.16	243.24	324.32	648.65		12.333	3.083	0.771
186		80.65	161.29	241.94	322.58	645.16		12.4	3.1	0.775
187		80.21	160.43	240.64	320.86	641.71		12.467	3.117	0.779
188		79.79	159.57	239.36	319.15	638.3		12.533	3.133	0.783
189		79.37	158.73	238.1	317.46	634.92		12.6	3.15	0.787
bpm		msec						hz		
190		78.95	157.89	236.84	315.79	631.58		12.667	3.167	0.792
191		78.53	157.07	235.6	314.14	628.27		12.733	3.183	0.796
192		78.13	156.25	234.37	312.5	625		12.8	3.2	0.8
193		77.72	155.44	233.16	310.88	621.76		12.867	3.217	0.804
194		77.32	154.64	231.96	309.28	618.56		12.933	3.233	0.808
195		76.92	153.85	230.77	307.69	615.38		13	3.25	0.812
196		76.53	153.06	229.59	306.12	612.24		13.067	3.267	0.817
197		76.14	152.28	228.43	304.57	609.14		13.133	3.283	0.821
198		75.76	151.52	227.27	303.03	606.06		13.2	3.3	0.825
199		75.38	150.75	226.13	301.51	603.02		13.267	3.317	0.829

bpm	msec					hz		
200	75	150	225	300	600	13.333	3.333	0.833

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