

Tableau de correspondance des Vitesses pour la VMA

		14km/h		15km/h		16km/h		17km/h		18km/h		19km/h		20km/h		21km/h		22km/h	
		Min	sec	Min	sec	Min	sec	Min	sec	Min	sec	Min	sec	Min	sec	Min	sec	Min	sec
	100m	0	32	0	30	0	28	0	26	0	25	0	24	0	23	0	21	0	20
	300m	1	36	1	30	1	24	1	19	1	15	1	11	1	8	1	4	1	1
8	400m	2	9	2	0	1	53	1	46	1	40	1	35	1	30	1	26	1	22
0	500m	2	41	2	30	2	21	2	12	2	5	1	58	1	53	1	47	1	42
%	1000m	5	21	5	0	4	41	4	25	4	10	3	57	3	45	3	34	3	25
	1 min	186	m	200	m	213	m	226	m	240	m	253	m	266	m	280	m	293	m

	100m	0	30	0	28	0	26	0	25	0	24	0	22	0	21	0	20	0	19
	300m	1	31	1	25	1	19	1	15	1	11	1	7	1	4	1	1	0	58
8	400m	2	1	1	53	1	46	1	40	1	34	1	29	1	25	1	21	1	17
5	500m	2	31	2	21	2	12	2	5	1	58	1	51	1	46	1	41	1	36
%	1000m	5	3	4	42	4	25	4	9	3	55	3	43	3	32	3	22	3	13
	1 min	198	m	212	m	226	m	240	m	255	m	269	m	283	m	297	m	311	m

	100m	0	29	0	27	0	25	0	24	0	22	0	21	0	20	0	19	0	18
	300m	1	26	1	20	1	15	1	11	1	7	1	3	1	0	0	57	0	55
9	400m	1	54	1	47	1	40	1	34	1	29	1	24	1	20	1	16	1	13
0	500m	2	23	2	13	2	5	1	58	1	51	1	45	1	40	1	35	1	31
%	1000m	4	46	4	27	4	10	3	55	3	42	3	31	3	20	3	10	3	2
	1 min	210	m	225	m	240	m	255	m	270	m	285	m	300	m	315	m	330	m

	100m	0	27	0	25	0	24	0	22	0	21	0	20	0	19	0	18	0	17
	300m	1	21	1	16	1	11	1	7	1	3	0	60	0	57	0	54	0	52
9	400m	1	48	1	41	1	35	1	29	1	24	1	20	1	16	1	12	1	9
5	500m	2	15	2	6	1	58	1	51	1	45	1	40	1	35	1	30	1	26
%	1000m	4	31	4	13	3	57	3	43	3	31	3	19	3	9	3	0	2	52
	1 min	221	m	237	m	253	m	269	m	285	m	300	m	316	m	332	m	348	m

	100m	0	26	0	24	0	23	0	21	0	20	0	19	0	18	0	17	0	16
	300m	1	17	1	12	1	8	1	4	1	0	0	57	0	54	0	51	0	49
1	400m	1	43	1	36	1	30	1	25	1	20	1	16	1	12	1	9	1	5
0	500m	2	9	2	0	1	53	1	46	1	40	1	35	1	30	1	26	1	22
%	1000m	4	17	4	0	3	45	3	32	3	20	3	9	3	0	2	51	2	44
	1 min	233	m	250	m	266	m	283	m	300	m	316	m	333	m	350	m	366	m

	100m	0	24	0	23	0	21	0	20	0	19	0	18	0	17	0	16	0	16
	300m	1	13	1	9	1	4	1	1	0	57	0	54	0	51	0	49	0	47
1	400m	1	38	1	31	1	26	1	21	1	16	1	12	1	9	1	5	1	2
5	500m	2	2	1	54	1	47	1	41	1	35	1	30	1	26	1	22	1	18
%	1000m	4	5	3	49	3	34	3	22	3	10	3	0	2	51	2	43	2	36
	1 min	245	m	262	m	280	m	297	m	315	m	332	m	350	m	367	m	385	m

	100m	0	23	0	22	0	20	0	19	0	18	0	17	0	16	0	16	0	15
	300m	1	10	1	5	1	1	0	58	0	55	0	52	0	49	0	47	0	45
1	400m	1	34	1	27	1	22	1	17	1	13	1	9	1	5	1	2	0	60
0	500m	1	57	1	49	1	42	1	36	1	31	1	26	1	22	1	18	1	14
%	1000m	3	54	3	38	3	25	3	13	3	2	2	52	2	44	2	36	2	29
	1 min	256	m	275	m	293	m	311	m	330	m	348	m	366	m	385	m	403	m

	100m	0	22	0	21	0	20	0	18	0	17	0	16	0	16	0	15	0	14
	300m	1	7	1	3	0	59	0	55	0	52	0	49	0	47	0	45	0	43
1	400m	1	29	1	23	1	18	1	14	1	10	1	6	1	3	0	60	0	57
5	500m	1	52	1	44	1	38	1	32	1	27	1	22	1	18	1	15	1	11
%	1000m	3	44	3	29	3	16	3	4	2	54	2	45	2	37	2	29	2	22
	1 min	268	m	287	m	306	m	325	m	345	m	364	m	383	m	402	m	421	m

	100m	0	21	0	20	0	19	0	18	0	17	0	16	0	15	0	14	0	14
	300m	1	4	1	0	0	56	0	53	0	50	0	47	0	45	0	43	0	41
1	400m	1	26	1	20	1	15	1	11	1	7	1	3	1	0	0	57	0	55
0	500m	1	47	1	40	1	34	1	28	1	23	1	19	1	15	1	11	1	8
%	1000m	3	34	3	20	3	8	2	56	2	47	2	38	2	30	2	23	2	16
	1 min	280	m	300	m	320	m	340	m	360	m	380	m	400	m	420	m	440	m

	100m	0	21	0	19	0	18	0	17	0	16	0	15	0	14	0	14	0	13
	300m	1	2	0	58	0	54	0	51	0	48	0	45	0	43	0	41	0	39
1	400m	1	22	1	17	1	12	1	8	1	4	1	1	0	58	0	55	0	52
5	500m	1	43	1	36	1	30	1	25	1	20	1	16	1	12	1	9	1	5
%	1000m	3	26	3	12	3	0	2	49	2	40	2	32	2	24	2	17	2	11
	1 min	291	m	312	m	333	m	354	m	375	m	395	m	416	m	437	m	458	m