

LAP, KILOMETER, MILE CONVERSION CHART				1 KILO = .62137119 MILES					
LAP	KILO	MILE	LAP	KILO	MILE	LAP	KILO	MILE	
2	1	0.62137119	102	51	31.68993069	202	101	62.75849019	
4	2	1.24274238	104	52	32.31130188	204	102	63.37986138	
6	3	1.86411357	106	53	32.93267307	206	103	64.00123257	
8	4	2.48548476	108	54	33.55404426	208	104	64.62260376	
10	5	3.10685595	110	55	34.17541545	210	105	65.24397495	
12	6	3.72822714	112	56	34.79678664	212	106	65.86534614	
14	7	4.34959833	114	57	35.41815783	214	107	66.48671733	
16	8	4.97096952	116	58	36.03952902	216	108	67.10808852	
18	9	5.59234071	118	59	36.66090021	218	109	67.72945971	
20	10	6.2137119	120	60	37.2822714	220	110	68.3508309	
22	11	6.83508309	122	61	37.90364259	222	111	68.97220209	
24	12	7.45645428	124	62	38.52501378	224	112	69.59357328	
26	13	8.07782547	126	63	39.14638497	226	113	70.21494447	
28	14	8.69919666	128	64	39.76775616	228	114	70.83631566	
30	15	9.32056785	130	65	40.38912735	230	115	71.45768685	
32	16	9.94193904	132	66	41.01049854	232	116	72.07905804	
34	17	10.56331023	134	67	41.63186973	234	117	72.70042923	
36	18	11.18468142	136	68	42.25324092	236	118	73.32180042	
38	19	11.80605261	138	69	42.87461211	238	119	73.94317161	
40	20	12.4274238	140	70	43.4959833	240	120	74.5645428	
42	21	13.04879499	142	71	44.11735449	242	121	75.18591399	
44	22	13.67016618	144	72	44.73872568	244	122	75.80728518	
46	23	14.29153737	146	73	45.36009687	246	123	76.42865637	
48	24	14.91290856	148	74	45.98146806	248	124	77.05002756	
50	25	15.53427975	150	75	46.60283925	250	125	77.67139875	
52	26	16.15565094	152	76	47.22421044	252	126	78.29276994	
54	27	16.77702213	154	77	47.84558163	254	127	78.91414113	
56	28	17.39839332	156	78	48.46695282	256	128	79.53551232	
58	29	18.01976451	158	79	49.08832401	258	129	80.15688351	
60	30	18.6411357	160	80	49.7096952	260	130	80.7782547	
62	31	19.26250689	162	81	50.33106639	262	131	81.39962589	
64	32	19.88387808	164	82	50.95243758	264	132	82.02099708	
66	33	20.50524927	166	83	51.57380877	266	133	82.64236827	
68	34	21.12662046	168	84	52.19517996	268	134	83.26373946	
70	35	21.74799165	170	85	52.81655115	270	135	83.88511065	
72	36	22.36936284	172	86	53.43792234	272	136	84.50648184	
74	37	22.99073403	174	87	54.05929353	274	137	85.12785303	
76	38	23.61210522	176	88	54.68066472	276	138	85.74922422	
78	39	24.23347641	178	89	55.30203591	278	139	86.37059541	
80	40	24.8548476	180	90	55.9234071	280	140	86.9919666	
82	41	25.47621879	182	91	56.54477829	282	141	87.61333779	
84	42	26.09758998	184	92	57.16614948	284	142	88.23470898	
86	43	26.71896117	186	93	57.78752067	286	143	88.85608017	
88	44	27.34033236	188	94	58.40889186	288	144	89.47745136	
90	45	27.96170355	190	95	59.03026305	290	145	90.09882255	
92	46	28.58307474	192	96	59.65163424	292	146	90.72019374	
94	47	29.20444593	194	97	60.27300543	294	147	91.34156493	
96	48	29.82581712	196	98	60.89437662	296	148	91.96293612	
98	49	30.44718831	198	99	61.51574781	298	149	92.58430731	
100	50	31.0685595	200	100	62.137119	300	150	93.2056785	

LAP	KILO	MILE	LAP	KILO	MILE	LAP	KILO	MILE
