

| Stroke | L   |
|--------|-----|
| 100    | 235 |
| 150    | 285 |
| 200    | 335 |
| 250    | 385 |
| 300    | 435 |
| 350    | 485 |
| 400    | 535 |
| 500    | 635 |
| 600    | 735 |
| 700    | 835 |
| 800    | 935 |

