

<b>distance</b>	<b>200 metres</b>	<b>300metres</b>	<b>400metres</b>	<b>500metres</b>	<b>1000 metres</b>	<b>seuil 1km</b>
<b>VMA</b>	<b>105%</b>	<b>100%</b>	<b>100%</b>	<b>95%</b>	<b>93%</b>	<b>85%</b>
10,00km/h	1mn09sec	1mn48sec	2mn24sec	3mn10sec	6mn26sec	7mn03sec
10,50km/h	1mn05sec	1mn42sec	2mn17sec	3mn00sec	6mn08sec	6mn43sec
11,00km/h	1mn02sec	1mn38sec	2mn11sec	2mn52sec	5mn50sec	6mn25sec
11,50km/h	59sec	1mn33sec	2mn05sec	2mn44sec	5mn35sec	6min05sec
12,00km/h	57sec	1mn30sec	2mn00sec	2mn38sec	5mn22sec	5min53sec
12,25km/h	56sec	1mn28sec	1mn58sec	2mn34sec	5mn16sec	5min45sec
12,50km/h	55sec	1mn26sec	1mn55sec	2mn31sec	5mn09sec	5min39sec
12,75km/h	54sec	1mn25sec	1mn53sec	2mn29sec	5mn03sec	5min33sec
13,00km/h	53sec	1mn23sec	1mn51sec	2mn25sec	4mn58sec	5mn25sec
13,25km/h	52sec	1mn21sec	1mn49sec	2mn23sec	4mn52sec	5min20sec
13,50km/h	51sec	1mn20sec	1mn47sec	2mn20sec	4mn47sec	5min14sec
13,75km/h	50sec	1mn18sec	1mn45sec	2mn18sec	4mn42sec	5min08sec
14,00km/h	49sec	1mn17sec	1mn43sec	2mn15sec	4mn38sec	5min03sec
14,25km/h	48sec	1mn15sec	1mn41sec	2mn12sec	4mn32sec	4min58sec
14,50km/h	47sec	1mn14sec	1mn39sec	2mn10sec	4mn27sec	4min52sec
14,75km/h	46sec	1mn13sec	1mn38sec	2mn08sec	4mn23sec	4min48sec
15,00km/h	45sec	1mn12sec	1mn36sec	2mn06sec	4mn18sec	4min43sec
15,25km/h	45sec	1mn10sec	1mn34sec	2mn03sec	4mn13sec	4min38sec
15,50km/h	44sec	1mn09sec	1mn33sec	2mn02sec	4mn09sec	4min33sec
15,75km/h	44sec	1mn09sec	1mn35sec	1mn59sec	4mn06sec	4min29sec
16,00km/h	43sec	1mn08sec	1mn30sec	1mn58sec	4mn01sec	4min25sec
16,25km/h	43sec	1mn06sec	1mn28sec	1mn56sec	3mn58sec	4min21sec
16,50km/h	42sec	1mn05sec	1mn27sec	1mn55sec	3mn54sec	4min17sec
16,75km/h	42sec	1mn05sec	1mn26sec	1mn53sec	3mn51sec	4min14sec
17,00km/h	41sec	1mn04sec	1mn25sec	1mn51sec	3mn47sec	4min09sec
17,25km/h	40sec	1mn03sec	1mn24sec	1mn50sec	3mn45sec	4min06sec
17,50km/h	39sec	1mn01sec	1mn22sec	1mn48sec	3mn42sec	4min02sec
17,75km/h	39sec	1mn	1mn21sec	1mn47sec	3mn39sec	3min59sec
18,00km/h	39sec	1mn	1mn20sec	1mn45sec	3mn36sec	3min56sec
18,25km/h	38sec	59sec	1mn19sec	1mn44sec	3mn32sec	3min52sec
18,50km/h	37sec	58sec	1mn18sec	1mn42sec	3mn29sec	3min49sec
18,75km/h	37sec	56sec	1mn17sec	1mn40sec	3mn27sec	3min46sec
19,00km/h	36sec	57sec	1mn16sec	1mn39sec	3mn24sec	3min43sec
19,25km/h	36sec	57sec	1mn15sec	1mn38sec	3mn22sec	3min40sec
19,50km/h	35sec	55sec	1mn14sec	1mn37sec	3mn20sec	3min37sec
19,75km/h	35sec	54sec	1mn13sec	1mn35sec	3mn17sec	3min34sec
20,00km/h	34sec	54sec	1mn12sec	1mn35sec	3mn14sec	3min32sec
20,25km/h	34sec	53sec	1mn11sec	1mn33sec	3mn12sec	3min30sec
20,50km/h	33sec	52sec	1mn10sec	1mn32sec	3mn09sec	3min27sec
20,75km/h	33sec	52sec	1mn09sec	1mn32sec	3mn07sec	3min24sec
21,00km/h	32sec	51sec	1mn08sec	1mn31sec	3mn05sec	3min21sec
21,25km/h	32sec	51sec	1mn07sec	1mn30sec	3mn03sec	3min19sec
21,50km/h	31sec	50sec	1mn07sec	1mn28sec	3mn01sec	3min17sec
21,75km/h	31sec	50sec	1mn06sec	1mn27sec	2mn59sec	3min15sec
22,00km/h	31sec	49sec	1mn05sec	1mn26sec	2mn56sec	3min13sec