302	151	93.82704969	402	201	124.8956092	502	251	155.9641687
304	152	94.44842088	404	202	125.5169804	504	252	156.5855399
306	153	95.06979207	406	203	126.1383516	506	253	157.2069111
308	154	95.69116326	408	204	126.7597228	508	254	157.8282823
310	155	96.31253445	410	205	127.381094	510	255	158.4496535
312	156	96.93390564	412	206	128.0024651	512	256	159.0710246
314	157	97.55527683	414	207	128.6238363	514	257	159.6923958
316	158	98.17664802	416	208	129.2452075	516	258	160.313767
318	159	98.79801921	418	209	129.8665787	518	259	160.9351382
320	160	99.4193904	420	210	130.4879499	520	260	161.5565094
322	161	100.0407616	422	211	131.1093211	522	261	162.1778806
324	162	100.6621328	424	212	131.7306923	524	262	162.7992518
326	163	101.283504	426	213	132.3520635	526	263	163.420623
328	164	101.9048752	428	214	132.9734347	528	264	164.0419942
330	165	102.5262464	430	215	133.5948059	530	265	164.6633654
332	166	103.1476175	432	216	134.216177	532	266	165.2847365
334	167	103.7689887	434	217	134.8375482	534	267	165.9061077
336	168	104.3903599	436	218	135.4589194	536	268	166.5274789
338	169	105.0117311	438	219	136.0802906	538	269	167.1488501
340	170	105.6331023	440	220	136.7016618	540	270	167.7702213
342	171	106.2544735	442	221	137.323033	542	271	168.3915925
344	172	106.8758447	444	222	137.9444042	544	272	169.0129637
346	173	107.4972159	446	223	138.5657754	546	273	169.6343349
348	174	108.1185871	448	224	139.1871466	548	274	170.2557061
350	175	108.7399583	450	225	139.8085178	550	275	170.8770773
352	176	109.3613294	452	226	140.4298889	552	276	171.4984484
354	177	109.9827006	454	227	141.0512601	554	277	172.1198196
356	178	110.6040718	456	228	141.6726313	556	278	172.7411908
358	179	111.225443	458	229	142.2940025	558	279	173.362562
360	180	111.8468142	460	230	142.9153737	560	280	173.9839332
362	181	112.4681854	462	231	143.5367449	562	281	174.6053044
364	182	113.0895566	464	232	144.1581161	564	282	175.2266756
366	183	113.7109278	466	233	144.7794873	566	283	175.8480468
368	184	114.332299	468	234	145.4008585	568	284	176.469418
370	185	114.9536702	470	235	146.0222297	570	285	177.0907892
372	186	115.5750413	472	236	146.6436008	572	286	177.7121603
374	187	116.1964125	474	237	147.264972	574	287	178.3335315
376	188	116.8177837	476	238	147.8863432	576	288	178.9549027
378	189	117.4391549	478	239	148.5077144	578	289	179.5762739
380	190	118.0605261	480	240	149.1290856	580	290	180.1976451
382	191	118.6818973	482	241	149.7504568	582	291	180.8190163
384	192	119.3032685	484	242	150.371828	584	292	181.4403875
386	193	119.9246397	486	243	150.9931992	586	293	182.0617587
388	194	120.5460109	488	244	151.6145704	588	294	182.6831299
390	195	121.1673821	490	245	152.2359416	590	295	183.3045011
392	196	121.7887532	492	246	152.8573127	592	296	183.9258722
394	197	122.4101244	494	247	153.4786839	594	297	184.5472434
396	198	123.0314956	496	248	154.1000551	596	298	185.1686146
398	199	123.6528668	498	249	154.7214263	598	299	185.7899858
400	200	124.274238	500	250	155.3427975	600	300	186.411357

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602	301	187.0327282	702	351	218.1012877	802	401	249.1698472
