

TEMPS DE PASSAGE - VAM

Votre

VMA	10,80	km/h
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 Calculée à partCr de votre test Vameval

% de la VMA	TEMPS DE PASSAGE AUX :															
	100 m	200 m	300 m	400 m	500 m	600 m	800 m	1000 m	1200 m	1500 m	1600 m	2000m	2500m	3000 m	4000m	5000 m
65	00:51,29	01:42,57	02:33,86	03:25,14	04:16,43	05:07,72	06:50,29	08:32,86	10:15,43	12:49,29	13:40,58	17:05,72	21:22,15	25:38,58	34:11,45	42:44,31
66	00:50,51	01:41,02	02:31,53	03:22,04	04:12,55	05:03,05	06:44,07	08:25,09	10:06,11	12:37,64	13:28,15	16:50,18	21:02,73	25:15,27	33:40,36	42:05,45
67	00:49,76	01:39,51	02:29,27	03:19,02	04:08,78	04:58,53	06:38,04	08:17,55	09:57,06	12:26,33	13:16,08	16:35,10	20:43,88	24:52,66	33:10,21	41:27,76
68	00:49,02	01:38,05	02:27,07	03:16,09	04:05,12	04:54,14	06:32,19	08:10,24	09:48,28	12:15,35	13:04,38	16:20,47	20:25,59	24:30,71	32:40,94	40:51,18
69	00:48,31	01:36,63	02:24,94	03:13,25	04:01,57	04:49,88	06:26,50	08:03,13	09:39,76	12:04,70	12:53,01	16:06,26	20:07,83	24:09,39	32:12,52	40:15,65
70	00:47,62	01:35,25	02:22,87	03:10,49	03:58,11	04:45,74	06:20,98	07:56,23	09:31,47	11:54,34	12:41,97	15:52,46	19:50,57	23:48,69	31:44,91	39:41,14
71	00:46,95	01:33,90	02:20,86	03:07,81	03:54,76	04:41,71	06:15,62	07:49,52	09:23,43	11:44,28	12:31,23	15:39,04	19:33,80	23:28,56	31:18,08	39:07,61
72	00:46,30	01:32,60	02:18,90	03:05,20	03:51,50	04:37,80	06:10,40	07:43,00	09:15,60	11:34,50	12:20,80	15:26,00	19:17,50	23:09,00	30:52,00	38:35,00
73	00:45,67	01:31,33	02:17,00	03:02,66	03:48,33	04:33,99	06:05,33	07:36,66	09:07,99	11:24,99	12:10,65	15:13,32	19:01,64	22:49,97	30:26,63	38:03,29
74	00:45,05	01:30,10	02:15,15	03:00,19	03:45,24	04:30,29	06:00,39	07:30,49	09:00,58	11:15,73	12:00,78	15:00,97	18:46,22	22:31,46	30:01,95	37:32,43
75	00:44,45	01:28,90	02:13,34	02:57,79	03:42,24	04:26,69	05:55,58	07:24,48	08:53,38	11:06,72	11:51,17	14:48,96	18:31,20	22:13,44	29:37,92	37:02,40
76	00:43,86	01:27,73	02:11,59	02:55,45	03:39,32	04:23,18	05:50,91	07:18,63	08:46,36	10:57,95	11:41,81	14:37,26	18:16,58	21:55,89	29:14,53	36:33,16
77	00:43,29	01:26,59	02:09,88	02:53,17	03:36,47	04:19,76	05:46,35	07:12,94	08:39,52	10:49,40	11:32,70	14:25,87	18:02,34	21:38,81	28:51,74	36:04,68
78	00:42,74	01:25,48	02:08,22	02:50,95	03:33,69	04:16,43	05:41,91	07:07,38	08:32,86	10:41,08	11:23,82	14:14,77	17:48,46	21:22,15	28:29,54	35:36,92
79	00:42,20	01:24,39	02:06,59	02:48,79	03:30,99	04:13,18	05:37,58	07:01,97	08:26,37	10:32,96	11:15,16	14:03,95	17:34,94	21:05,92	28:07,90	35:09,87
80	00:41,67	01:23,34	02:05,01	02:46,68	03:28,35	04:10,02	05:33,36	06:56,70	08:20,04	10:25,05	11:06,72	13:53,40	17:21,75	20:50,10	27:46,80	34:43,50
81	00:41,16	01:22,31	02:03,47	02:44,62	03:25,78	04:06,93	05:29,24	06:51,56	08:13,87	10:17,33	10:58,49	13:43,11	17:08,89	20:34,67	27:26,22	34:17,78
82	00:40,65	01:21,31	02:01,96	02:42,61	03:23,27	04:03,92	05:25,23	06:46,54	08:07,84	10:09,80	10:50,46	13:33,07	16:56,34	20:19,61	27:06,15	33:52,68
