

VITESSE D'ENTRAÎNEMENTS

VITESSE D'ENTRAÎNEMENTS																									
VMA COURTE							VMA LONGUE						VITESSE SPECIFIQUE												
VMA km/h	30/30 à100%	30/30 à105%	100m à100%	100m à105%	200m à100%	200m à105%	300m à100%	400m à88%	400m à95%	400m à98%	500m à95%	600m à92%	600m à95%	800m à88%	800m à92%	1000m à88%	1000m 90%	2000m à78%	2000m à80%	2000m à85%	3000m à75%	3000m à80%	3000m à85%	5000m à75%	5000m à80%
10,0	83m	88m	00:36	00:34	01:12	01:09	01:48	02:44	02:32	02:27	03:09	03:55	03:47	05:27	05:13	06:49	06:40	15:23	15:00	14:07	24:00	22:30	21:11	40:00	37:30
10,2	85m	89m	00:35	00:34	01:11	01:07	01:46	02:40	02:29	02:24	03:06	03:50	03:43	05:21	05:07	06:41	06:32	15:05	14:42	13:50	23:32	22:04	20:46	39:13	36:46
10,5	88m	92m	00:34	00:33	01:09	01:05	01:43	02:36	02:24	02:20	03:00	03:44	03:37	05:12	04:58	06:30	06:21	14:39	14:17	13:27	22:51	21:26	20:10	38:06	35:43
10,8	90m	95m	00:33	00:32	01:07	01:03	01:40	02:32	02:20	02:16	02:55	03:37	03:31	05:03	04:50	06:19	06:10	14:15	13:53	13:04	22:13	20:50	19:36	37:02	34:43
11,0	92m	96m	00:33	00:31	01:05	01:02	01:38	02:29	02:18	02:14	02:52	03:33	03:27	04:58	04:45	06:12	06:04	13:59	13:38	12:50	21:49	20:27	19:15	36:22	34:05
11,2	93m	98m	00:32	00:31	01:04	01:01	01:36	02:26	02:15	02:11	02:49	03:30	03:23	04:52	04:40	06:05	05:57	13:44	13:24	12:36	21:26	20:05	18:54	35:43	33:29
11,5	96m	101m	00:31	00:30	01:03	01:00	01:34	02:22	02:12	02:08	02:45	03:24	03:18	04:45	04:32	05:56	05:48	13:23	13:03	12:17	20:52	19:34	18:25	34:47	32:37
11,8	98m	103m	00:31	00:29	01:01	00:58	01:32	02:19	02:08	02:05	02:41	03:19	03:13	04:37	04:25	05:47	05:39	13:02	12:43	11:58	20:20	19:04	17:57	33:54	31:47
12,0	100m	105m	00:30	00:29	01:00	00:57	01:30	02:16	02:06	02:02	02:38	03:16	03:09	04:33	04:21	05:41	05:33	12:49	12:30	11:46	20:00	18:45	17:39	33:20	31:15
12,2	102m	107m	00:30	00:28	00:59	00:56	01:29	02:14	02:04	02:00	02:35	03:12	03:06	04:28	04:17	05:35	05:28	12:37	12:18	11:34	19:40	18:27	17:21	32:47	30:44
12,5	104m	109m	00:29	00:27	00:58	00:55	01:26	02:11	02:01	01:58	02:32	03:08	03:02	04:22	04:10	05:27	05:20	12:18	12:00	11:18	19:12	18:00	16:56	32:00	30:00
12,8	107m	112m	00:28	00:27	00:56	00:54	01:24	02:08	01:58	01:55	02:28	03:03	02:58	04:16	04:05	05:20	05:13	12:01	11:43	11:02	18:45	17:35	16:33	31:15	29:18
13,0	108m	114m	00:28	00:26	00:55	00:53	01:23	02:06	01:57	01:53	02:26	03:01	02:55	04:12	04:01	05:15	05:08	11:50	11:32	10:52	18:28	17:18	16:17	30:46	28:51
