

ALLURES DE COURSE VMA ET SEUILS

Moyenne horaire	km	1km	5km	10km	15km	20km	21,100km	25Km	30km	35km	40km	42,195km
08,000km		7' 30"	37' 30"	1h 15' 00"	1h 52' 30"	2h 30' 00"	2h 38' 15"	3h 07'	3h 45'	4h 22'	5h 00'	5h 16' 00"
08,181km		7' 20"	36' 40"	1h 13' 20"	1h 50' 00"	2h 26' 40"	2h 34' 44"	3h 03'	3h 40'	4h 16'	4h 53'	5h 09' 00"
08,372km		7' 10"	35' 50"	1h 11' 40"	1h 47' 30"	2h 23' 20"	2h 31' 13"	2h 59'	3h 35'	4h 10'	4h 46'	5h 02' 00"
08,571km		7' 00"	35' 00"	1h 10' 00"	1h 45' 00"	2h 20' 00"	2h 27' 42"	2h 55'	3h 30'	4h 05'	4h 40'	4h 55' 00"
08,780km		6' 50"	34' 10"	1h 08' 20"	1h 42' 30"	2h 16' 40"	2h 24' 41"	2h 50'	3h 25'	3h 59'	4h 33'	4h 48' 00"
09,000km		6' 40"	33' 20"	1h 06' 40"	1h 40' 00"	2h 13' 20"	2h 20' 40"	2h 46'	3h 20'	3h 53'	4h 26'	4h 41' 00"
09,230km		6' 30"	32' 30"	1h 05' 00"	1h 37' 30"	2h 10' 00"	2h 17' 09"	2h 42'	3h 15'	3h 47'	4h 20'	4h 34' 00"
09,473km		6' 20"	31' 40"	1h 03' 20"	1h 35' 00"	2h 06' 40"	2h 13' 38"	2h 38'	3h 10'	3h 41'	4h 13'	4h 27' 00"
09,729km		6' 10"	30' 50"	1h 01' 40"	1h 32' 30"	2h 03' 20"	2h 10' 07"	2h 34'	3h 05'	3h 35'	4h 06'	4h 20' 00"
10,000km		6' 00"	30' 00"	1h 00' 00"	1h 30' 00"	2h 00' 00"	2h 06' 36"	2h 30'	3h 00'	3h 30'	4h 00'	4h 13' 00"
10,285km		5' 50"	29' 10"	0h 58' 20"	1h 27' 30"	1h 56' 40"	2h 03' 05"	2h 25'	2h 55'	3h 24'	3h 53'	4h 06' 00"
10,588km		5' 40"	28' 20"	0h 56' 40"	1h 25' 00"	1h 53' 20"	1h 59' 34"	2h 21'	2h 50'	3h 18'	3h 46'	3h 59' 00"
10,909km		5' 30"	27' 30"	0h 55' 00"	1h 22' 30"	1h 50' 00"	1h 56' 03"	2h 17'	2h 45'	3h 12'	3h 40'	3h 52' 00"
11,250km		5' 20"	26' 40"	0h 53' 20"	1h 20' 00"	1h 46' 40"	1h 52' 32"	2h 13'	2h 40'	3h 06'	3h 33'	3h 45' 00"
11,612km		5' 10"	25' 50"	0h 51' 40"	1h 17' 30"	1h 43' 20"	1h 49' 01"	2h 09'	2h 35'	3h 00'	3h 26'	3h 38' 00"
12,000km		5' 00"	25' 00"	0h 50' 00"	1h 15' 00"	1h 40' 00"	1h 45' 30"	2h 05'	2h 30'	2h 55'	3h 20'	3h 31' 00"
12,413km		4' 50"	24' 10"	0h 48' 20"	1h 12' 30"	1h 36' 40"	1h 41' 59"	2h 00'	2h 25'	2h 49'	3h 13'	3h 23' 56"
12,857km		4' 40"	23' 20"	0h 46' 40"	1h 10' 00"	1h 33' 20"	1h 38' 28"	1h 56'	2h 20'	2h 43'	3h 06'	3h 16' 54"
13,333km		4' 30"	22' 30"	0h 45' 00"	1h 07' 30"	1h 30' 00"	1h 34' 57"	1h 52'	2h 15'	2h 37'	3h 00'	3h 09' 52"