83	00:40,16	01:20,33	02:00,49	02:40,66	03:20,82	04:00,98	05:21,31	06:41,64	08:01,97	10:02,46	10:42,62	13:23,28	16:44,10	20:04,92	26:46,55	33:28,19
84	00:39,69	01:19,37	01:59,06	02:38,74	03:18,43	03:58,11	05:17,49	06:36,86	07:56,23	09:55,29	10:34,97	13:13,71	16:32,14	19:50,57	26:27,43	33:04,29
85	00:39,22	01:18,44	01:57,66	02:36,88	03:16,09	03:55,31	05:13,75	06:32,19	07:50,63	09:48,28	10:27,50	13:04,38	16:20,47	19:36,56	26:08,75	32:40,94
86	00:38,76	01:17,53	01:56,29	02:35,05	03:13,81	03:52,58	05:10,10	06:27,63	07:45,15	09:41,44	10:20,20	12:55,26	16:09,07	19:22,88	25:50,51	32:18,14
87	00:38,32	01:16,63	01:54,95	02:33,27	03:11,59	03:49,90	05:06,54	06:23,17	07:39,81	09:34,76	10:13,08	12:46,34	15:57,93	19:09,52	25:32,69	31:55,86
88	00:37,88	01:15,76	01:53,65	02:31,53	03:09,41	03:47,29	05:03,05	06:18,82	07:34,58	09:28,23	10:06,11	12:37,64	15:47,05	18:56,45	25:15,27	31:34,09
89	00:37,46	01:14,91	01:52,37	02:29,82	03:07,28	03:44,74	04:59,65	06:14,56	07:29,47	09:21,84	09:59,30	12:29,12	15:36,40	18:43,69	24:58,25	31:12,81
90	00:37,04	01:14,08	01:51,12	02:28,16	03:05,20	03:42,24	04:56,32	06:10,40	07:24,48	09:15,60	09:52,64	12:20,80	15:26,00	18:31,20	24:41,60	30:52,00
91	00:36,63	01:13,27	01:49,90	02:26,53	03:03,16	03:39,80	04:53,06	06:06,33	07:19,60	09:09,49	09:46,13	12:12,66	15:15,82	18:18,99	24:25,32	30:31,65
92	00:36,23	01:12,47	01:48,70	02:24,94	03:01,17	03:37,41	04:49,88	06:02,35	07:14,82	09:03,52	09:39,76	12:04,70	15:05,87	18:07,04	24:09,39	30:11,74
93	00:35,85	01:11,69	01:47,54	02:23,38	02:59,23	03:35,07	04:46,76	05:58,45	07:10,14	08:57,68	09:33,52	11:56,90	14:56,13	17:55,35	23:53,81	29:52,26
94	00:35,46	01:10,93	01:46,39	02:21,86	02:57,32	03:32,78	04:43,71	05:54,64	07:05,57	08:51,96	09:27,42	11:49,28	14:46,60	17:43,91	23:38,55	29:33,19
95	00:35,09	01:10,18	01:45,27	02:20,36	02:55,45	03:30,54	04:40,72	05:50,91	07:01,09	08:46,36	09:21,45	11:41,81	14:37,26	17:32,72	23:23,62	29:14,53
96	00:34,72	01:09,45	01:44,17	02:18,90	02:53,62	03:28,35	04:37,80	05:47,25	06:56,70	08:40,87	09:15,60	11:34,50	14:28,12	17:21,75	23:09,00	28:56,25
97	00:34,37	01:08,73	01:43,10	02:17,47	02:51,84	03:26,20	04:34,94	05:43,67	06:52,40	08:35,51	09:09,87	11:27,34	14:19,18	17:11,01	22:54,68	28:38,35
98	00:34,02	01:08,03	01:42,05	02:16,07	02:50,08	03:24,10	04:32,13	05:40,16	06:48,20	08:30,24	09:04,26	11:20,33	14:10,41	17:00,49	22:40,65	28:20,82
99	00:33,67	01:07,35	01:41,02	02:14,69	02:48,36	03:22,04	04:29,38	05:36,73	06:44,07	08:25,09	08:58,76	11:13,45	14:01,82	16:50,18	22:26,91	28:03,64
100	00:33,34	01:06,67	01:40,01	02:13,34	02:46,68	03:20,02	04:26,69	05:33,36	06:40,03	08:20,04	08:53,38	11:06,72	13:53,40	16:40,08	22:13,44	27:46,80
103	00:32,37	01:04,73	01:37,10	02:09,46	02:41,83	03:14,19	04:18,92	05:23,65	06:28,38	08:05,48	08:37,84	10:47,30	13:29,13	16:10,95	21:34,60	26:58,25
105	00:31,75	01:03,50	01:35,25	02:06,99	02:38,74	03:10,49	04:13,99	05:17,49	06:20,98	07:56,23	08:27,98	10:34,97	13:13,71	15:52,46	21:09,94	26:27,43