604	302	187.6540994	704	352	218.7226589	804	402	249.7912184
606	303	188.2754706	706	353	219.3440301	806	403	250.4125896
608	304	188.8968418	708	354	219.9654013	808	404	251.0339608
610	305	189.518213	710	355	220.5867724	810	405	251.6553319
612	306	190.1395841	712	356	221.2081436	812	406	252.2767031
614	307	190.7609553	714	357	221.8295148	814	407	252.8980743
616	308	191.3823265	716	358	222.450886	816	408	253.5194455
618	309	192.0036977	718	359	223.0722572	818	409	254.1408167
620	310	192.6250689	720	360	223.6936284	820	410	254.7621879
622	311	193.2464401	722	361	224.3149996	822	411	255.3835591
624	312	193.8678113	724	362	224.9363708	824	412	256.0049303
626	313	194.4891825	726	363	225.557742	826	413	256.6263015
628	314	195.1105537	728	364	226.1791132	828	414	257.2476727
630	315	195.7319248	730	365	226.8004843	830	415	257.8690438
632	316	196.353296	732	366	227.4218555	832	416	258.490415
634	317	196.9746672	734	367	228.0432267	834	417	259.1117862
636	318	197.5960384	736	368	228.6645979	836	418	259.7331574
638	319	198.2174096	738	369	229.2859691	838	419	260.3545286
640	320	198.8387808	740	370	229.9073403	840	420	260.9758998
642	321	199.460152	742	371	230.5287115	842	421	261.597271
644	322	200.0815232	744	372	231.1500827	844	422	262.2186422
646	323	200.7028944	746	373	231.7714539	846	423	262.8400134
648	324	201.3242656	748	374	232.3928251	848	424	263.4613846
650	325	201.9456367	750	375	233.0141962	850	425	264.0827557
652	326	202.5670079	752	376	233.6355674	852	426	264.7041269
654	327	203.1883791	754	377	234.2569386	854	427	265.3254981
656	328	203.8097503	756	378	234.8783098	856	428	265.9468693
658	329	204.4311215	758	379	235.499681	858	429	266.5682405
660	330	205.0524927	760	380	236.1210522	860	430	267.1896117
662	331	205.6738639	762	381	236.7424234	862	431	267.8109829
664	332	206.2952351	764	382	237.3637946	864	432	268.4323541
666	333	206.9166063	766	383	237.9851658	866	433	269.0537253
668	334	207.5379775	768	384	238.606537	868	434	269.6750965
670	335	208.1593486	770	385	239.2279081	870	435	270.2964676
672	336	208.7807198	772	386	239.8492793	872	436	270.9178388
674	337	209.402091	774	387	240.4706505	874	437	271.53921
676	338	210.0234622	776	388	241.0920217	876	438	272.1605812
678	339	210.6448334	778	389	241.7133929	878	439	272.7819524
680	340	211.2662046	780	390	242.3347641	880	440	273.4033236
682	341	211.8875758	782	391	242.9561353	882	441	274.0246948
684	342	212.508947	784	392	243.5775065	884	442	274.646066
686	343	213.1303182	786	393	244.1988777	886	443	275.2674372
688	344	213.7516894	788	394	244.8202489	888	444	275.8888084
690	345	214.3730605	790	395	245.44162	890	445	276.5101795
692	346	214.9944317	792	396	246.0629912	892	446	277.1315507
694	347	215.6158029	794	397	246.6843624	894	447	277.7529219
696	348	216.2371741	796	398	247.3057336	896	448	278.3742931
698	349	216.8585453	798	399	247.9271048	898	449	278.9956643
700	350	217.4799165	800	400	248.548476	900	450	279.6170355

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902	451	280.2384067	1002	501	311.3069662	1102	551	342.3755257
