

Vitesses différentes suivant la VMA

VMA	fractionné du mercredi														Seuil pour un			Courses		
	100 / 200m		300m		400m		500m		600m		800m		1km		10km	Semi	Marathon	10km	Semi	Marathon
	au 100m	au 200m	au 100m	au 300m	au 100m	au 400m	au 100m	au 500m	au 100m	au 600m	au 100m	au 800m	au 100m	au 1000m						
9,5	36,1"	01' 12"	37,0"	01' 51"	37,9"	02' 32"	38,9"	03' 14"	39,9"	03' 59"	41,0"	05' 28"	42,1"	07' 01"	43,3"	44,6"	45,9"	16' 25"	2h 55' 36"	6h 10' 49"
10,00	34,3"	01' 09"	35,1"	01' 45"	36,0"	02' 24"	36,9"	03' 05"	37,9"	03' 47"	38,9"	05' 11"	40,0"	06' 40"	41,1"	42,4"	43,6"	12' 04"	2h 45' 13"	5h 49' 56"
10,50	32,7"	01' 05"	33,4"	01' 40"	34,3"	02' 17"	35,2"	02' 56"	36,1"	03' 37"	37,1"	04' 57"	38,1"	06' 21"	39,2"	40,3"	41,6"	08' 11"	2h 36' 00"	5h 31' 16"
11,00	31,2"	01' 02"	31,9"	01' 36"	32,7"	02' 11"	33,6"	02' 48"	34,4"	03' 27"	35,4"	04' 43"	36,4"	06' 04"	37,4"	38,5"	39,7"	04' 42"	2h 27' 45"	5h 14' 30"
11,50	29,8"	01' 00"	30,5"	01' 32"	31,3"	02' 05"	32,1"	02' 41"	33,0"	03' 18"	33,8"	04' 31"	34,8"	05' 48"	35,8"	36,8"	37,9"	01' 33"	2h 20' 19"	4h 59' 20"
12,00	28,6"	00' 57"	29,3"	01' 28"	30,0"	02' 00"	30,8"	02' 34"	31,6"	03' 09"	32,4"	04' 19"	33,3"	05' 33"	34,3"	35,3"	36,4"	58' 41"	2h 13' 36"	4h 45' 34"
12,50	27,4"	00' 55"	28,1"	01' 24"	28,8"	01' 55"	29,5"	02' 28"	30,3"	03' 02"	31,1"	04' 09"	32,0"	05' 20"	32,9"	33,9"	34,9"	56' 05"	2h 07' 31"	4h 33' 01"
13,00	26,4"	00' 53"	27,0"	01' 21"	27,7"	01' 51"	28,4"	02' 22"	29,1"	02' 55"	29,9"	04' 00"	30,8"	05' 08"	31,6"	32,6"	33,6"	53' 42"	2h 01' 57"	4h 21' 31"
13,50	25,4"	00' 51"	26,0"	01' 18"	26,7"	01' 47"	27,4"	02' 17"	28,1"	02' 48"	28,8"	03' 51"	29,6"	04' 56"	30,5"	31,4"	32,3"	51' 31"	1h 56' 50"	4h 10' 57"
14,00	24,5"	00' 49"	25,1"	01' 15"	25,7"	01' 43"	26,4"	02' 12"	27,1"	02' 42"	27,8"	03' 42"	28,6"	04' 46"	29,4"	30,3"	31,2"	49' 30"	1h 52' 09"	4h 01' 13"
14,50	23,6"	00' 47"	24,2"	01' 13"	24,8"	01' 39"	25,5"	02' 07"	26,1"	02' 37"	26,8"	03' 35"	27,6"	04' 36"	28,4"	29,2"	30,1"	47' 38"	1h 47' 49"	3h 52' 12"
15,00	22,9"	00' 46"	23,4"	01' 10"	24,0"	01' 36"	24,6"	02' 03"	25,3"	02' 32"	25,9"	03' 28"	26,7"	04' 27"	27,4"	28,2"	29,1"	45' 54"	1h 43' 49"	3h 43' 50"
15,50	22,1"	00' 44"	22,7"	01' 08"	23,2"	01' 33"	23,8"	01' 59"	24,4"	02' 27"	25,1"	03' 21"	25,8"	04' 18"	26,5"	27,3"	28,2"	44' 18"	1h 40' 06"	3h 36' 02"
16,00	21,4"	00' 43"	22,0"	01' 06"	22,5"	01' 30"	23,1"	01' 55"	23,7"	02' 22"	24,3"	03' 15"	25,0"	04' 10"	25,7"	26,5"	27,3"	42' 48"	1h 36' 38"	3h 28' 47"
16,5	20,8"	00' 42"	21,3"	01' 04"	21,8"	01' 27"	22,4"	01' 52"	23,0"	02' 18"	23,6"	03' 09"	24,2"	04' 02"	24,9"	25,7"	26,4"	41' 24"	1h 33' 24"	3h 21' 59"
17,00	20,2"	00' 40"	20,7"	01' 02"	21,2"	01' 25"	21,7"	01' 49"	22,3"	02' 14"	22,9"	03' 03"	23,5"	03' 55"	24,2"	24,9"	25,7"	40' 05"	1h 30' 23"	3h 15' 38"
17,50	19,6"	00' 39"	20,1"	01' 00"	20,6"	01' 22"	21,1"	01' 45"	21,7"	02' 10"	22,2"	02' 58"	22,9"	03' 49"	23,5"	24,2"	24,9"	38' 51"	1h 27' 33"	3h 09' 39"
18,00	19,0"	00' 38"	19,5"	00' 59"	20,0"	01' 20"	20,5"	01' 43"	21,1"	02' 06"	21,6"	02' 53"	22,2"	03' 42"	22,9"	23,5"	24,2"	37' 42"	1h 24' 53"	3h 04' 02"
18,50	18,5"	00' 37"	19,0"	00' 57"	19,5"	01' 18"	20,0"	01' 40"	20,5"	02' 03"	21,0"	02' 48"	21,6"	03' 36"	22,2"	22,9"	23,6"	36' 36"	1h 22' 23"	2h 58' 44"
19,00	18,0"	00' 36"	18,5"	00' 55"	18,9"	01' 16"	19,4"	01' 37"	19,9"	02' 00"	20,5"	02' 44"	21,1"	03' 31"	21,7"	22,3"	23,0"	35' 35"	1h 20' 01"	2h 53' 44"
19,50	17,6"	00' 35"	18,0"	00' 54"	18,5"	01' 14"	18,9"	01' 35"	19,4"	01' 57"	20,0"	02' 40"	20,5"	03' 25"	21,1"	21,7"	22,4"	34' 36"	1h 17' 48"	2h 49' 01"
20,00	17,1"	00' 34"	17,6"	00' 53"	18,0"	01' 12"	18,5"	01' 32"	18,9"	01' 54"	19,5"	02' 36"	20,0"	03' 20"	20,6"	21,2"	21,8"	33' 41"	1h 15' 41"	2h 44' 32"