Pour une autre dCstance :

% choCsC :	90
dCstance :	42000

mètres

Temps :

04:19'17"

400	800	1000	1200	1600	2000	2400	2800	3000	3200	3600	4000	4400	4800	5000
01:21,0	02:42,0	03:22,5	04:03,0	05:24,0	06:45,0	08:06,0	09:27,0	10:07,5	10:48,0	12:09,0	13:30,0	14:51,0	16:12,0	16:52,5
01:21:08	02:44:36		04:06:08	05:30:03	06:51:01	08:13:01	09:35:09		10:59:06	12:23:04	13:49:17	15:13:07		17:17:24

6000m	7000 m	8000 m	9000 m	10000 m	12000 m	14000 m	15000 m	16000 m	17000m	18000m	20000 m	21100 m	42195 m
51:17,17	59:50,03	08:22,89	08:22,89	25:28,62	1: 42' 34"	1: 59' 40"	2: 08' 13"	2: 16' 46"	2: 25' 19"	2: 33' 52"	2: 50' 57"	3: 00' 21"	6: 00' 40"
50:30,55	58:55,64	07:20,73	07:20,73	24:10,91	1: 41' 01"	1: 57' 51"	2: 06' 16"	2: 14' 41"	2: 23' 07"	2: 31' 32"	2: 48' 22"	2: 57' 37"	5: 55' 12"
49:45,31	58:02,87	06:20,42	06:20,42	22:55,52	1: 39' 31"	1: 56' 06"	2: 04' 23"	2: 12' 41"	2: 20' 58"	2: 29' 16"	2: 45' 51"	2: 54' 58"	5: 49' 54"
49:01,41	57:11,65	05:21,88	05:21,88	21:42,35	1: 38' 03"	1: 54' 23"	2: 02' 34"	2: 10' 44"	2: 18' 54"	2: 27' 04"	2: 43' 25"	2: 52' 24"	5: 44' 45"
48:18,78	56:21,91	04:25,04	04:25,04	20:31,30	1: 36' 38"	1: 52' 44"	2: 00' 47"	2: 08' 50"	2: 16' 53"	2: 24' 56"	2: 41' 03"	2: 49' 54"	5: 39' 46"
47:37,37	55:33,60	03:29,83	03:29,83	19:22,29	1: 35' 15"	1: 51' 07"	1: 59' 03"	2: 07' 00"	2: 14' 56"	2: 22' 52"	2: 38' 45"	2: 47' 28"	5: 34' 54"
46:57,13	54:46,65	02:36,17	02:36,17	18:15,21	1: 33' 54"	1: 49' 33"	1: 57' 23"	2: 05' 12"	2: 13' 02"	2: 20' 51"	2: 36' 30"	2: 45' 07"	5: 30' 11"
46:18,00	54:01,00	01:44,00	01:44,00	17:10,00	1: 32' 36"	1: 48' 02"	1: 55' 45"	2: 03' 28"	2: 11' 11"	2: 18' 54"	2: 34' 20"	2: 42' 49"	5: 25' 36"
45:39,95	53:16,60	00:53,26	00:53,26	16:06,58	1: 31' 20"	1: 46' 33"	1: 54' 10"	2: 01' 47"	2: 09' 23"	2: 17' 00"	2: 32' 13"	2: 40' 35"	5: 21' 09"
45:02,92	52:33,41	00:03,89	00:03,89	15:04,86	1: 30' 06"	1: 45' 07"	1: 52' 37"	2: 00' 08"	2: 07' 38"	2: 15' 09"	2: 30' 10"	2: 38' 25"	5: 16' 48"
