## Rigorous estimation of the speed of convergence to equilibrium.

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We consider systems satisfying a Lasota Yorke inequality. We will see that in these kind of systems a finite resolution knowledge of the system is enough to have a rigorous estimation for its convergence to equilibrium.

The finite resolution information can be provided by a rigorous computation in interesting cases. Time permitting we will see some applications of this to the estimation of diffusion coefficients.