13,2	110m	116m	00:27	00:26	00:55	00:52	01:22	02:04	01:55	01:51	02:24	02:58	02:52	04:08	03:57	05:10	05:03	11:39	11:22	10:42	18:11	17:03	16:03	30:18	28:25
13,5	113m	118m	00:27	00:25	00:53	00:51	01:20	02:01	01:52	01:49	02:20	02:54	02:48	04:02	03:52	05:03	04:56	11:24	11:07	10:27	17:47	16:40	15:41	29:38	27:47
13,8	115m	121m	00:26	00:25	00:52	00:50	01:18	01:59	01:50	01:46	02:17	02:50	02:45	03:57	03:47	04:56	04:50	11:09	10:52	10:14	17:23	16:18	15:21	28:59	27:10
14,0	117m	123m	00:26	00:24	00:51	00:49	01:17	01:57	01:48	01:45	02:15	02:48	02:42	03:54	03:44	04:52	04:46	10:59	10:43	10:05	17:09	16:04	15:08	28:34	26:47
14,2	118m	124m	00:25	00:24	00:51	00:48	01:16	01:55	01:47	01:43	02:13	02:45	02:40	03:50	03:40	04:48	04:42	10:50	10:34	09:57	16:54	15:51	14:55	28:10	26:25
14,5	121m	127m	00:25	00:24	00:50	00:47	01:14	01:53	01:45	01:41	02:11	02:42	02:37	03:46	03:36	04:42	04:36	10:37	10:21	09:44	16:33	15:31	14:36	27:35	25:52
14,8	123m	130m	00:24	00:23	00:49	00:46	01:13	01:51	01:42	01:39	02:08	02:39	02:34	03:41	03:32	04:36	04:30	10:24	10:08	09:32	16:13	15:12	14:19	27:02	25:20
15,0	125m	131m	00:24	00:23	00:48	00:46	01:12	01:49	01:41	01:38	02:06	02:37	02:32	03:38	03:29	04:33	04:27	10:15	10:00	09:25	16:00	15:00	14:07	26:40	25:00
15,2	127m	133m	00:24	00:23	00:47	00:45	01:11	01:48	01:40	01:37	02:05	02:34	02:30	03:35	03:26	04:29	04:23	10:07	09:52	09:17	15:47	14:48	13:56	26:19	24:40
15,5	129m	136m	00:23	00:22	00:46	00:44	01:10	01:46	01:38	01:35	02:02	02:31	02:27	03:31	03:22	04:24	04:18	09:56	09:41	09:06	15:29	14:31	13:40	25:48	24:12
15,8	132m	138m	00:23	00:22	00:46	00:43	01:08	01:44	01:36	01:33	02:00	02:29	02:24	03:27	03:18	04:19	04:13	09:44	09:30	08:56	15:11	14:14	13:24	25:19	23:44
16,0	133m	140m	00:23	00:21	00:45	00:43	01:07	01:42	01:35	01:32	01:58	02:27	02:22	03:25	03:16	04:16	04:10	09:37	09:22	08:49	15:00	14:04	13:14	25:00	23:26
16,2	135m	142m	00:22	00:21	00:44	00:42	01:07	01:41	01:34	01:31	01:57	02:25	02:20	03:22	03:13	04:13	04:07	09:30	09:16	08:43	14:49	13:53	13:04	24:41	23:09
16,5	138m	144m	00:22	00:21	00:44	00:42	01:05	01:39	01:32	01:29	01:55	02:22	02:18	03:18	03:10	04:08	04:02	09:19	09:05	08:33	14:33	13:38	12:50	24:15	22:44
16,8	140m	147m	00:21	00:20	00:43	00:41	01:04	01:37	01:30	01:27	01:53	02:20	02:15	03:15	03:06	04:04	03:58	09:09	08:56	08:24	14:17	13:24	12:36	23:49	22:19
17,0	142m	149m	00:21	00:20	00:42	00:40	01:04	01:36	01:29	01:26	01:51	02:18	02:14	03:13	03:04	04:01	03:55	09:03	08:49	08:18	14:07	13:14	12:27	23:32	22:04
