

## Crossfit Run Row Bike Conversion Chart

Meter Conversion			Calories Conversion		
Running	Rowing	Assualt-Bike	Running	Rowing	Assualt-Bike
80	100/80	6/4 cal	14/10 m	1	0.7
100	125/100	7/5 cal	40/30 m	3	2
160	200/160	12/8 cal	80/60 m	6	4
200	250/200	15/10 cal	125/85 m	9	6
320	400/320	24/18 cal	150/100 m	10	7
400	500/400	30/21 cal	170/115 m	12	8
600	750/600	45/30 cal	200/133 m	14	10
640	800/640	48/32 cal	215/140 m	15	11
800	1000/800	60/42 cal	260/170 m	18	13
1000	1250/1000	75/50 cal	285/190 m	20	14
1600	2000/1600	120/84 cal	300/200 m	21	15
2000	2500/2000	150/100 cal	340/230 m	24	17
4000	5000/4000	300/200 cal	400/275 m	29	20
5000	6250/5000	375/250 cal	430/300 m	30	21
8000	10000/8000	600/400 cal	570/380 m	40	28
10000	12500/10000	750/500 cal	600/400 m	43	30
			715/475 m	50	35
			800/540 m	57	40
			860/600 m	60	42
			1000/665 m	70	49
			1150/760 m	80	56
			1255/800 m	90	63
			1425/950 m	100	70

Note: Male / Female Distance or Calories

From RunBryanRun.com