

Estimation du temps sur une compétition en fonction de sa VMA  
 exemple 10,9 de VMA estimation sur 10 km entre 01h04 et 01h01

<b>10,9</b>	% VAM	10 km	21 km	42 km
	75			05:09:41
	76			05:05:37
	77			05:01:39
	78			04:57:47
	79			04:54:00
	80		02:24:30	04:50:20
	81		02:22:43	
	82		02:20:58	
	83		02:19:16	
	84		02:17:37	
	85	01:04:46	02:16:00	
	86	01:04:00		
	87	01:03:16		
	88	01:02:33		
	89	01:01:51		
90	01:01:10			
<b>12,4</b>	% VAM	10000 m	21000 m	42195 m
	75			04:32:14
	76			04:28:39
	77			04:25:09
	78			04:21:45
	79			04:18:27
	80		02:07:01	04:15:13
	81		02:05:27	
	82		02:03:55	
	83		02:02:26	
	84		02:00:58	
	85	00:56:56	01:59:33	
	86	00:56:16		
	87	00:55:37		
	88	00:54:59		
	89	00:54:22		
90	00:53:46			
<b>14</b>	% VAM	10000 m	21000 m	42195 m
	75			04:01:07
	76			03:57:57
	77			03:54:51
	78			03:51:50
	79			03:48:54
	80		01:52:30	03:46:03
	81		01:51:07	
	82		01:49:45	
	83		01:48:26	
	84		01:47:09	
	85	00:50:25	01:45:53	
	86	00:49:50		
	87	00:49:16		
	88	00:48:42		
	89	00:48:09		
90	00:47:37			

<b>14,4</b>	% VAM	10000 m	21000 m	42195 m
	75			03:54:25
	76			03:51:20
	77			03:48:20
	78			03:45:24
	79			03:42:33
	80		01:49:23	03:39:46
	81		01:48:01	
	82		01:46:42	
	83		01:45:25	
	84		01:44:10	
	85	00:49:01	01:42:56	
	86	00:48:27		
	87	00:47:54		
	88	00:47:21		
	89	00:46:49		
90	00:46:18			
<b>14,9</b>	% VAM	10000 m	21000 m	42195 m
	75			03:46:33
	76			03:43:34
	77			03:40:40
	78			03:37:50
	79			03:35:05
	80		01:45:42	03:32:23
	81		01:44:24	
	82		01:43:08	
	83		01:41:53	
	84		01:40:40	
	85	00:47:22	01:39:29	
	86	00:46:49		
	87	00:46:17		
	88	00:45:46		
	89	00:45:15		
90	00:44:45			
<b>15,8</b>	% VAM	10000 m	21000 m	42195 m
	75			03:33:39
	76			03:30:50
	77			03:28:06
	78			03:25:26
	79			03:22:50
	80		01:39:41	03:20:18
	81		01:38:27	
	82		01:37:15	
	83		01:36:05	
	84		01:34:56	
	85	00:44:41	01:33:49	
	86	00:44:09		
	87	00:43:39		
	88	00:43:09		
	89	00:42:40		
90	00:42:12			

<b>16,3</b>	% VAM	10000 m	21000 m	42195 m
	75			03:27:06
	76			03:24:22
	77			03:21:43
	78			03:19:08
	79			03:16:36
	80		01:36:38	03:14:09
	81		01:35:26	
	82		01:34:16	
	83		01:33:08	
	84		01:32:01	
	85	00:43:18	01:30:57	
	86	00:42:48		
	87	00:42:19		
	88	00:41:50		
	89	00:41:22		
90	00:40:54			
<b>16,4</b>	% VAM	10000 m	21000 m	42195 m
	75			03:25:50
	76			03:23:07
	77			03:20:29
	78			03:17:55
	79			03:15:24
	80		01:36:02	03:12:58
	81		01:34:51	
	82		01:33:42	
	83		01:32:34	
	84		01:31:28	
	85	00:43:02	01:30:23	
	86	00:42:32		
	87	00:42:03		
	88	00:41:34		
	89	00:41:06		
90	00:40:39			

<b>16</b>	% VAM	10000 m	21000 m	42195 m
	75			03:30:59
	76			03:28:12
	77			03:25:30
	78			03:22:52
	79			03:20:18
	80		01:38:26	03:17:47
	81		01:37:13	
	82		01:36:02	
	83		01:34:53	
	84		01:33:45	
	85	00:44:07	01:32:39	
	86	00:43:36		
	87	00:43:06		
	88	00:42:37		
	89	00:42:08		
90	00:41:40			
<b>16,6</b>	% VAM	10000 m	21000 m	42195 m
	75			03:23:21
	76			03:20:40
	77			03:18:04
	78			03:15:32
	79			03:13:03
	80		01:34:53	03:10:38
	81		01:33:42	
	82		01:32:34	
	83		01:31:27	
	84		01:30:22	
	85	00:42:31	01:29:18	
	86	00:42:02		
	87	00:41:33		
	88	00:41:04		
	89	00:40:37		
90	00:40:10			
<b>18</b>	% VAM	10000 m	21000 m	42195 m
	75			03:07:32
	76			03:05:04
	77			03:02:40
	78			03:00:19
	79			02:58:02
	80		01:27:30	02:55:49
	81		01:26:25	
	82		01:25:22	
	83		01:24:20	
	84		01:23:20	
	85	00:39:13	01:22:21	
	86	00:38:46		
	87	00:38:19		
	88	00:37:53		
	89	00:37:27		
90	00:37:02			