17,2	143m	151m	00:21	00:20	00:42	00:40	01:03	01:35	01:28	01:25	01:50	02:17	02:12	03:10	03:02	03:58	03:53	08:57	08:43	08:12	13:57	13:05	12:19	23:15	21:48
17,5	146m	153m	00:21	00:20	00:41	00:39	01:02	01:34	01:27	01:24	01:48	02:14	02:10	03:07	02:59	03:54	03:49	08:47	08:34	08:04	13:43	12:51	12:06	22:51	21:26
17,8	148m	156m	00:20	00:19	00:40	00:39	01:01	01:32	01:25	01:23	01:46	02:12	02:08	03:04	02:56	03:50	03:45	08:39	08:26	07:56	13:29	12:38	11:54	22:28	21:04
18,0	150m	158m	00:20	00:19	00:40	00:38	01:00	01:31	01:24	01:22	01:45	02:10	02:06	03:02	02:54	03:47	03:42	08:33	08:20	07:51	13:20	12:30	11:46	22:13	20:50
18,2	152m	159m	00:20	00:19	00:40	00:38	00:59	01:30	01:23	01:21	01:44	02:09	02:05	03:00	02:52	03:45	03:40	08:27	08:15	07:45	13:11	12:22	11:38	21:59	20:36
18,5	154m	162m	00:19	00:19	00:39	00:37	00:58	01:28	01:22	01:19	01:42	02:07	02:03	02:57	02:49	03:41	03:36	08:19	08:06	07:38	12:58	12:10	11:27	21:37	20:16
18,8	157m	165m	00:19	00:18	00:38	00:36	00:57	01:27	01:21	01:18	01:41	02:05	02:01	02:54	02:47	03:38	03:33	08:11	07:59	07:31	12:46	11:58	11:16	21:17	19:57
19,0	158m	166m	00:19	00:18	00:38	00:36	00:57	01:26	01:20	01:17	01:40	02:04	02:00	02:52	02:45	03:35	03:31	08:06	07:54	07:26	12:38	11:51	11:09	21:03	19:44
19,2	160m	168m	00:19	00:18	00:38	00:36	00:56	01:25	01:19	01:17	01:39	02:02	01:58	02:50	02:43	03:33	03:28	08:01	07:49	07:21	12:30	11:43	11:02	20:50	19:32
19,5	163m	171m	00:18	00:18	00:37	00:35	00:55	01:24	01:18	01:15	01:37	02:00	01:57	02:48	02:41	03:30	03:25	07:53	07:42	07:14	12:18	11:32	10:52	20:31	19:14
19,8	165m	173m	00:18	00:17	00:36	00:35	00:55	01:23	01:17	01:14	01:36	01:59	01:55	02:45	02:38	03:27	03:22	07:46	07:35	07:08	12:07	11:22	10:42	20:12	18:56
20,0	167m	175m	00:18	00:17	00:36	00:34	00:54	01:22	01:16	01:13	01:35	01:57	01:54	02:44	02:37	03:25	03:20	07:42	07:30	07:04	12:00	11:15	10:35	20:00	18:45
20,2	168m	177m	00:18	00:17	00:36	00:34	00:53	01:21	01:15	01:13	01:34	01:56	01:53	02:42	02:35	03:23	03:18	07:37	07:26	06:59	11:53	11:08	10:29	19:48	18:34
20,5	171m	179m	00:18	00:17	00:35	00:33	00:53	01:20	01:14	01:12	01:32	01:55	01:51	02:40	02:33	03:20	03:15	07:30	07:19	06:53	11:42	10:59	10:20	19:31	18:18
20,8	173m	182m	00:17	00:16	00:35	00:33	00:52	01:19	01:13	01:11	01:31	01:53	01:49	02:37	02:31	03:17	03:12	07:24	07:13	06:47	11:32	10:49	10:11	19:14	18:02
21,0	175m	184m	00:17	00:16	00:34	00:33	00:51	01:18	01:12	01:10	01:30	01:52	01:48	02:36	02:29	03:15	03:10	07:20	07:09	06:43	11:26	10:43	10:05	19:03	17:51
21,2	177m	186m	00:17	00:16	00:34	00:32	00:51																		