13,584km		4' 25"	22' 05"	0h 44' 10"	1h 06' 15"	1h 28' 20"	1h 33' 11"	1h 50'	2h 12'	2h 34'	2h 56'	3h 06' 23"
13,846km		4' 20"	21' 40"	0h 43' 20"	1h 05' 00"	1h 26' 40"	1h 31' 26"	1h 48'	2h 10'	2h 31'	2h 53'	3h 02' 50"
14,117km		4,15"	21' 15"	0h 42' 30"	1h 03' 45"	1h 25' 00"	1h 29' 40"	1h 46'	2h 07'	2h 28'	2h 50'	2h 59' 19"
14,400km		4' 10"	20' 50"	0h 41' 30"	1h 02' 30"	1h 23' 20"	1h 27' 55"	1h 44'	2h 05'	2h 25'	2h 46'	2h 55' 48"
14,693km		4' 05"	20' 25"	0h 40' 50"	1h 01' 15"	1h 21' 40"	1h 26' 09"	1h 42'	2h 02'	2h 22'	2h 43'	2h 52' 16"
15,000km		4' 00"	20' 00"	0h 40' 00"	1h 00' 00"	1h 20' 00"	1h 24' 24"	1h 40'	2h 00'	2h 20'	2h 40'	2h 48' 46"
15,319km		3' 55"	19' 35"	0h 39' 10"	0h 58' 45"	1h 18' 20"	1h 22' 38"	1h 37'	1h 57'	2h 17'	2h 36'	2h 45' 15"
15,652km		3' 50"	19' 10"	0h 38' 20"	0h 57' 30"	1h 16' 40"	1h 20' 53"	1h 35'	1h 55'	2h 14'	2h 33'	2h 41' 45"
16,000km		3' 45"	18' 45"	0h 37' 30"	0h 56' 15"	1h 15' 00"	1h 19' 07"	1h 33'	1h 52'	2h 11'	2h 30'	2h 38' 15"
16,363km		3' 40"	18' 20"	0h 36' 40"	0h 55' 00"	1h 13' 20"	1h 17' 22"	1h 31'	1h 50'	2h 08'	2h 26'	2h 34' 43"
16,744km		3' 35"	17' 55"	0h 35' 50"	0h 53' 45"	1h 11' 40"	1h 15' 36"	1h 29'	1h 47'	2h 05'	2h 23'	2h 31' 12"
17,142km		3' 30"	17' 30"	0h 35' 00"	0h 52' 30"	1h 10' 00"	1h 13' 51"	1h 27'	1h 45'	2h 02'	2h 20'	2h 27' 41"
17,560km		3' 25"	17' 05"	0h 34' 10"	0h 51' 15"	1h 08' 20"	1h 12' 05"	1h 25'	1h 42'	1h 59'	2h 16'	2h 24' 10"
18,000km		3' 20"	16' 40"	0h 33' 20"	0h 50' 00"	1h 06' 40"	1h 10' 20"	1h 23'	1h 40'	1h 56'	2h 13'	2h 20' 39"
18,460km		3' 15"	16' 15"	0h 32' 30"	0h 48' 45"	1h 05' 00"	1h 08' 34"	1h 21'	1h 37'	1h 53'	2h 10'	2h 17' 08"
18,945km		3' 10"	15' 50"	0h 31' 40"	0h 47' 30"	1h 03' 20"	1h 06' 48"	1h 19'	1h 35'	1h 50'	2h 06'	2h 13' 37"
19,200km		3' 07"	15' 37"	0h 31' 15"	0h 46' 53"	1h 02' 30"	1h 05' 56"	1h 18'	1h 33'	1h 49'	2h 05'	2h 11' 52"
19,455km		3' 05"	15' 25"	0h 30' 50"	0h 46' 15"	1h 01' 40"	1h 05' 3"	1h 17'	1h 32'	1h 48'	2h 03'	2h 10' 06"
19,760km		3' 02"	15' 12"	0h 30' 25"	0h 45' 37"	1h 00' 50"	1h 04' 10"	1h 16'	1h 31'	1h 46'	2h 01'	2h 08' 20"
20,000km		3' 00"	15' 00"	0h 30' 00"	0h 45' 00"	1h 00' 00"	1h 03' 17"	1h 15'	1h 30'	1h 45'	2h 00'	2h 06' 35"

