

Clock Countdown Tables

15 Seconds		
10:00	12:00	14:00
09:45	11:45	13:45
09:30	11:30	13:30
09:15	11:15	13:15
09:00	11:00	13:00
08:45	10:45	12:45
08:30	10:30	12:30
08:15	10:15	12:15
08:00	10:00	12:00
07:45	09:45	11:45
07:30	09:30	11:30
07:15	09:15	11:15
07:00	09:00	11:00
06:45	08:45	10:45
06:30	08:30	10:30
06:15	08:15	10:15
06:00	08:00	10:00
05:45	07:45	09:45
05:30	07:30	09:30
05:15	07:15	09:15
05:00	07:00	09:00
04:45	06:45	08:45
04:30	06:30	08:30
04:15	06:15	08:15
04:00	06:00	08:00
03:45	05:45	07:45
03:30	05:30	07:30
03:15	05:15	07:15
03:00	05:00	07:00
02:45	04:45	06:45
02:30	04:30	06:30
02:15	04:15	06:15
02:00	04:00	06:00
01:45	03:45	05:45
01:30	03:30	05:30
01:15	03:15	05:15
01:00	03:00	05:00
00:45	02:45	04:45
00:30	02:30	04:30
00:15	02:15	04:15
	02:00	04:00
	01:45	03:45
	01:30	03:30
	01:15	03:15
	01:00	03:00
	00:45	02:45
	00:30	02:30
	00:15	02:15
	02:00	
	01:45	
	01:30	
	01:15	
	01:00	
	00:45	
	00:30	
	00:15	

30 Seconds		
10:00	12:00	14:00
09:30	11:30	13:30
09:00	11:00	13:00
08:30	10:30	12:30
08:00	10:00	12:00
07:30	09:30	11:30
07:00	09:00	11:00
06:30	08:30	10:30
06:00	08:00	10:00
05:30	07:30	09:30
05:00	07:00	09:00
04:30	06:30	08:30
04:00	06:00	08:00
03:30	05:30	07:30
03:00	05:00	07:00
02:30	04:30	06:30
02:00	04:00	06:00
01:30	03:30	05:30
01:00	03:00	05:00
00:30	02:30	04:30
00:00	02:00	04:00
	01:30	03:30
	01:00	03:00
	00:30	02:30
	00:00	02:00
		01:30
		01:00
		00:30
		00:00

45 Seconds		
10:00	12:00	14:00
09:15	11:15	13:15
08:30	10:30	12:30
07:45	09:45	11:45
07:00	09:00	11:00
06:15	08:15	10:15
05:30	07:30	09:30
04:45	06:45	08:45
04:00	06:00	08:00
03:15	05:15	07:15
02:30	04:30	06:30
01:45	03:45	05:45
01:00	03:00	05:00
00:15	02:15	04:15
	01:30	03:30
	00:45	02:45
	00:00	02:00
		01:15
		00:30