

## TIME CONVERSION CHART

Minute Conversion				Hour Conversion	
MINUTES	CONTINENTAL	MINUTES	CONTINENTAL	STANDARD TIME	CONTINENTAL TIME
1	2	31	52	1:00 AM	1.00
2	3	32	53	2:00 AM	2.00
3	5	33	55	3:00 AM	3.00
4	7	34	57	4:00 AM	4.00
5	8	35	58	5:00 AM	5.00
6	10	36	60	6:00 AM	6.00
7	12	37	62	7:00 AM	7.00
8	13	38	63	8:00 AM	8.00
9	15	39	65	9:00 AM	9.00
10	17	40	67	10:00 AM	10.00
11	18	41	68	11:00 AM	11.00
12	20	42	70	12:00 PM (noon)	12.00
13	22	43	72	1:00 PM	13.00
14	23	44	73	2:00 PM	14.00
15	25	45	75	3:00 PM	15.00
16	27	46	77	4:00 PM	16.00
17	28	47	78	5:00 PM	17.00
18	30	48	80	6:00 PM	18.00
19	32	49	82	7:00 PM	19.00
20	33	50	83	8:00 PM	20.00
21	35	51	85	9:00 PM	21.00
22	37	52	87	10:00 PM	22.00
23	38	53	88	11:00 PM	23.00
24	40	54	90	12:00 AM (midnight)	0.00
25	42	55	92		
26	43	56	93		
27	45	57	95		
28	47	58	97		
29	48	59	98		
30	50	60	100		