

VMA (km/h)	Allure VMA	Temps ou distance à 105 %			Temps ou distance à 100%			99%	97%	Temps à 95%		
		1000 m	30"	200 m	300 m	30"	200 m			300 m	400 m	500 m
24,0	2'30"	210 m	0'29"	0'43"	200 m	0'30"	0'45"	1'01"	1'17"	1'35"	2'06"	2'38"
23,5	2'33"	206 m	0'29"	0'44"	196 m	0'31"	0'46"	1'02"	1'19"	1'37"	2'09"	2'41"
23,0	2'37"	201 m	0'30"	0'45"	192 m	0'31"	0'47"	1'03"	1'21"	1'39"	2'12"	2'45"
22,5	2'40"	197 m	0'30"	0'46"	188 m	0'32"	0'48"	1'05"	1'22"	1'41"	2'15"	2'48"
22,0	2'44"	193 m	0'31"	0'47"	183 m	0'33"	0'49"	1'06"	1'24"	1'43"	2'18"	2'52"
21,5	2'47"	188 m	0'32"	0'48"	179 m	0'33"	0'50"	1'08"	1'26"	1'46"	2'21"	2'56"
21,0	2'51"	184 m	0'33"	0'49"	175 m	0'34"	0'51"	1'09"	1'28"	1'48"	2'24"	3'00"
20,5	2'56"	179 m	0'33"	0'50"	171 m	0'35"	0'53"	1'11"	1'31"	1'51"	2'28"	3'05"
20,0	3'00"	175 m	0'34"	0'51"	167 m	0'36"	0'54"	1'13"	1'33"	1'54"	2'32"	3'09"
19,5	3'05"	171 m	0'35"	0'53"	163 m	0'37"	0'55"	1'15"	1'35"	1'57"	2'35"	3'14"
19,0	3'09"	166 m	0'36"	0'54"	158 m	0'38"	0'57"	1'17"	1'38"	2'00"	2'40"	3'19"
18,5	3'15"	162 m	0'37"	0'56"	154 m	0'39"	0'58"	1'19"	1'40"	2'03"	2'44"	3'25"
18,0	3'20"	158 m	0'38"	0'57"	150 m	0'40"	1'00"	1'21"	1'43"	2'06"	2'48"	3'31"
17,5	3'26"	153 m	0'39"	0'59"	146 m	0'41"	1'02"	1'23"	1'46"	2'10"	2'53"	3'37"
17,0	3'32"	149 m	0'40"	1'01"	142 m	0'42"	1'04"	1'26"	1'49"	2'14"	2'58"	3'43"
16,5	3'38"	144 m	0'42"	1'02"	138 m	0'44"	1'05"	1'28"	1'52"	2'18"	3'04"	3'50"
16,0	3'45"	140 m	0'43"	1'04"	133 m	0'45"	1'08"	1'31"	1'56"	2'22"	3'09"	3'57"
15,5	3'52"	136 m	0'44"	1'06"	129 m	0'46"	1'10"	1'34"	2'00"	2'27"	3'16"	4'04"
15,0	4'00"	131 m	0'46"	1'09"	125 m	0'48"	1'12"	1'37"	2'04"	2'32"	3'22"	4'13"
14,5	4'08"	127 m	0'47"	1'11"	121 m	0'50"	1'14"	1'40"	2'08"	2'37"	3'29"	4'21"
14,0	4'17"	123 m	0'49"	1'13"	117 m	0'51"	1'17"	1'44"	2'13"	2'42"	3'37"	4'31"
13,5	4'27"	118 m	0'51"	1'16"	113 m	0'53"	1'20"	1'48"	2'17"	2'48"	3'45"	4'41"
13,0	4'37"	114 m	0'53"	1'19"	108 m	0'55"	1'23"	1'52"	2'23"	2'55"	3'53"	4'51"
12,5	4'48"	109 m	0'55"	1'22"	104 m	0'58"	1'26"	1'56"	2'28"	3'02"	4'03"	5'03"
12,0	5'00"	105 m	0'57"	1'26"	100 m	1'00"	1'30"	2'01"	2'35"	3'09"	4'13"	5'16"
11,5	5'13"	101 m	1'00"	1'29"	96 m	1'03"	1'34"	2'06"	2'41"	3'18"	4'24"	5'30"
11,0	5'27"	96 m	1'02"	1'34"	92 m	1'05"	1'38"	2'12"	2'49"	3'27"	4'36"	5'44"
10,5	5'43"	92 m	1'05"	1'38"	88 m	1'09"	1'43"	2'19"	2'57"	3'37"	4'49"	6'01"
10,0	6'00"	88 m	1'09"	1'43"	83 m	1'12"	1'48"	2'25"	3'06"	3'47"	5'03"	6'19"
9,5	6'19"	83 m	1'12"	1'48"	79 m	1'16"	1'54"	2'33"	3'15"	3'59"	5'19"	6'39"
9,0	6'40"	79 m	1'16"	1'54"	75 m	1'20"	2'00"	2'42"	3'26"	4'13"	5'37"	7'01"
8,5	7'04"	74 m	1'21"	2'01"	71 m	1'25"	2'07"	2'51"	3'38"	4'27"	5'57"	7'26"

VMA (km/h)	Allure spécifique 10km (90%)			Temps sur 10 km	Allure spécifique semi (85%)			Temps sur semi	Allure marathon (80%)	Temps sur marathon	Endurance (70%)
