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

bpm	msec					hz		
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

bpm	msec					hz		
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

bpm	msec					hz		
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
bpm		**msec**						**hz**		
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

Scott Gibbons
http://www.taigkyo.com