

Charte de conversion - Colisée Desjardins

Conçu par Dany Racine



Équivalence au Colisée		VITESSE	03:30	03:35	03:40	03:45	03:50	03:55	04:00
		DISTANCE							
0,50	tour	100 m	00:22,4	00:22,9	00:23,4	00:23,9	00:24,5	00:25,0	00:25,5
1,00	tour	200 m	00:44,7	00:45,8	00:46,8	00:47,9	00:48,9	00:50,0	00:51,0
1,50	tour	300 m	01:07,1	01:08,6	01:10,2	01:11,8	01:13,4	01:14,9	01:16,5
2,00	tour	400 m	01:29,4	01:31,5	01:33,6	01:35,7	01:37,8	01:39,9	01:42,0
2,50	tour	500 m	01:51,8	01:54,4	01:57,0	01:59,6	02:02,3	02:04,9	02:07,5
3,00	tour	600 m	02:14,1	02:17,3	02:20,4	02:23,6	02:26,7	02:29,9	02:33,0
3,50	tour	700 m	02:36,5	02:40,1	02:43,8	02:47,5	02:51,2	02:54,8	02:58,5
4,00	tour	800 m	02:58,8	03:03,0	03:07,2	03:11,4	03:15,6	03:19,8	03:24,0
4,50	tour	900 m	03:21,2	03:25,9	03:30,6	03:35,3	03:40,1	03:44,8	03:49,5
5,00	tour	1000 m	03:43,5	03:48,8	03:54,0	03:59,2	04:04,5	04:09,7	04:15,0
6,00	tour	1200 m	04:28,2	04:34,5	04:40,8	04:47,1	04:53,4	04:59,7	05:06,0
7,50	tour	1500 m	05:35,3	05:43,1	05:51,0	05:58,9	06:06,8	06:14,6	06:22,5
8,00	tour	1600 m	05:57,6	06:06,0	06:14,4	06:22,8	06:31,2	06:39,6	06:48,0
10,00	tour	2000 m	07:27,0	07:37,5	07:48,0	07:58,5	08:09,0	08:19,5	08:30,0
12,50	tour	2500 m	09:18,8	09:31,9	09:45,0	09:58,1	10:11,3	10:24,4	10:37,5
15,00	tour	3 km	11:10,5	11:26,3	11:42,0	11:57,8	12:13,5	12:29,3	12:45,0
25,00	tour	5 km	18:37,5	19:03,7	19:30,0	19:56,3	20:22,5	20:48,8	21:15,0
50,00	tour	10 km	37:15,0	38:07,5	39:00,0	39:52,5	40:45,0	41:37,5	42:30,0