44:26,88	51:51,36	59:15,84	59:15,84	14:04,80	1: 28' 54"	1: 43' 43"	1: 51' 07"	1: 58' 32"	2: 05' 56"	2: 13' 21"	2: 28' 10"	2: 36' 19"	5: 12' 35"
43:51,79	51:10,42	58:29,05	58:29,05	13:06,32	1: 27' 44"	1: 42' 21"	1: 49' 39"	1: 56' 58"	2: 04' 17"	2: 11' 35"	2: 26' 13"	2: 34' 15"	5: 08' 28"
43:17,61	50:30,55	57:43,48	57:43,48	12:09,35	1: 26' 35"	1: 41' 01"	1: 48' 14"	1: 55' 27"	2: 02' 40"	2: 09' 53"	2: 24' 19"	2: 32' 15"	5: 04' 28"
42:44,31	49:51,69	56:59,08	56:59,08	11:13,85	1: 25' 29"	1: 39' 43"	1: 46' 51"	1: 53' 58"	2: 01' 06"	2: 08' 13"	2: 22' 28"	2: 30' 18"	5: 00' 33"
42:11,85	49:13,82	56:15,80	56:15,80	10:19,75	1: 24' 24"	1: 38' 28"	1: 45' 30"	1: 52' 32"	1: 59' 34"	2: 06' 36"	2: 20' 39"	2: 28' 24"	4: 56' 45"
41:40,20	48:36,90	55:33,60	55:33,60	09:27,00	1: 23' 20"	1: 37' 14"	1: 44' 10"	1: 51' 07"	1: 58' 04"	2: 05' 01"	2: 18' 54"	2: 26' 32"	4: 53' 03"
41:09,33	48:00,89	54:52,44	54:52,44	08:35,56	1: 22' 19"	1: 36' 02"	1: 42' 53"	1: 49' 45"	1: 56' 36"	2: 03' 28"	2: 17' 11"	2: 24' 44"	4: 49' 26"
40:39,22	47:25,76	54:12,29	54:12,29	07:45,37	1: 21' 18"	1: 34' 52"	1: 41' 38"	1: 48' 25"	1: 55' 11"	2: 01' 58"	2: 15' 31"	2: 22' 58"	4: 45' 54"
40:09,83	46:51,47	53:33,11	53:33,11	06:56,39	1: 20' 20"	1: 33' 43"	1: 40' 25"	1: 47' 06"	1: 53' 48"	2: 00' 29"	2: 13' 53"	2: 21' 15"	4: 42' 27"
39:41,14	46:18,00	52:54,86	52:54,86	06:08,57	1: 19' 22"	1: 32' 36"	1: 39' 13"	1: 45' 50"	1: 52' 27"	1: 59' 03"	2: 12' 17"	2: 19' 34"	4: 39' 05"
39:13,13	45:45,32	52:17,51	52:17,51	05:21,88	1: 18' 26"	1: 31' 31"	1: 38' 03"	1: 44' 35"	1: 51' 07"	1: 57' 39"	2: 10' 44"	2: 17' 55"	4: 35' 48"
38:45,77	45:13,40	51:41,02	51:41,02	04:36,28	1: 17' 32"	1: 30' 27"	1: 36' 54"	1: 43' 22"	1: 49' 50"	1: 56' 17"	2: 09' 13"	2: 16' 19"	4: 32' 36"
38:19,03	44:42,21	51:05,38	51:05,38	03:51,72	1: 16' 38"	1: 29' 24"	1: 35' 48"	1: 42' 11"	1: 48' 34"	1: 54' 57"	2: 07' 43"	2: 14' 45"	4: 29' 28"
37:52,91	44:11,73	50:30,55	50:30,55	03:08,18	1: 15' 46"	1: 28' 23"	1: 34' 42"	1: 41' 01"	1: 47' 20"	1: 53' 39"	2: 06' 16"	2: 13' 13"	4: 26' 24"