	1000 m	2000 m	3000m	10000 m	2000 m	3000 m	5000 m	21100 m	1000 m	42195 m	1000 m
24,0	2'47"	5'33"	8'20"	0:27:47	5'53"	8'49"	14'42"	01:02:04	3'08"	02:11:53	3'34"
23,5	2'50"	5'40"	8'31"	0:28:22	6'00"	9'01"	15'01"	01:03:23	3'11"	02:14:41	3'39"
23,0	2'54"	5'48"	8'42"	0:28:59	6'08"	9'12"	15'21"	01:04:45	3'16"	02:17:37	3'44"
22,5	2'58"	5'56"	8'53"	0:29:38	6'16"	9'25"	15'41"	01:06:12	3'20"	02:20:40	3'49"
22,0	3'02"	6'04"	9'05"	0:30:18	6'25"	9'38"	16'03"	01:07:42	3'25"	02:23:52	3'54"
21,5	3'06"	6'12"	9'18"	0:31:00	6'34"	9'51"	16'25"	01:09:16	3'29"	02:27:13	3'59"
21,0	3'10"	6'21"	9'31"	0:31:45	6'43"	10'05"	16'48"	01:10:55	3'34"	02:30:43	4'05"
20,5	3'15"	6'30"	9'45"	0:32:31	6'53"	10'20"	17'13"	01:12:39	3'40"	02:34:23	4'11"
20,0	3'20"	6'40"	10'00"	0:33:20	7'04"	10'35"	17'39"	01:14:28	3'45"	02:38:15	4'17"
19,5	3'25"	6'50"	10'15"	0:34:11	7'14"	10'52"	18'06"	01:16:23	3'51"	02:42:18	4'24"
19,0	3'31"	7'01"	10'32"	0:35:05	7'26"	11'09"	18'35"	01:18:23	3'57"	02:46:35	4'31"
18,5	3'36"	7'12"	10'49"	0:36:02	7'38"	11'27"	19'05"	01:20:31	4'03"	02:51:05	4'38"
18,0	3'42"	7'24"	11'07"	0:37:02	7'51"	11'46"	19'36"	01:22:45	4'10"	02:55:50	4'46"
17,5	3'49"	7'37"	11'26"	0:38:06	8'04"	12'06"	20'10"	01:25:07	4'17"	03:00:51	4'54"
17,0	3'55"	7'51"	11'46"	0:39:13	8'18"	12'27"	20'46"	01:27:37	4'25"	03:06:11	5'03"
16,5	4'02"	8'05"	12'07"	0:40:24	8'33"	12'50"	21'23"	01:30:16	4'33"	03:11:49	5'12"
16,0	4'10"	8'20"	12'30"	0:41:40	8'49"	13'14"	22'04"	01:33:05	4'41"	03:17:49	5'21"
15,5	4'18"	8'36"	12'54"	0:43:01	9'06"	13'40"	22'46"	01:36:05	4'50"	03:24:12	5'32"
15,0	4'27"	8'53"	13'20"	0:44:27	9'25"	14'07"	23'32"	01:39:18	5'00"	03:31:00	5'43"
14,5	4'36"	9'12"	13'48"	0:45:59	9'44"	14'36"	24'20"	01:42:43	5'10"	03:38:17	5'55"
14,0	4'46"	9'31"	14'17"	0:47:37	10'05"	15'08"	25'13"	01:46:23	5'21"	03:46:04	6'07"
13,5	4'56"	9'53"	14'49"	0:49:23	10'27"	15'41"	26'09"	01:50:20	5'33"	03:54:27	6'21"
13,0	5'08"	10'15"	15'23"	0:51:17	10'52"	16'17"	27'09"	01:54:34	5'46"	04:03:28	6'36"
12,5	5'20"	10'40"	16'00"	0:53:20	11'18"	16'56"	28'14"	01:59:09	6'00"	04:13:12	6'51"
12,0	5'33"	11'07"	16'40"	0:55:33	11'46"	17'39"	29'25"	02:04:07	6'15"	04:23:45	7'09"
11,5	5'48"	11'36"	17'23"	0:57:58	12'17"	18'25"	30'41"	02:09:31	6'31"	04:35:13	7'27"
11,0	6'04"	12'07"	18'11"	1:00:36	12'50"	19'15"	32'05"	02:15:24	6'49"	04:47:44	7'48"
10,5	6'21"	12'42"	19'03"	1:03:30	13'27"	20'10"	33'37"	02:21:51	7'09"	05:01:26	8'10"
10,0	6'40"	13'20"	20'00"	1:06:40	14'07"	21'11"	35'18"	02:28:56	7'30"	05:16:30	8'34"
9,5	7'01"	14'02"	21'03"	1:10:11	14'52"	22'17"	37'09"	02:36:47	7'54"	05:33:09	9'01"
9,0	7'24"	14'49"	22'13"	1:14:04	15'41"	23'32"	39'13"	02:45:29	8'20"	05:51:40	9'31"
8,5	7'51"	15'41"	23'32"	1:18:26	16'37"	24'55"	41'31"	02:55:13	8'49"	06:12:21	10'05"