

Thorndon Pool – 100 metres intervals conversion table

Thorndon pool length is $33\frac{1}{3}$ yards = 30.47 metres (rounded up to 30.50 metres)

		100 metres intervals										
Length(s)	Metres	2'10	2'05	2'00	1'55	1'50	1'45	1'40	1'35	1'30	1'25	1'20
1	30.50 m	40"	40"	40"	35"	35"	35"	30"	30"	30"	25"	25"
2	61 m	1'20	1'20	1'15	1'10	1'10	1'05	1'00	1'00	55"	55"	50"
3	91.50 m	2'00	1'55	1'50	1'45	1'40	1'35	1'30	1'30	1'25	1'20	1'15
4	122 m	2'40	2'35	2'30	2'20	2'15	2'10	2'05	2'00	1'50	1'45	1'40
5	152.50 m	3'20	3'10	3'05	2'55	2'50	2'45	2'35	2'30	2'20	2'10	2'00
6	183 m	4'00	3'50	3'40	3'30	3'25	3'20	3'05	2'55	2'50	2'40	2'25
8	244 m	5'15	5'10	4'55	4'40	4'35	4'15	4'00	3'50	3'40	3'30	3'20
10	300 m	6'30	6'15	6'00	5'45	5'30	5'15	5'00	4'45	4'30	4'15	4'00
12	366 m	8'00	7'40	7'20	7'00	6'45	6'25	6'05	5'45	5'30	5'15	4'55
13	400 m	8'40	8'20	8'00	7'40	7'20	7'00	6'40	6'20	6'00	5'40	5'20
20	600 m	13'00	12'30	12'00	11'30	11'00	10'30	10'00	9'30	9'00	8'30	8'00
26	800 m	17'20	16'40	16'00	15'20	14'40	14'00	13'20	12'40	12'00	11'20	10'40
33	1000 m	21'40	20'50	20'00	19'10	18'20	17'30	16'40	15'50	15'00	14'10	13'20

⇒ **Most times have been rounded to the nearest 5 seconds for an easier clock reading and time management**

⇒ **10 lengths** has been rounded up from 305 metres to **300 metres**

⇒ **13 lengths** has been rounded down from 396.50 metres to **400 metres**

⇒ **20 lengths** has been rounded down from 610 metres to **600 metres**

⇒ **26 lengths** has been rounded up from 793 metres to **800 metres**

⇒ **33 lengths** has been rounded down from 1006.50 metres to **1000 metres**