37:27,37	43:41,93	49:56,49	49:56,49	02:25,62	1: 14' 55"	1: 27' 24"	1: 33' 38"	1: 39' 53"	1: 46' 08"	1: 52' 22"	2: 04' 51"	2: 11' 43"	4: 23' 25"
37:02,40	43:12,80	49:23,20	49:23,20	01:44,00	1: 14' 05"	1: 26' 26"	1: 32' 36"	1: 38' 46"	1: 44' 57"	1: 51' 07"	2: 03' 28"	2: 10' 15"	4: 20' 29"
36:37,98	42:44,31	48:50,64	48:50,64	01:03,30	1: 13' 16"	1: 25' 29"	1: 31' 35"	1: 37' 41"	1: 43' 48"	1: 49' 54"	2: 02' 07"	2: 08' 50"	4: 17' 37"
36:14,09	42:16,43	48:18,78	48:18,78	00:23,48	1: 12' 28"	1: 24' 33"	1: 30' 35"	1: 36' 38"	1: 42' 40"	1: 48' 42"	2: 00' 47"	2: 07' 26"	4: 14' 49"
35:50,71	41:49,16	47:47,61	47:47,61	59:44,52	1: 11' 41"	1: 23' 38"	1: 29' 37"	1: 35' 35"	1: 41' 34"	1: 47' 32"	1: 59' 29"	2: 06' 03"	4: 12' 05"
35:27,83	41:22,47	47:17,11	47:17,11	59:06,38	1: 10' 56"	1: 22' 45"	1: 28' 40"	1: 34' 34"	1: 40' 29"	1: 46' 23"	1: 58' 13"	2: 04' 43"	4: 09' 24"
35:05,43	40:56,34	46:47,24	46:47,24	58:29,05	1: 10' 11"	1: 21' 53"	1: 27' 44"	1: 33' 34"	1: 39' 25"	1: 45' 16"	1: 56' 58"	2: 03' 24"	4: 06' 46"
34:43,50	40:30,75	46:18,00	46:18,00	57:52,50	1: 09' 27"	1: 21' 01"	1: 26' 49"	1: 32' 36"	1: 38' 23"	1: 44' 10"	1: 55' 45"	2: 02' 07"	4: 04' 12"
34:22,02	40:05,69	45:49,36	45:49,36	57:16,70	1: 08' 44"	1: 20' 11"	1: 25' 55"	1: 31' 39"	1: 37' 22"	1: 43' 06"	1: 54' 33"	2: 00' 51"	4: 01' 41"
34:00,98	39:41,14	45:21,31	45:21,31	56:41,63	1: 08' 02"	1: 19' 22"	1: 25' 02"	1: 30' 43"	1: 36' 23"	1: 42' 03"	1: 53' 23"	1: 59' 37"	3: 59' 13"
33:40,36	39:17,09	44:53,82	44:53,82	56:07,27	1: 07' 21"	1: 18' 34"	1: 24' 11"	1: 29' 48"	1: 35' 24"	1: 41' 01"	1: 52' 15"	1: 58' 25"	3: 56' 48"
33:20,16	38:53,52	44:26,88	44:26,88	55:33,60	1: 06' 40"	1: 17' 47"	1: 23' 20"	1: 28' 54"	1: 34' 27"	1: 40' 00"	1: 51' 07"	1: 57' 14"	3: 54' 26"
32:21,90	37:45,55	43:09,20	43:09,20	53:56,50	1: 04' 44"	1: 15' 31"	1: 20' 55"	1: 26' 18"	1: 31' 42"	1: 37' 06"	1: 47' 53"	1: 53' 49"	3: 47' 36"
31:44,91	37:02,40	42:19,89	42:19,89	52:54,86	1: 03' 30"	1: 14' 05"	1: 19' 22"	1: 24' 40"	1: 29' 57"	1: 35' 15"	1: 45' 50"	1: 51' 39"	3: 43' 16"