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Handy Calculations for BPM to Delay Times in Milliseconds						BPM	1/4	1/8	1/16	1/32	¼ Triplet
BPM	1/4	1/8	1/16	1/32	¼ Triplet	BPM	1/4	1/8	1/16	1/32	¼ Triplet
50	1200.0	600.0	300.0	150.0	400.0	100	600.0	300.0	150.0	75.0	200.0
51	1176.5	588.2	294.1	147.1	392.2	101	594.1	297.0	148.5	74.3	198.0
52	1153.8	576.9	288.5	144.2	384.6	102	588.2	294.1	147.1	73.5	196.1
53	1132.1	566.0	283.0	141.5	377.4	103	582.5	291.3	145.6	72.8	194.2
54	1111.1	555.6	277.8	138.9	370.4	104	576.9	288.5	144.2	72.1	192.3
55	1090.9	545.5	272.7	136.4	363.6	105	571.4	285.7	142.9	71.4	190.5
56	1071.4	535.7	267.9	133.9	357.1	106	566.0	283.0	141.5	70.8	188.7
57	1052.6	526.3	263.2	131.6	350.9	107	560.7	280.4	140.2	70.1	186.9
58	1034.5	517.2	258.6	129.3	344.8	108	555.6	277.8	138.9	69.4	185.2
59	1016.9	508.5	254.2	127.1	339.0	109	550.5	275.2	137.6	68.8	183.5
60	1000.0	500.0	250.0	125.0	333.3	110	545.5	272.7	136.4	68.2	181.8
61	983.6	491.8	245.9	123.0	327.9	111	540.5	270.3	135.1	67.6	180.2
62	967.7	483.9	241.9	121.0	322.6	112	535.7	267.9	133.9	67.0	178.6
63	952.4	476.2	238.1	119.0	317.5	113	531.0	265.5	132.7	66.4	177.0
64	937.5	468.8	234.4	117.2	312.5	114	526.3	263.2	131.6	65.8	175.4
65	923.1	461.5	230.8	115.4	307.7	115	521.7	260.9	130.4	65.2	173.9
66	909.1	454.5	227.3	113.6	303.0	116	517.2	258.6	129.3	64.7	172.4
67	895.5	447.8	223.9	111.9	298.5	117	512.8	256.4	128.2	64.1	170.9
68	882.4	441.2	220.6	110.3	294.1	118	508.5	254.2	127.1	63.6	169.5
69	869.6	434.8	217.4	108.7	289.9	119	504.2	252.1	126.1	63.0	168.1
70	857.1	428.6	214.3	107.1	285.7	120	500.0	250.0	125.0	62.5	166.7
71	845.1	422.5	211.3	105.6	281.7	121	495.9	247.9	124.0	62.0	165.3
72	833.3	416.7	208.3	104.2	277.8	122	491.8	245.9	123.0	61.5	163.9
73	821.9	411.0	205.5	102.7	274.0	123	487.8	243.9	122.0	61.0	162.6
74	810.8	405.4	202.7	101.4	270.3	124	483.9	241.9	121.0	60.5	161.3
75	800.0	400.0	200.0	100.0	266.7	125	480.0	240.0	120.0	60.0	160.0
76	789.5	394.7	197.4	98.7	263.2	126	476.2	238.1	119.0	59.5	158.7
77	779.2	389.6	194.8	97.4	259.7	127	472.4	236.2	118.1	59.1	157.5
78	769.2	384.6	192.3	96.2	256.4	128	468.8	234.4	117.2	58.6	156.3
79	759.5	379.7	189.9	94.9	253.2	129	465.1	232.6	116.3	58.1	155.0
80	750.0	375.0	187.5	93.8	250.0	130	461.5	230.8	115.4	57.7	153.8
81	740.7	370.4	185.2	92.6	246.9	131	458.0	229.0	114.5	57.3	152.7
82	731.7	365.9	182.9	91.5	243.9	132	454.5	227.3	113.6	56.8	151.5
83	722.9	361.4	180.7	90.4	241.0	133	451.1	225.6	112.8	56.4	150.4
84	714.3	357.1	178.6	89.3	238.1	134	447.8	223.9	111.9	56.0	149.3
85	705.9	352.9	176.5	88.2	235.3	135	444.4	222.2	111.1	55.6	148.1
86	697.7	348.8	174.4	87.2	232.6	136	441.2	220.6	110.3	55.1	147.1
87	689.7	344.8	172.4	86.2	229.9	137	438.0	219.0	109.5	54.7	146.0
88	681.8	340.9	170.5	85.2	227.3	138	434.8	217.4	108.7	54.3	144.9
89	674.2	337.1	168.5	84.3	224.7	139	431.7	215.8	107.9	54.0	143.9
90	666.7	333.3	166.7	83.3	222.2	140	428.6	214.3	107.1	53.6	142.9
91	659.3	329.7	164.8	82.4	219.8	141	425.5	212.8	106.4	53.2	141.8
92	652.2	326.1	163.0	81.5	217.4	142	422.5	211.3	105.6	52.8	140.8
93	645.2	322.6	161.3	80.6	215.1	143	419.6	209.8	104.9	52.4	139.9
94	638.3	319.1	159.6	79.8	212.8	144	415.7	208.3	104.2	52.1	138.9
95	631.6	315.8	157.9	78.9	210.5	145	413.8	206.9	103.4	51.7	137.9
96	625.0	312.5	156.3	78.1	208.3	146	411.0	205.5	102.7	51.4	137.0
97	618.6	309.3	154.6	77.3	206.2	147	408.2	204.1	102.0	51.0	136.1
98	612.2	306.1	153.1	76.5	204.1	148	405.4	202.7	101.4	50.7	135.1
99	606.1	303.0	151.5	75.8	202.0	149	402.7	201.3	100.7	50.4	134.2
						150	400.0	200.0	100.0	50.0	133.3

"It's best to do it right the first time" ~ M.R.

