

SH M
COTE OUEST DE FRANCE
DE QUIBERON AU CROISIC

| MÉTÈRES | | TOISES | | PÈSES | |
|---------|------|--------|-------|-------|-------|
| M | F | T | L | K | Q |
| 1 | 1.1 | 1.8 | 2.2 | 2 | 2.2 |
| 2 | 2.2 | 3.6 | 4.4 | 4 | 4.4 |
| 3 | 3.3 | 5.4 | 6.6 | 6 | 6.6 |
| 4 | 4.4 | 7.2 | 8.8 | 8 | 8.8 |
| 5 | 5.5 | 9.0 | 11.0 | 10 | 11.0 |
| 6 | 6.6 | 10.8 | 13.2 | 12 | 13.2 |
| 7 | 7.7 | 12.6 | 15.4 | 14 | 15.4 |
| 8 | 8.8 | 14.4 | 17.6 | 16 | 17.6 |
| 9 | 9.9 | 16.2 | 19.8 | 18 | 19.8 |
| 10 | 11.0 | 18.0 | 22.0 | 20 | 22.0 |
| 11 | 12.1 | 19.8 | 24.2 | 22 | 24.2 |
| 12 | 13.2 | 21.6 | 26.4 | 24 | 26.4 |
| 13 | 14.3 | 23.4 | 28.6 | 26 | 28.6 |
| 14 | 15.4 | 25.2 | 30.8 | 28 | 30.8 |
| 15 | 16.5 | 27.0 | 33.0 | 30 | 33.0 |
| 16 | 17.6 | 28.8 | 35.2 | 32 | 35.2 |
| 17 | 18.7 | 30.6 | 37.4 | 34 | 37.4 |
| 18 | 19.8 | 32.4 | 39.6 | 36 | 39.6 |
| 19 | 20.9 | 34.2 | 41.8 | 38 | 41.8 |
| 20 | 22.0 | 36.0 | 44.0 | 40 | 44.0 |
| 21 | 23.1 | 37.8 | 46.2 | 42 | 46.2 |
| 22 | 24.2 | 39.6 | 48.4 | 44 | 48.4 |
| 23 | 25.3 | 41.4 | 50.6 | 46 | 50.6 |
| 24 | 26.4 | 43.2 | 52.8 | 48 | 52.8 |
| 25 | 27.5 | 45.0 | 55.0 | 50 | 55.0 |
| 26 | 28.6 | 46.8 | 57.2 | 52 | 57.2 |
| 27 | 29.7 | 48.6 | 59.4 | 54 | 59.4 |
| 28 | 30.8 | 50.4 | 61.6 | 56 | 61.6 |
| 29 | 31.9 | 52.2 | 63.8 | 58 | 63.8 |
| 30 | 33.0 | 54.0 | 66.0 | 60 | 66.0 |
| 31 | 34.1 | 55.8 | 68.2 | 62 | 68.2 |
| 32 | 35.2 | 57.6 | 70.4 | 64 | 70.4 |
| 33 | 36.3 | 59.4 | 72.6 | 66 | 72.6 |
| 34 | 37.4 | 61.2 | 74.8 | 68 | 74.8 |
| 35 | 38.5 | 63.0 | 77.0 | 70 | 77.0 |
| 36 | 39.6 | 64.8 | 79.2 | 72 | 79.2 |
| 37 | 40.7 | 66.6 | 81.4 | 74 | 81.4 |
| 38 | 41.8 | 68.4 | 83.6 | 76 | 83.6 |
| 39 | 42.9 | 70.2 | 85.8 | 78 | 85.8 |
| 40 | 44.0 | 72.0 | 88.0 | 80 | 88.0 |
| 41 | 45.1 | 73.8 | 90.2 | 82 | 90.2 |
| 42 | 46.2 | 75.6 | 92.4 | 84 | 92.4 |
| 43 | 47.3 | 77.4 | 94.6 | 86 | 94.6 |
| 44 | 48.4 | 79.2 | 96.8 | 88 | 96.8 |
| 45 | 49.5 | 81.0 | 99.0 | 90 | 99.0 |
| 46 | 50.6 | 82.8 | 101.2 | 92 | 101.2 |
| 47 | 51.7 | 84.6 | 103.4 | 94 | 103.4 |
| 48 | 52.8 | 86.4 | 105.6 | 96 | 105.6 |
| 49 | 53.9 | 88.2 | 107.8 | 98 | 107.8 |
| 50 | 55.0 | 90.0 | 110.0 | 100 | 110.0 |