904	452	280.8597779	1004	502	311.9283374	1104	552	342.9968969
906	453	281.4811491	1006	503	312.5497086	1106	553	343.6182681
908	454	282.1025203	1008	504	313.1710798	1108	554	344.2396393
910	455	282.7238914	1010	505	313.7924509	1110	555	344.8610104
912	456	283.3452626	1012	506	314.4138221	1112	556	345.4823816
914	457	283.9666338	1014	507	315.0351933	1114	557	346.1037528
916	458	284.588005	1016	508	315.6565645	1116	558	346.725124
918	459	285.2093762	1018	509	316.2779357	1118	559	347.3464952
920	460	285.8307474	1020	510	316.8993069	1120	560	347.9678664
922	461	286.4521186	1022	511	317.5206781	1122	561	348.5892376
924	462	287.0734898	1024	512	318.1420493	1124	562	349.2106088
926	463	287.694861	1026	513	318.7634205	1126	563	349.83198
928	464	288.3162322	1028	514	319.3847917	1128	564	350.4533512
930	465	288.9376033	1030	515	320.0061628	1130	565	351.0747223
932	466	289.5589745	1032	516	320.627534	1132	566	351.6960935
934	467	290.1803457	1034	517	321.2489052	1134	567	352.3174647
936	468	290.8017169	1036	518	321.8702764	1136	568	352.9388359
938	469	291.4230881	1038	519	322.4916476	1138	569	353.5602071
940	470	292.0444593	1040	520	323.1130188	1140	570	354.1815783
942	471	292.6658305	1042	521	323.73439	1142	571	354.8029495
944	472	293.2872017	1044	522	324.3557612	1144	572	355.4243207
946	473	293.9085729	1046	523	324.9771324	1146	573	356.0456919
948	474	294.5299441	1048	524	325.5985036	1148	574	356.6670631
950	475	295.1513152	1050	525	326.2198747	1150	575	357.2884342
952	476	295.7726864	1052	526	326.8412459	1152	576	357.9098054
954	477	296.3940576	1054	527	327.4626171	1154	577	358.5311766
956	478	297.0154288	1056	528	328.0839883	1156	578	359.1525478
958	479	297.6368	1058	529	328.7053595	1158	579	359.773919
960	480	298.2581712	1060	530	329.3267307	1160	580	360.3952902
962	481	298.8795424	1062	531	329.9481019	1162	581	361.0166614
964	482	299.5009136	1064	532	330.5694731	1164	582	361.6380326
966	483	300.1222848	1066	533	331.1908443	1166	583	362.2594038
968	484	300.743656	1068	534	331.8122155	1168	584	362.880775
970	485	301.3650271	1070	535	332.4335866	1170	585	363.5021461
972	486	301.9863983	1072	536	333.0549578	1172	586	364.1235173
974	487	302.6077695	1074	537	333.676329	1174	587	364.7448885
976	488	303.2291407	1076	538	334.2977002	1176	588	365.3662597
978	489	303.8505119	1078	539	334.9190714	1178	589	365.9876309
980	490	304.4718831	1080	540	335.5404426	1180	590	366.6090021
982	491	305.0932543	1082	541	336.1618138	1182	591	367.2303733
984	492	305.7146255	1084	542	336.783185	1184	592	367.8517445
986	493	306.3359967	1086	543	337.4045562	1186	593	368.4731157
988	494	306.9573679	1088	544	338.0259274	1188	594	369.0944869
990	495	307.578739	1090	545	338.6472985	1190	595	369.715858
992	496	308.2001102	1092	546	339.2686697	1192	596	370.3372292
994	497	308.8214814	1094	547	339.8900409	1194	597	370.9586004
996	498	309.4428526	1096	548	340.5114121	1196	598	371.5799716
998	499	310.0642238	1098	549	341.1327833	1198	599	372.2013428
1000	500	310.685595	1100	550	341.7541545	1200	600	372.822714