

ENTRAÎNEMENT - COMPÉTITION VOS VITESSES

DISTANCES : 100 m 150 m 200 m 300 m 400 m 500 m 600 m 800 m 1 000 m 1 200 m 1 500												
VITESSE km/h	TEMPS AU KM min:ms											
6,000	00:01:00	00:01:30	00:02:00	00:03:00	00:04:00	00:05:00	00:06:00	00:08:00	00:10:00	00:12:00	00:15:00	00:18:00
6,500	00:08:14	00:00:55	00:01:23	00:02:46	00:03:42	00:04:33	00:05:32	00:07:23	00:09:14	00:11:05	00:13:55	00:16:45
7,000	00:08:34	00:00:54	00:01:17	00:02:34	00:03:26	00:04:10	00:05:08	00:06:54	00:08:34	00:10:17	00:12:00	00:13:55
7,500	00:08:50	00:00:48	00:01:12	00:02:24	00:03:12	00:04:00	00:04:48	00:06:24	00:08:00	00:09:36	00:11:12	00:12:55
8,000	00:07:48	00:00:47	00:01:10	00:02:34	00:03:08	00:03:58	00:04:42	00:06:15	00:07:48	00:09:20	00:10:55	00:12:30
8,489	00:07:30	00:00:45	00:01:07	00:02:30	00:03:00	00:03:45	00:04:30	00:05:50	00:07:30	00:09:00	00:10:30	00:12:00
8,959	00:07:14	00:00:42	00:01:04	00:02:26	00:02:57	00:03:33	00:04:10	00:05:29	00:07:04	00:08:28	00:09:51	00:11:14
9,400	00:06:54	00:00:41	00:01:01	00:02:21	00:02:42	00:03:23	00:04:04	00:05:24	00:06:45	00:08:06	00:09:27	00:10:48
9,900	00:06:40	00:00:40	00:01:00	00:02:20	00:02:40	00:03:20	00:04:00	00:05:20	00:06:40	00:08:00	00:09:20	00:10:40
9,377	00:06:24	00:00:38	00:00:58	00:01:17	00:01:55	00:02:32	00:03:12	00:03:50	00:04:50	00:05:50	00:06:50	00:07:50
9,928	00:06:19	00:00:38	00:00:57	00:01:16	00:01:54	00:02:32	00:03:09	00:03:47	00:04:25	00:05:03	00:05:41	00:06:19
10,000	00:06:03	00:00:38	00:00:54	00:01:13	00:01:49	00:02:25	00:03:01	00:03:38	00:04:15	00:04:50	00:05:25	00:06:00
10,193	00:06:00	00:00:38	00:00:54	00:01:12	00:01:48	00:02:24	00:03:00	00:03:36	00:04:12	00:04:48	00:05:24	00:06:00
10,500	00:05:43	00:00:34	00:00:51	00:01:09	00:01:42	00:02:17	00:02:51	00:03:26	00:04:04	00:04:43	00:05:21	00:06:00
10,549	00:05:41	00:00:34	00:00:51	00:01:08	00:01:42	00:02:17	00:02:51	00:03:26	00:04:04	00:04:43	00:05:21	00:06:00
11,000	00:05:27	00:00:33	00:00:49	00:01:06	00:01:38	00:02:11	00:02:44	00:03:16	00:04:22	00:05:27	00:06:33	00:07:39
11,252	00:05:20	00:00:32	00:00:48	00:01:04	00:01:36	00:02:08	00:02:40	00:03:12	00:04:16	00:05:20	00:06:24	00:07:28
11,500	00:05:13	00:00:31	00:00:47	00:01:03	00:01:34	00:02:05	00:02:37	00:03:08	00:04:10	00:05:13	00:06:16	00:07:19
12,000	00:05:00	00:00:30	00:00:45	00:01:00	00:01:30	00:02:00	00:02:30	00:03:00	00:04:00	00:05:00	00:06:00	00:07:00
12,066	00:04:59	00:00:30	00:00:45	00:01:00	00:01:30	00:02:00	00:02:30	00:03:00	00:04:00	00:05:00	00:06:00	00:07:00
12,500	00:04:46	00:00:29	00:00:43	00:00:59	00:01:26	00:01:55	00:02:22	00:02:53	00:03:50	00:04:46	00:05:46	00:06:46
12,983	00:04:37	00:00:28	00:00:42	00:00:55	00:01:23	00:01:51	00:02:18	00:02:46	00:03:42	00:04:37	00:05:33	00:06:33
