

Charte de conversion - Colisée Desjardins

Conçu par Dany Racine



Équivalence au Colisée		VITESSE	04:00	04:05	04:10	04:15	04:20	04:25	04:30
		DISTANCE							
0,50	tour	100 m	00:25,5	00:26,0	00:26,6	00:27,1	00:27,6	00:28,1	00:28,7
1,00	tour	200 m	00:51,0	00:52,1	00:53,1	00:54,2	00:55,2	00:56,3	00:57,3
1,50	tour	300 m	01:16,5	01:18,1	01:19,7	01:21,2	01:22,8	01:24,4	01:26,0
2,00	tour	400 m	01:42,0	01:44,1	01:46,2	01:48,3	01:50,4	01:52,5	01:54,6
2,50	tour	500 m	02:07,5	02:10,1	02:12,8	02:15,4	02:18,0	02:20,6	02:23,3
3,00	tour	600 m	02:33,0	02:36,2	02:39,3	02:42,5	02:45,6	02:48,7	02:51,9
3,50	tour	700 m	02:58,5	03:02,2	03:05,9	03:09,5	03:13,2	03:16,9	03:20,6
4,00	tour	800 m	03:24,0	03:28,2	03:32,4	03:36,6	03:40,8	03:45,0	03:49,2
4,50	tour	900 m	03:49,5	03:54,2	03:59,0	04:03,7	04:08,4	04:13,1	04:17,9
5,00	tour	1000 m	04:15,0	04:20,3	04:25,5	04:30,8	04:36,0	04:41,3	04:46,5
6,00	tour	1200 m	05:06,0	05:12,3	05:18,6	05:24,9	05:31,2	05:37,5	05:43,8
7,50	tour	1500 m	06:22,5	06:30,4	06:38,3	06:46,1	06:54,0	07:01,9	07:09,8
8,00	tour	1600 m	06:48,0	06:56,4	07:04,8	07:13,2	07:21,6	07:30,0	07:38,4
10,00	tour	2000 m	08:30,0	08:40,5	08:51,0	09:01,5	09:12,0	09:22,5	09:33,0
12,50	tour	2500 m	10:37,5	10:50,6	11:03,8	11:16,9	11:30,0	11:43,1	11:56,2
15,00	tour	3 km	12:45,0	13:00,8	13:16,5	13:32,3	13:48,0	14:03,8	14:19,5
25,00	tour	5 km	21:15,0	21:41,3	22:07,5	22:33,8	23:00,0	23:26,3	23:52,5
50,00	tour	10 km	42:30,0	43:22,5	44:15,0	45:07,5	46:00,0	46:52,5	47:45,0