

Tabel de conversie ochelar – lentilă de contact

Minus

| Ochelar | Lentilă contact | Ochelar | Lentilă contact |
|--------------|-----------------|--------------|-----------------|
| Vertex 12 mm | Vertex 0 mm | Vertex 12 mm | Vertex 0 mm |
| -3.50 | -3.36 | -20.00 | -16.13 |
| -3.75 | -3.59 | -20.50 | -16.45 |
| -4.00 | -3.82 | -21.00 | -16.77 |
| -4.25 | -4.04 | -21.50 | -17.09 |
| -4.50 | -4.27 | -22.00 | -17.41 |
| -4.75 | -4.49 | -22.50 | -17.72 |
| -5.00 | -4.72 | -23.00 | -18.03 |
| -5.25 | -4.94 | -23.50 | -18.33 |
| -5.50 | -5.16 | -24.00 | -18.63 |
| -5.75 | -5.38 | -24.50 | -18.93 |
| -6.00 | -5.60 | -25.00 | -19.23 |
| -6.25 | -5.81 | -25.50 | -19.53 |
| -6.50 | -6.03 | -26.00 | -19.82 |
| -6.75 | -6.24 | -26.50 | -20.11 |
| -7.00 | -6.46 | -27.00 | -20.39 |
| -7.25 | -6.67 | -27.50 | -20.68 |
| -7.50 | -6.88 | -28.00 | -20.96 |
| -7.75 | -7.09 | -28.50 | -21.24 |
| -8.00 | -7.30 | -29.00 | -21.51 |
| -8.25 | -7.51 | -29.50 | -21.79 |
| -8.50 | -7.71 | -30.00 | -22.06 |
| -8.75 | -7.92 | -30.50 | -22.33 |
| -9.00 | -8.12 | -31.00 | -22.59 |
| -9.25 | -8.33 | -31.50 | -22.86 |
| -9.50 | -8.53 | -32.00 | -23.12 |
| -9.75 | -8.73 | -32.50 | -23.38 |
| -10.00 | -8.93 | -33.00 | -23.64 |
| -10.50 | -9.33 | -33.50 | -23.89 |
| -11.00 | -9.72 | -34.00 | -24.15 |
| -11.50 | -10.11 | -34.50 | -24.40 |
| -12.00 | -10.49 | -35.00 | -24.65 |
| -12.50 | -10.87 | -35.50 | -24.89 |
| -13.00 | -11.25 | -36.00 | -25.14 |
| -13.50 | -11.62 | | |
| -14.00 | -11.99 | | |
| -14.50 | -12.35 | | |
| -15.00 | -12.71 | | |
| -15.50 | -13.07 | | |
| -16.00 | -13.42 | | |
| -16.50 | -13.77 | | |
| -17.00 | -14.12 | | |
| -17.50 | -14.46 | | |
| -18.00 | -14.80 | | |
| -18.50 | -15.14 | | |
| -19.00 | -15.47 | | |
| -19.50 | -15.80 | | |

Plus

| Ochelar | Lentilă contact |
|--------------|-----------------|
| Vertex 12 mm | Vertex 0 mm |
| 3.50 | 3.65 |
| 3.75 | 3.93 |
| 4.00 | 4.20 |
| 4.25 | 4.48 |
| 4.50 | 4.76 |
| 4.75 | 5.04 |
| 5.00 | 5.32 |
| 5.25 | 5.60 |
| 5.50 | 5.89 |
| 5.75 | 6.18 |
| 6.00 | 6.47 |
| 6.25 | 6.76 |
| 6.50 | 7.05 |
| 6.75 | 7.34 |
| 7.00 | 7.64 |
| 7.25 | 7.94 |
| 7.50 | 8.24 |
| 7.75 | 8.54 |
| 8.00 | 8.85 |
| 8.25 | 9.16 |
| 8.50 | 9.47 |
| 8.75 | 9.78 |
| 9.00 | 10.09 |
| 9.25 | 10.40 |
| 9.50 | 10.72 |
| 9.75 | 11.04 |
| 10.00 | 11.36 |
| 10.50 | 12.01 |
| 11.00 | 12.67 |
| 11.50 | 13.34 |
| 12.00 | 14.02 |
| 12.50 | 14.71 |
| 13.00 | 15.40 |
| 13.50 | 16.11 |
| 14.00 | 16.83 |
| 14.50 | 17.55 |
| 15.00 | 18.29 |
| 15.50 | 19.04 |
| 16.00 | 19.80 |
| 16.50 | 20.57 |
| 17.00 | 21.36 |
| 17.50 | 22.15 |
| 18.00 | 22.96 |
| 18.50 | 23.78 |
| 19.00 | 24.61 |
| 19.50 | 25.46 |