13,000	00:04:37	00:00:28	00:00:42	00:00:55	00:01:23	00:01:51	00:02:18	00:02:46	00:03:42	00:04:37	00:05:33	00:06:33
13,500	00:04:27	00:00:27	00:00:40	00:00:53	00:01:20	00:01:47	00:02:13	00:02:40	00:03:33	00:04:27	00:05:20	00:06:16
14,000	00:04:17	00:00:26	00:00:39	00:00:51	00:01:17	00:01:43	00:02:08	00:02:34	00:03:26	00:04:17	00:05:09	00:06:00
14,065	00:04:16	00:00:25	00:00:38	00:00:51	00:01:17	00:01:42	00:02:06	00:02:34	00:03:25	00:04:16	00:05:07	00:06:00
14,500	00:04:08	00:00:25	00:00:37	00:00:50	00:01:14	00:01:39	00:02:02	00:02:29	00:03:19	00:04:08	00:04:58	00:05:48
15,000	00:04:00	00:00:24	00:00:36	00:00:48	00:01:12	00:01:36	00:02:00	00:02:24	00:03:12	00:04:00	00:04:48	00:05:36
15,344	00:03:55	00:00:23	00:00:35	00:00:47	00:01:10	00:01:34	00:01:55	00:02:21	00:03:08	00:03:55	00:04:42	00:05:30
15,500	00:03:52	00:00:23	00:00:35	00:00:46	00:01:10	00:01:33	00:01:56	00:02:19	00:03:06	00:03:52	00:04:39	00:05:26
16,000	00:03:46	00:00:22	00:00:34	00:00:45	00:01:07	00:01:30	00:01:52	00:02:15	00:03:00	00:03:46	00:04:32	00:05:19
16,500	00:03:38	00:00:22	00:00:33	00:00:44	00:01:05	00:01:27	00:01:49	00:02:11	00:02:55	00:03:38	00:04:22	00:05:06
16,878	00:03:33	00:00:21	00:00:32	00:00:43	00:01:04	00:01:25	00:01:46	00:02:08	00:02:51	00:03:33	00:04:16	00:05:00
17,000	00:03:27	00:00:21	00:00:31	00:00:42	00:01:04	00:01:23	00:01:46	00:02:06	00:02:51	00:03:32	00:04:14	00:05:00
17,374	00:03:27	00:00:21	00:00:31	00:00:41	00:01:02	00:01:22	00:01:42	00:02:04	00:02:46	00:03:27	00:04:09	00:04:51
17,500	00:03:26	00:00:21	00:00:31	00:00:41	00:01:02	00:01:22	00:01:42	00:02:04	00:02:46	00:03:26	00:04:07	00:04:51
18,000	00:03:20	00:00:20	00:00:30	00:00:40	00:01:00	00:01:20	00:01:40	00:02:00	00:02:40	00:03:20	00:04:00	00:04:40
18,500	00:03:15	00:00:19	00:00:29	00:00:38	00:00:58	00:01:18	00:01:37	00:01:57	00:02:36	00:03:15	00:03:54	00:04:33
18,686	00:03:15	00:00:19	00:00:29	00:00:38	00:00:58	00:01:17	00:01:37	00:01:56	00:02:34	00:03:13	00:03:51	00:04:30
19,000	00:03:12	00:00:19	00:00:29	00:00:38	00:00:58	00:01:17	00:01:36	00:01:55	00:02:34	00:03:12	00:03:50	00:04:28
19,061	00:03:09	00:00:19	00:00:28	00:00:38	00:00:57	00:01:16	00:01:35	00:01:54	00:02:32	00:03:09	00:03:47	00:04:25
19,475	00:03:05	00:00:18	00:00:28	00:00:37	00:00:56	00:01:14	00:01:33	00:01:51	00:02:28	00:03:05	00:03:42	00:04:20
19,500	00:03:05	00:00:18	00:00:28	00:00:37	00:00:55	00:01:14	00:01:32	00:01:51	00:02:28	00:03:05	00:03:42	00:04:20
19,769	00:03:02	00:00:18	00:00:27	00:00:36	00:00:56	00:01:13	00:01:32	00:01:49	00:02:26	00:03:02	00:03:39	00:04:16
19,998	00:03:00	00:00:18	00:00:27	00:00:36	00:00:54	00:01:12	00:01:31	00:01:48	00:02:24	00:03:00	00:03:36	00:04:12
