

Table 7. Travel Time Index and Commuter Stress Index

Urban Area	Travel Time Index				Commuter Stress Index			
	2020		2019		2020		2019	
	Hours	Rank	Hours	Rank	Hours	Rank	Hours	Rank
Very Large Average (15 areas)	1.13		1.35		1.15		1.44	
New York-Newark, NY-NJ-CT	1.17	1	1.36	6	1.21	1	1.39	14
Los Angeles-Long Beach-Anaheim, CA	1.16	2	1.52	1	1.21	1	1.76	1
San Francisco-Oakland, CA	1.16	2	1.51	2	1.18	3	1.65	2
Houston, TX	1.15	4	1.34	10	1.16	6	1.44	10
Boston, MA-NH-RI	1.12	10	1.28	21	1.13	14	1.31	26
Dallas-Fort Worth-Arlington, TX	1.12	10	1.25	25	1.14	10	1.33	21
Detroit, MI	1.12	10	1.23	31	1.13	14	1.28	31
Philadelphia, PA-NJ-DE-MD	1.12	10	1.24	28	1.13	14	1.27	35
Washington, DC-VA-MD	1.12	10	1.36	6	1.14	10	1.44	10
Miami, FL	1.11	20	1.34	10	1.12	24	1.46	6
Seattle, WA	1.11	20	1.37	5	1.12	24	1.43	12
Atlanta, GA	1.10	29	1.30	17	1.11	31	1.40	13
Chicago, IL-IN	1.10	29	1.29	19	1.11	31	1.32	23
San Diego, CA	1.10	29	1.34	10	1.11	31	1.39	14
Phoenix-Mesa, AZ	1.08	44	1.29	19	1.09	44	1.34	19

Very Large Urban Areas—over 3 million population.

Medium Urban Areas—over 500,000 and less than 1 million population.

Large Urban Areas—over 1 million and less than 3 million population.

Small Urban Areas—less than 500,000 population.

Travel Time Index—The ratio of travel time in the peak period to the travel time at free-flow conditions. A value of 1.30 indicates a 20-minute free-flow trip takes 26 minutes in the peak period.

Commuter Stress Index—The travel time index calculated for only the most congested direction in each peak period (modeling an individual commuter's experience).

Note: Please do not place too much emphasis on small differences in the rankings. There may be little difference in congestion between areas ranked (for example) 6th and 12th. The actual measure values should also be examined. The best congestion comparisons are made between similar urban areas.

Table 7. Travel Time Index and Commuter Stress Index, Continued

Urban Area	Travel Time Index				Commuter Stress Index			
	2020		2019		2020		2019	
	Hours	Rank	Hours	Rank	Hours	Rank	Hours	Rank
Large Average (32 areas)	1.09		1.24		1.10		1.29	
Austin, TX	1.13	6	1.35	8	1.14	10	1.51	5
Providence, RI-MA	1.13	6	1.16	59	1.15	8	1.18	60
San Juan, PR	1.13	6	1.32	15	1.17	5	1.45	7
Oklahoma City, OK	1.12	10	1.20	38	1.13	14	1.21	44
San Antonio, TX	1.12	10	1.23	31	1.13	14	1.31	26
San Jose, CA	1.12	10	1.44	3	1.12	24	1.55	3
Minneapolis-St. Paul, MN-WI	1.11	20	1.26	23	1.12	24	1.28	31
Sacramento, CA	1.11	20	1.27	22	1.13	14	1.34	19
Kansas City, MO-KS	1.10	29	1.16	59	1.11	31	1.17	67
Portland, OR-WA	1.10	29	1.35	8	1.11	31	1.45	7
Denver-Aurora, CO	1.09	40	1.32	15	1.10	40	1.37	16
Cleveland, OH	1.08	44	1.14	79	1.09	44	1.17	67
Columbus, OH	1.08	44	1.18	41	1.09	44	1.21	44
Memphis, TN-MS-AR	1.08	44	1.18	41	1.08	58	1.19	54
Pittsburgh, PA	1.08	44	1.18	41	1.09	44	1.19	54
Riverside-San Bernardino, CA	1.08	44	1.33	13	1.09	44	1.45	7
St. Louis, MO-IL	1.08	44	1.14	79	1.08	58	1.17	67
Tampa-St. Petersburg, FL	1.08	44	1.25	25	1.09	44	1.32	23
Baltimore, MD	1.07	57	1.26	23	1.09	44	1.32	23
Las Vegas-Henderson, NV	1.07	57	1.25	25	1.07	75	1.26	37
Milwaukee, WI	1.07	57	1.16	59	1.07	75	1.17	67
Orlando, FL	1.07	57	1.24	28	1.08	58	1.30	29
Richmond, VA	1.07	57	1.12	91	1.08	58	1.13	93
Charlotte, NC-SC	1.06	75	1.22	34	1.07	75	1.26	37
Cincinnati, OH-KY-IN	1.06	75	1.17	49	1.07	75	1.18	60
Indianapolis, IN	1.06	75	1.18	41	1.07	75	1.20	49
Jacksonville, FL	1.06	75	1.21	37	1.09	44	1.28	31
Nashville-Davidson, TN	1.06	75	1.23	31	1.07	75	1.35	18
Salt Lake City-West Valley City, UT	1.06	75	1.17	49	1.07	75	1.19	54
Virginia Beach, VA	1.06	75	1.16	59	1.07	75	1.18	60
Louisville-Jefferson County, KY-IN	1.05	85	1.17	49	1.06	91	1.19	54
Raleigh, NC	1.05	85	1.17	49	1.05	99	1.19	54

Large Urban Areas—over 1 million and less than 3 million population.

