

VMA : 14 Km / h

% de VMA	ALLURE	au 100 m	au 200 m	au 400 m	au 500 m	au 800 m	au 1 000 m
70%	9.8 Km / h	36" 7	1' 13" 4	2' 26" 9	3' 03" 6	4' 53" 9	6' 07" 3
80%	11.2 Km / h	32" 1	1' 04" 3	2' 08" 6	2' 40" 7	4' 17" 1	5' 21" 4
85%	11.9 Km / h	30" 2	1' 00" 5	2' 01" "	2' 31" 2	4' 02" "	5' 02" 5
90%	12.6 Km / h	28" 5	57" 1	1' 54" 3	2' 22" 8	3' 48" 5	4' 45" 7
95%	13.3 Km / h	27" 0	54" 1	1' 48" 3	2' 15" 3	3' 36" 5	4' 30" 6
100%	14 Km / h	25" 7	51" 4	1' 42" 8	2' 08" 5	3' 25" 6	4' 17" "
105%	14.7 Km / h	24" 5	49" 0	1' 37" 9	2' 02" 4	3' 15" 9	4' 04" 9
110%	15.4 Km / h	23" 3	46" 7	1' 33" 5	1' 56" 9	3' 07" 0	3' 53" 7

VMA : 15 Km / h

% de VMA	ALLURE	au 100 m	au 200 m	au 400 m	au 500 m	au 800 m	au 1 000 m
60%	9 Km / h	40" "	1' 20" "	2' 40" "	3' 20" "	5' 20" "	6' 40" "
70%	10.5 Km / h	34" 3	1' 08" 6	2' 17" 1	2' 51" 4	4' 34" 3	5' 42" 8
80%	12 Km / h	30" "	1' 00" "	2' 00" "	2' 30" "	4' 00" "	5' 00" "
85%	12.7 Km / h	28" 2	56" 5	1' 52" 9	2' 21" 2	3' 45" 9	4' 42" 3
90%	13.5 Km / h	26" 6	53" 3	1' 46" 6	2' 13" 3	3' 33" 3	4' 26" 6
95%	14.2 Km / h	25" 2	50" 5	1' 41" "	2' 06" 3	3' 22" 1	4' 12" 6
100%	15 Km / h	24" "	48" "	1' 36" "	2' 00" "	3' 12" "	4' 00" "
105%	15.7 Km / h	22" 8	45" 7	1' 31" 4	1' 54" 3	3' 02" 8	3' 48" 5
110%	16.5 Km / h	21" 8	43" 6	1' 27" 2	1' 49" 1	2' 54" 5	3' 38" 2

VMA : 16 Km / h

% de VMA	ALLURE	au 100 m	au 200 m	au 400 m	au 500 m	au 800 m	au 1 000 m
60%	9.6 Km / h	37" 5	1' 15" "	2' 30" "	3' 07" 5	5' 00" "	6' 15" "
70%	11.2 Km / h	32" 1	1' 04" 3	2' 08" 6	2' 40" 7	4' 17" 1	5' 21" 4
80%	12.8 Km / h	28" 1	56" 2	1' 52" 5	2' 20" 6	3' 45" "	4' 41" 2
85%	13.6 Km / h	26" 5	52" 9	1' 45" 9	2' 12" 3	3' 31" 7	4' 24" 7
90%	14.4 Km / h	25" "	50" "	1' 40" "	2' 05" "	3' 20" "	4' 10" "
95%	15.2 Km / h	23" 7	47" 3	1' 34" 7	1' 58" 4	3' 09" 5	3' 56" 8
100%	16 Km / h	22" 5	45" 0	1' 30" 0	1' 42" 5	3' 00" "	3' 45" "
105%	16.8 Km / h	21" 4	42" 8	1' 25" 7	1' 47" 1	2' 51" 4	3' 34" 3
110%	17.6 Km / h	20" 4	40" 9	1' 21" 8	1' 42" 3	2' 43" 6	3' 24" 5

VMA : 17 Km / h

% de VMA	ALLURE	au 100 m	au 200 m	au 400 m	au 500 m	au 800 m	au 1 000 m
60%	10.2 Km / h	35" 3	1' 10" 6	2' 21" 2	2' 56" 4	4' 42" 3	5' 52" 9
70%	11.9 Km / h	30" 2	1' 00" 5	2' 01" 0	2' 31" 2	4' 02" 0	5' 02" 5
80%	13.6 Km / h	26" 4	52" 9	1' 45" 9	2' 12" 3	3' 31" 7	4' 24" 7
85%	14.4 Km / h	24" 9	49" 8	1' 39" 6	2' 04" 5	3' 19" 3	4' 09" 1
90%	15.3 Km / h	23" 5	47" 0	1' 34" 1	1' 57" 6	3' 08" 2	3' 55" 3
95%	16.1 Km / h	22" 3	44" 6	1' 29" 1	1' 51" 4	2' 58" 3	3' 42" 9
100%	17 Km / h	21" 1	42" 2	1' 24" 4	1' 45" 5	2' 48" 8	3' 31" "
105%	17.8 Km / h	20" 1	40" 3	1' 20" 6	1' 40" 8	2' 41" 3	3' 21" 7
110%	18.7 Km / h	19" 2	38" 5	1' 17" 0	1' 36" 2	2' 34" 0	3' 12" 5

