

# Charte de conversion - Colisée Desjardins

Conçu par Dany Racine



| Équivalence au Colisée |      | VITESSE  | 04:30   | 04:35   | 04:40   | 04:45   | 04:50   | 04:55   | 05:00   |
|------------------------|------|----------|---------|---------|---------|---------|---------|---------|---------|
|                        |      | DISTANCE |         |         |         |         |         |         |         |
| 0,50                   | tour | 100 m    | 00:28,7 | 00:29,2 | 00:29,7 | 00:30,2 | 00:30,8 | 00:31,3 | 00:31,8 |
| 1,00                   | tour | 200 m    | 00:57,3 | 00:58,3 | 00:59,4 | 01:00,5 | 01:01,5 | 01:02,6 | 01:03,6 |
| 1,50                   | tour | 300 m    | 01:26,0 | 01:27,5 | 01:29,1 | 01:30,7 | 01:32,3 | 01:33,8 | 01:35,4 |
| 2,00                   | tour | 400 m    | 01:54,6 | 01:56,7 | 01:58,8 | 02:00,9 | 02:03,0 | 02:05,1 | 02:07,2 |
| 2,50                   | tour | 500 m    | 02:23,3 | 02:25,9 | 02:28,5 | 02:31,1 | 02:33,8 | 02:36,4 | 02:39,0 |
| 3,00                   | tour | 600 m    | 02:51,9 | 02:55,0 | 02:58,2 | 03:01,3 | 03:04,5 | 03:07,7 | 03:10,8 |
| 3,50                   | tour | 700 m    | 03:20,6 | 03:24,2 | 03:27,9 | 03:31,6 | 03:35,3 | 03:38,9 | 03:42,6 |
| 4,00                   | tour | 800 m    | 03:49,2 | 03:53,4 | 03:57,6 | 04:01,8 | 04:06,0 | 04:10,2 | 04:14,4 |
| 4,50                   | tour | 900 m    | 04:17,9 | 04:22,6 | 04:27,3 | 04:32,0 | 04:36,7 | 04:41,5 | 04:46,2 |
| 5,00                   | tour | 1000 m   | 04:46,5 | 04:51,7 | 04:57,0 | 05:02,3 | 05:07,5 | 05:12,8 | 05:18,0 |
| 6,00                   | tour | 1200 m   | 05:43,8 | 05:50,1 | 05:56,4 | 06:02,7 | 06:09,0 | 06:15,3 | 06:21,6 |
| 7,50                   | tour | 1500 m   | 07:09,8 | 07:17,6 | 07:25,5 | 07:33,4 | 07:41,3 | 07:49,1 | 07:57,0 |
| 8,00                   | tour | 1600 m   | 07:38,4 | 07:46,8 | 07:55,2 | 08:03,6 | 08:12,0 | 08:20,4 | 08:28,8 |
| 10,00                  | tour | 2000 m   | 09:33,0 | 09:43,5 | 09:54,0 | 10:04,5 | 10:15,0 | 10:25,5 | 10:36,0 |
| 12,50                  | tour | 2500 m   | 11:56,2 | 12:09,4 | 12:22,5 | 12:35,6 | 12:48,7 | 13:01,9 | 13:15,0 |
| 15,00                  | tour | 3 km     | 14:19,5 | 14:35,3 | 14:51,0 | 15:06,8 | 15:22,5 | 15:38,3 | 15:54,0 |
| 25,00                  | tour | 5 km     | 23:52,5 | 24:18,7 | 24:45,0 | 25:11,3 | 25:37,5 | 26:03,8 | 26:30,0 |
| 50,00                  | tour | 10 km    | 47:45,0 | 48:37,5 | 49:30,0 | 50:22,5 | 51:15,0 | 52:07,5 | 53:00,0 |