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	Hours	Rank	Hours	Rank	Hours	Rank	Hours	Rank
Medium Average (33 areas)	1.08		1.18		1.09		1.21	
Bridgeport-Stamford, CT-NY	1.15	4	1.30	17	1.18	3	1.33	21
El Paso, TX-NM	1.13	6	1.16	59	1.16	6	1.20	49
Fresno, CA	1.12	10	1.15	72	1.14	10	1.18	60
McAllen, TX	1.12	10	1.17	49	1.13	14	1.20	49
Albany-Schenectady, NY	1.11	20	1.15	72	1.11	31	1.17	67
Honolulu, HI	1.11	20	1.42	4	1.13	14	1.52	4
New Orleans, LA	1.11	20	1.33	13	1.11	31	1.36	17
New Haven, CT	1.10	29	1.15	72	1.12	24	1.16	79
Worcester, MA-CT	1.10	29	1.13	83	1.11	31	1.14	86
Allentown, PA-NJ	1.09	40	1.16	59	1.09	44	1.21	44
Rochester, NY	1.09	40	1.16	59	1.10	40	1.17	67
Wichita, KS	1.09	40	1.13	83	1.09	44	1.14	86
Buffalo, NY	1.08	44	1.16	59	1.09	44	1.17	67
Colorado Springs, CO	1.08	44	1.16	59	1.08	58	1.17	67
Dayton, OH	1.08	44	1.12	91	1.08	58	1.13	93
Tulsa, OK	1.08	44	1.13	83	1.08	58	1.14	86
Charleston-North Charleston, SC	1.07	57	1.24	28	1.08	58	1.31	26
Grand Rapids, MI	1.07	57	1.12	91	1.08	58	1.13	93
Hartford, CT	1.07	57	1.17	49	1.09	44	1.18	60
Springfield, MA-CT	1.07	57	1.11	96	1.08	58	1.13	93
Toledo, OH-MI	1.07	57	1.13	83	1.08	58	1.14	86
Tucson, AZ	1.07	57	1.20	38	1.07	75	1.21	44
Akron, OH	1.06	75	1.10	97	1.09	44	1.15	81
Albuquerque, NM	1.06	75	1.17	49	1.07	75	1.22	41
Cape Coral, FL	1.06	75	1.19	40	1.09	44	1.21	44
Bakersfield, CA	1.05	85	1.15	72	1.06	91	1.17	67
Baton Rouge, LA	1.05	85	1.22	34	1.06	91	1.27	35
Birmingham, AL	1.05	85	1.17	49	1.06	91	1.22	41
Columbia, SC	1.05	85	1.15	72	1.06	91	1.17	67
Knoxville, TN	1.05	85	1.14	79	1.06	91	1.15	81
Omaha, NE-IA	1.05	85	1.18	41	1.07	75	1.20	49
Provo-Orem, UT	1.05	85	1.12	91	1.06	91	1.13	93
Sarasota-Bradenton, FL	1.05	85	1.18	41	1.07	75	1.25	39

Medium Urban Areas—over 500,000 and less than 1 million population.

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Small Average (21 areas)	1.07		1.14		1.09		1.16	
Corpus Christi, TX	1.11	20	1.13	83	1.15	8	1.16	79
Greensboro, NC	1.11	20	1.13	83	1.12	24	1.14	86
Beaumont, TX	1.10	29	1.12	91	1.12	24	1.14	86
Brownsville, TX	1.10	29	1.13	83	1.13	14	1.15	81
Little Rock, AR	1.10	29	1.14	79	1.11	31	1.15	81
Stockton, CA	1.10	29	1.17	49	1.13	14	1.17	67
Boulder, CO	1.08	44	1.22	34	1.10	40	1.28	31
Anchorage, AK	1.07	57	1.18	41	1.08	58	1.24	40
Eugene, OR	1.07	57	1.15	72	1.08	58	1.20	49
Jackson, MS	1.07	57	1.13	83	1.08	58	1.14	86
Laredo, TX	1.07	57	1.17	49	1.08	58	1.30	29
Pensacola, FL-AL	1.07	57	1.16	59	1.10	40	1.18	60
Poughkeepsie-Newburgh, NY-NJ	1.07	57	1.10	97	1.08	58	1.11	98
Spokane, WA	1.07	57	1.16	59	1.08	58	1.17	67
Boise, ID	1.05	85	1.18	41	1.07	75	1.22	41
Indio-Cathedral City, CA	1.05	85	1.10	97	1.07	75	1.10	100
Lancaster-Palmdale, CA	1.05	85	1.09	101	1.06	91	1.10	100
Madison, WI	1.05	85	1.16	59	1.05	99	1.18	60
Oxnard, CA	1.05	85	1.16	59	1.07	75	1.19	54
Salem, OR	1.05	85	1.15	72	1.07	75	1.15	81
Winston-Salem, NC	1.04	101	1.10	97	1.04	101	1.11	98
101 Area Average	1.11		1.28		1.12		1.34	
Remaining Areas Average	1.06		1.11		1.07		1.14	
All 494 Area Average	1.09		1.23		1.11		1.29	

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