20,000	00:03:00	00:00:18	00:00:27	00:00:36	00:00:54	00:01:12	00:01:31	00:01:48	00:02:24	00:03:00	00:03:36	00:04:12
20,254	00:02:58	00:00:18	00:00:27	00:00:36	00:00:53	00:01:11	00:01:30	00:01:47	00:02:22	00:02:58	00:03:33	00:04:08
20,420	00:02:56	00:00:18	00:00:26	00:00:35	00:00:53	00:01:10	00:01:28	00:01:46	00:02:20	00:02:56	00:03:32	00:04:08
20,500	00:02:56	00:00:18	00:00:26	00:00:35	00:00:53	00:01:10	00:01:28	00:01:46	00:02:20	00:02:56	00:03:31	00:04:07
21,000	00:02:51	00:00:17	00:00:26	00:00:34	00:00:51	00:01:09	00:01:26	00:01:43	00:02:17	00:02:51	00:03:25	00:04:00
21,098	00:02:51	00:00:17	00:00:26	00:00:34	00:00:51	00:01:08	00:01:25	00:01:42	00:02:17	00:02:51	00:03:25	00:04:00
21,505	00:02:47	00:00:17	00:00:25	00:00:33	00:00:50	00:01:07	00:01:24	00:01:41	00:02:14	00:02:47	00:03:21	00:03:55
21,623	00:02:46	00:00:16	00:00:25	00:00:33	00:00:50	00:01:07	00:01:24	00:01:41	00:02:14	00:02:46	00:03:20	00:03:54
22,000	00:02:44	00:00:16	00:00:25	00:00:33	00:00:49	00:01:05	00:01:22	00:01:39	00:02:11	00:02:44	00:03:18	00:03:52
22,209	00:02:42	00:00:16	00:00:24	00:00:32	00:00:49	00:01:05	00:01:21	00:01:37	00:02:10	00:02:42	00:03:15	00:03:49
22,500	00:02:40	00:00:16	00:00:24	00:00:32	00:00:48	00:01:04	00:01:21	00:01:36	00:02:08	00:02:40	00:03:12	00:03:46
23,000	00:02:37	00:00:16	00:00:23	00:00:31	00:00:47	00:01:03	00:01:19	00:01:34	00:02:05	00:02:37	00:03:09	00:03:42
23,500	00:02:33	00:00:15	00:00:23	00:00:31	00:00:46	00:01:01	00:01:17	00:01:32	00:02:03	00:02:33	00:03:04	00:03:36
24,000	00:02:30	00:00:15	00:00:23	00:00:30	00:00:45	00:01:01	00:01:16	00:01:30	00:02:00	00:02:30	00:03:00	00:03:30
24,500	00:02:27	00:00:15	00:00:22	00:00:30	00:00:44	00:00:58	00:01:13	00:01:26	00:01:55	00:02:24	00:02:56	00:03:28
25,000	00:02:24	00:00:14	00:00:22	00:00:29	00:00:43	00:00:58	00:01:12	00:01:26	00:01:55	00:02:22	00:02:53	00:03:25
25,500	00:02:21	00:00:14	00:00:21	00:00:28	00:00:42	00:00:56	00:01:11	00:01:25	00:01:53	00:02:21	00:02:49	00:03:17

ET TEMPS DE PASSAGE

3 000 m4 000 m5 000 m10 000 m15 km20 km21,100 km25 km30 km42,95 km												
5 km10 km15 km20 km21,100 km25 km30 kmMarathon												
00:30:00	00:40:00	00:50:00	01:40:00	02:30:00	03:20:00	03:31:00	04:10:00	05:00:00	07:01:57			
00:27:42	00:36:55	00:46:09	01:32:18	02:18:28	03:04:37	03:14:46	03:50:46	04:36:55	06:29:30			
00:25:43	00:34:17	00:42:51	01:25:43	02:08:34	02:51:26	03:00:51	03:34:17	04:17:09	06:01:40			
00:24:00	00:32:00	00:40:00	01:20:00	02:00:00	02:40:00	02:48:48	03:20:00	04:00:00	05:37:34			
00:23:48	00:31:17	00:39:06	01:18:12	02:05:19	02:38:25	02:46:01	03:15:31	03:54:37	05:30:00			
00:22:30	00:30:00	00:37:30	01:15:00	01:52:40	02:30:00	02:38:15	03:07:30	03:45:00	05:16:28			