VMA : 18 Km / h

% de VMA	ALLURE	au 100 m	au 200 m	au 400 m	au 500 m	au 800 m	au 1 000 m
60%	10.8 Km / h	33" 3	1' 06" 6	2' 13" 3	2' 46" 6	4' 26" 6	5' 33" 3
70%	12.6 Km / h	28" 5	57" 1	1' 54" 3	2' 22" 8	3' 48" 6	4' 45" 7
80%	14.4 Km / h	25"	50"	1' 40"	2' 05"	3' 20"	4' 10"
85%	15.3 Km / h	23" 5	47"	1' 34" 1	1' 57" 6	3' 08" 2	3' 55" 3
90%	16.2 Km / h	22" 2	44" 4	1' 28" 9	1' 51" 1	2' 57" 7	3' 42" 2
95%	17.1 Km / h	21"	42" 1	1' 24" 2	1' 45" 2	2' 48" 4	3' 30" 5
100%	18 Km / h	20"	40"	1' 20"	1' 40"	2' 40"	3' 20"
105%	18.9 Km / h	19"	38" 1	1' 16" 2	1' 35" 2	2' 32" 4	3' 10" 5
110%	19.8 Km / h	18" 2	36" 3	1' 12" 7	1' 30" 9	2' 25" 4	3' 01" 8

VMA : 19 Km / h

% de VMA	ALLURE	au 100 m	au 200 m	au 400 m	au 500 m	au 800 m	au 1 000 m
60%	11.4 Km / h	31" 5	1' 03" 1	2' 06" 3	2' 37" 9	4' 12" 6	5' 15" 8
70%	13.3 Km / h	27" 0	54" 1	1' 48" 2	2' 15" 3	3' 36" 5	4' 30" 6
80%	15.2 Km / h	23" 7	47" 3	1' 34" 7	1' 58" 4	3' 09" 4	3' 56" 8
85%	16.1 Km / h	22" 3	44" 6	1' 29" 1	1' 51" 4	2' 58" 3	3' 42" 9
90%	17.1 Km / h	21" 0	42" 1	1' 24" 2	1' 45" 2	2' 48" 4	3' 30" 5
95%	18 Km / h	19" 9	39" 9	1' 19" 8	1' 39" 7	2' 39" 5	3' 19" 4
100%	19 Km / h	18" 9	37" 9	1' 15" 8	1' 34" 7	2' 31" 6	3' 09" 5
105%	19.9 Km / h	18" 0	36" 1	1' 12" 1	1' 30" 1	2' 24" 3	3' 00" 4
110%	20.9 Km / h	17" 2	34" 4	1' 08" 9	1' 26" 1	2' 17" 8	2' 52" 2

VMA : 20 Km / h

% de VMA	ALLURE	au 100 m	au 200 m	au 400 m	au 500 m	au 800 m	au 1 000 m
60%	12 Km / h	30"	1' 00"	2' 00"	2' 30"	4' 00"	5' 00"
70%	14 Km / h	25" 7	51" 4	1' 42" 8	2' 08" 5	3' 25" 6	4' 17"
80%	16 Km / h	22" 5	45" 0	1' 30" 0	1' 42" 5	3' 00"	3' 45"
85%	17 Km / h	21" 1	42" 2	1' 24" 4	1' 45" 5	2' 48" 8	3' 31"
90%	18 Km / h	20"	40" 0	1' 20" 0	1' 40"	2' 40"	3' 20"
95%	19 Km / h	18" 9	37" 9	1' 15" 8	1' 34" 7	2' 31" 6	3' 09" 5
100%	20 Km / h	18"	36" 0	1' 12" 0	1' 30"	2' 24"	3' 00"
105%	21 Km / h	17" 1	34" 3	1' 08" 6	1' 25" 7	2' 17" 2	2' 51" 5
110%	22 Km / h	16" 3	32" 7	1' 05" 4	1' 21" 7	2' 10" 8	2' 43" 5

VMA : 21 Km / h

% de VMA	ALLURE	au 100 m	au 200 m	au 400 m	au 500 m	au 800 m	au 1 000 m
60%	12.6 Km / h	28" 5	57" 1	1' 54" 3	2' 22" 8	3' 48" 6	4' 45" 7
70%	14.7 Km / h	24" 5	49" 0	1' 37" 9	2' 02" 4	3' 15" 9	4' 04" 9
80%	16.8 Km / h	21" 4	42" 8	1' 25" 7	1' 47" 1	2' 51" 4	3' 34" 3
85%	17.8 Km / h	20" 1	40" 3	1' 20" 7	1' 40" 8	2' 41" 3	3' 21" 7
90%	18.9 Km / h	19" 0	38" 1	1' 16" 2	1' 35" 2	2' 32" 4	3' 10" 5
95%	19.9 Km / h	18" 0	36" 1	1' 12" 1	1' 30" 1	2' 24" 3	3' 00" 4
100%	21 Km / h	17" 1	34" 3	1' 08" 6	1' 25" 7	2' 17" 2	2' 51" 5
105%	22 Km / h	16" 3	32" 6	1' 05" 3	1' 21" 6	2' 10" 5	2' 43" 2
110%	23.1 Km / h	15" 6	31" 1	1' 02" 3	1' 17" 9	2' 04" 6	2' 35" 8