

TOT formula is $TCF = 650 / (phrf\ rating + 557)$

| PHRF Rating | TCF | PHRF Ratir | TCF | PHRF Ratir | TCF |
|-------------|--------|------------|--------|------------|--------|
| 300 | 0.7585 | 150 | 0.9194 | 0 | 1.1670 |
| 297 | 0.7611 | 147 | 0.9233 | -3 | 1.1733 |
| 294 | 0.7638 | 144 | 0.9272 | -6 | 1.1797 |
| 291 | 0.7665 | 141 | 0.9312 | -9 | 1.1861 |
| 288 | 0.7692 | 138 | 0.9353 | -12 | 1.1927 |
| 285 | 0.7720 | 135 | 0.9393 | -15 | 1.1993 |
| 282 | 0.7747 | 132 | 0.9434 | -18 | 1.2059 |
| 279 | 0.7775 | 129 | 0.9475 | -21 | 1.2127 |
| 276 | 0.7803 | 126 | 0.9517 | -24 | 1.2195 |
| 273 | 0.7831 | 123 | 0.9559 | -27 | 1.2264 |
| 270 | 0.7860 | 120 | 0.9601 | -30 | 1.2334 |
| 267 | 0.7888 | 117 | 0.9644 | -33 | 1.2405 |
| 264 | 0.7917 | 114 | 0.9687 | -36 | 1.2476 |
| 261 | 0.7946 | 111 | 0.9731 | -39 | 1.2548 |
| 258 | 0.7975 | 108 | 0.9774 | -42 | 1.2621 |
| 255 | 0.8005 | 105 | 0.9819 | -45 | 1.2695 |
| 252 | 0.8035 | 102 | 0.9863 | -48 | 1.2770 |
| 249 | 0.8065 | 99 | 0.9909 | -51 | 1.2846 |
| 246 | 0.8095 | 96 | 0.9954 | -54 | 1.2922 |
| 243 | 0.8125 | 93 | 1.0000 | -57 | 1.3000 |
| 240 | 0.8156 | 90 | 1.0046 | -60 | 1.3078 |
| 237 | 0.8186 | 87 | 1.0093 | -63 | 1.3158 |
| 234 | 0.8217 | 84 | 1.0140 | -66 | 1.3238 |
| 231 | 0.8249 | 81 | 1.0188 | -69 | 1.3320 |
| 228 | 0.8280 | 78 | 1.0236 | -72 | 1.3402 |
| 225 | 0.8312 | 75 | 1.0285 | -75 | 1.3485 |
| 222 | 0.8344 | 72 | 1.0334 | -78 | 1.3570 |
| 219 | 0.8376 | 69 | 1.0383 | -81 | 1.3655 |
| 216 | 0.8409 | 66 | 1.0433 | -84 | 1.3742 |
| 213 | 0.8442 | 63 | 1.0484 | -87 | 1.3830 |
| 210 | 0.8475 | 60 | 1.0535 | -90 | 1.3919 |
| 207 | 0.8508 | 57 | 1.0586 | -93 | 1.4009 |
| 204 | 0.8541 | 54 | 1.0638 | -96 | 1.4100 |
| 201 | 0.8575 | 51 | 1.0691 | -99 | 1.4192 |
| 198 | 0.8609 | 48 | 1.0744 | -102 | 1.4286 |
| 195 | 0.8644 | 45 | 1.0797 | -105 | 1.4381 |
| 192 | 0.8678 | 42 | 1.0851 | -108 | 1.4477 |
| 189 | 0.8713 | 39 | 1.0906 | -111 | 1.4574 |
| 186 | 0.8748 | 36 | 1.0961 | -114 | 1.4673 |
| 183 | 0.8784 | 33 | 1.1017 | -117 | 1.4773 |
| 180 | 0.8820 | 30 | 1.1073 | -120 | 1.4874 |
| 177 | 0.8856 | 27 | 1.1130 | -123 | 1.4977 |
| 174 | 0.8892 | 24 | 1.1188 | -126 | 1.5081 |
| 171 | 0.8929 | 21 | 1.1246 | -129 | 1.5187 |
| 168 | 0.8966 | 18 | 1.1304 | -132 | 1.5294 |
| 165 | 0.9003 | 15 | 1.1364 | -135 | 1.5403 |
| 162 | 0.9040 | 12 | 1.1424 | -138 | 1.5513 |
| 159 | 0.9078 | 9 | 1.1484 | -141 | 1.5625 |
| 156 | 0.9116 | 6 | 1.1545 | -144 | 1.5738 |
| 153 | 0.9155 | 3 | 1.1607 | -147 | 1.5854 |