

# Charte de conversion - Colisée Desjardins

Conçu par Dany Racine



| Équivalence au Colisée |      | VITESSE  | 03:00   | 03:05   | 03:10   | 03:15   | 03:20   | 03:25   | 03:30   |
|------------------------|------|----------|---------|---------|---------|---------|---------|---------|---------|
|                        |      | DISTANCE |         |         |         |         |         |         |         |
| 0,50                   | tour | 100 m    | 00:19,2 | 00:19,7 | 00:20,3 | 00:20,8 | 00:21,3 | 00:21,8 | 00:22,4 |
| 1,00                   | tour | 200 m    | 00:38,4 | 00:39,5 | 00:40,5 | 00:41,6 | 00:42,6 | 00:43,6 | 00:44,7 |
| 1,50                   | tour | 300 m    | 00:57,6 | 00:59,2 | 01:00,8 | 01:02,3 | 01:03,9 | 01:05,5 | 01:07,1 |
| 2,00                   | tour | 400 m    | 01:16,8 | 01:18,9 | 01:21,0 | 01:23,1 | 01:25,2 | 01:27,3 | 01:29,4 |
| 2,50                   | tour | 500 m    | 01:36,0 | 01:38,6 | 01:41,3 | 01:43,9 | 01:46,5 | 01:49,1 | 01:51,8 |
| 3,00                   | tour | 600 m    | 01:55,2 | 01:58,4 | 02:01,5 | 02:04,6 | 02:07,8 | 02:10,9 | 02:14,1 |
| 3,50                   | tour | 700 m    | 02:14,4 | 02:18,1 | 02:21,8 | 02:25,4 | 02:29,1 | 02:32,8 | 02:36,5 |
| 4,00                   | tour | 800 m    | 02:33,6 | 02:37,8 | 02:42,0 | 02:46,2 | 02:50,4 | 02:54,6 | 02:58,8 |
| 4,50                   | tour | 900 m    | 02:52,8 | 02:57,5 | 03:02,2 | 03:07,0 | 03:11,7 | 03:16,4 | 03:21,2 |
| 5,00                   | tour | 1000 m   | 03:12,0 | 03:17,2 | 03:22,5 | 03:27,7 | 03:33,0 | 03:38,2 | 03:43,5 |
| 6,00                   | tour | 1200 m   | 03:50,4 | 03:56,7 | 04:03,0 | 04:09,3 | 04:15,6 | 04:21,9 | 04:28,2 |
| 7,50                   | tour | 1500 m   | 04:48,0 | 04:55,9 | 05:03,8 | 05:11,6 | 05:19,5 | 05:27,4 | 05:35,3 |
| 8,00                   | tour | 1600 m   | 05:07,2 | 05:15,6 | 05:24,0 | 05:32,4 | 05:40,8 | 05:49,2 | 05:57,6 |
| 10,00                  | tour | 2000 m   | 06:24,0 | 06:34,5 | 06:45,0 | 06:55,5 | 07:06,0 | 07:16,5 | 07:27,0 |
| 12,50                  | tour | 2500 m   | 08:00,0 | 08:13,1 | 08:26,3 | 08:39,4 | 08:52,5 | 09:05,6 | 09:18,8 |
| 15,00                  | tour | 3 km     | 09:36,0 | 09:51,8 | 10:07,5 | 10:23,3 | 10:39,0 | 10:54,7 | 11:10,5 |
| 25,00                  | tour | 5 km     | 16:00,0 | 16:26,3 | 16:52,5 | 17:18,7 | 17:45,0 | 18:11,2 | 18:37,5 |
| 50,00                  | tour | 10 km    | 32:00,0 | 32:52,5 | 33:45,0 | 34:37,5 | 35:30,0 | 36:22,5 | 37:15,0 |