00:21:20	00:28:26	00:35:33	01:11:06	01:46:39	02:22:12	02:30:01	02:57:46	03:33:18	05:00:00			
00:20:16	00:27:01	00:33:46	01:02:33	01:41:19	02:15:05	02:22:31	02:58:56	03:31:46	04:57:51			
00:19:12	00:26:40	00:32:40	01:03:59	01:35:69	02:07:59	02:15:01	02:37:59	03:11:59	04:39:00			
00:18:57	00:26:18	00:31:35	01:00:09	01:34:44	02:06:19	02:13:16	02:29:05	03:01:28	04:28:30			
00:18:08	00:25:10	00:30:13	01:00:26	01:30:92	02:02:31	02:07:31	02:21:05	03:07:08	04:15:00			
00:17:40	00:25:33	00:30:20	01:00:00	01:28:00	02:00:00	02:06:36	02:27:00	03:00:00	04:13:10			
00:17:09	00:22:51	00:28:24	01:05:09	01:25:43	01:54:17	02:00:04	02:22:51	02:51:28	04:01:07			
00:16:22	00:22:45	00:28:26	00:55:53	01:26:19	01:49:05	01:55:05	02:22:12	02:50:38	04:00:00			
00:16:00	00:22:20	00:26:40	00:55:19	01:21:49	01:46:39	01:52:31	02:18:19	02:39:58	03:50:00			
00:15:59	00:20:52	00:26:05	00:52:10	01:18:16	01:44:21	01:50:05	02:10:26	02:38:31	03:40:09			
00:15:00	00:20:00	00:25:00	00:50:00	01:15:00	01:40:00	01:45:30	02:04:25	02:30:00	03:30:58			
00:14:55	00:19:54	00:24:53	00:49:46	01:14:59	01:39:52	01:45:01	02:04:05	02:29:18	03:30:00			
00:14:24	00:19:12	00:24:00	00:48:00	01:12:00	01:36:00	01:41:17	02:00:00	02:24:00	03:22:52			
00:13:52	00:18:29	00:23:06	00:46:13	01:09:19	01:32:26	01:37:31	01:55:52	02:18:39	03:15:00			
00:13:51	00:18:28	00:23:05	00:44:27	01:09:14	01:32:18	01:37:23	01:55:23	02:18:28	03:14:45			
00:13:20	00:17:47	00:22:13	00:46:47	01:06:40	01:28:53	01:33:47	01:51:07	02:13:20	03:07:52			
00:12:51	00:17:09	00:21:26	00:42:51	01:04:17	01:25:43	01:30:26	01:47:09	02:08:34	03:00:50			
00:12:48	00:17:04	00:21:20	00:42:40	01:03:59	01:25:19	01:30:01	01:46:39	02:07:59	03:00:00			
00:12:25	00:16:33	00:20:41	00:41:23	01:02:04	01:22:46	01:27:19	01:43:27	02:04:08	02:54:56			
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00:11:44	00:15:38	00:19:53	00:39:06	00:58:39	01:18:12	01:22:31	01:37:46	01:57:19	02:55:00			
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00:11:15	00:15:00	00:18:45	00:37:30	00:55:15	01:15:00	01:19:08	01:33:45	01:52:00	02:38:14			
00:10:55	00:14:33	00:18:11	00:36:22	00:54:33	01:12:06	01:16:44	01:30:55	01:49:35	02:33:26			
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00:10:35	00:14:07	00:17:39	00:35:18	00:52:55	01:10:35	01:14:28	01:28:14	01:45:53	02:28:55			
00:10:22	00:13:49	00:17:16	00:34:32	00:51:48	01:10:54	01:12:52	01:26:20	01:43:36	02:25:43			
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00:09:15	00:12:19	00:15:23	00:30:46	00:46:13	01:01:37	01:05:00	01:17:01	01:32:26	02:10:00			
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00:08:05	00:10:48	00:13:30	00:27:03									
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00:07:04	00:09:25	00:11:46										