

TABLEAU ALLURES POUR SEANCES VMA

%VMA				106%	103%	100%	95%	96%	94%	93%	92%	90%	90%	
VMA km/h	Sexe	Athlètes / distances	Temps test	200m	300m	400m	500m	600m	800m	1000m	1200m	1500m	3000m	Estimation SEUIL
13,2	F	Nadia COQUARD	11'30	00:52	01:20	01:50	02:21	02:53	03:55	04:57	06:01	07:41	15:23	10,9
13,2	F	Cécile BOUGUET	11'37	00:52	01:20	01:50	02:21	02:53	03:55	04:57	06:01	07:41	15:23	10,9
13,4	F	Murielle GODTS	11'50	00:51	01:18	01:47	02:18	02:48	03:49	04:50	05:51	07:29	15:00	11,1
14	M	Paolo SANNA	13'05	00:48	01:14	01:42	02:11	02:40	03:38	04:36	05:35	07:08	14:17	11,6
14,3	M	Daniel GUICHARD	13'30	00:47	01:13	01:40	02:08	02:37	03:34	04:30	05:28	06:59	13:59	11,8
14,3	F	Véro COURTILLIER	13'37	00:47	01:13	01:40	02:08	02:37	03:34	04:30	05:28	06:59	13:59	11,8
14,5	F	Odile LEPRUN	13'58	00:46	01:12	01:39	02:06	02:35	03:31	04:26	05:23	06:53	13:47	12,0
14,5	F	Mélanie VIOT	14'	00:46	01:12	01:39	02:06	02:35	03:31	04:26	05:23	06:53	13:47	12,0
14,9	M	Benoit DARNEY	14'48	00:45	01:10	01:36	02:03	02:31	03:25	04:19	05:15	06:42	13:25	12,3
15,3	F	Maria GAUTHRIN	15'25	00:44	01:08	01:34	02:00	02:27	03:20	04:13	05:06	06:32	13:04	12,6
15,9	M	Alex THIEBLEMONT	16'45	00:42	01:05	01:30	01:55	02:21	03:12	04:03	04:55	06:17	12:34	13,1
15,9	M	Pierrot	16'45	00:42	01:05	01:30	01:55	02:21	03:12	04:03	04:55	06:17	12:34	13,1
16	M	Steven PRALAIN	17'	00:42	01:05	01:30	01:54	02:20	03:11	04:01	04:53	06:15	12:30	13,2
16,3	M	Iormat	17'30	00:41	01:04	01:28	01:52	02:18	03:07	03:57	04:48	06:08	12:16	13,4
17,3	M	Nicolas PECQUET	19'30	00:39	01:00	01:21	01:44	02:07	02:53	03:39	04:31	05:46	11:33	14,3
17,4	M	Stéphane RAMPON	19'45	00:39	00:59	01:21	01:43	02:06	02:52	03:37	04:29	05:44	11:29	14,4
17,4	M	Landry PRALAIN	19'45	00:39	00:59	01:21	01:43	02:06	02:52	03:37	04:29	05:44	11:29	14,4
17,5	M	Jeremy DUBOIS	20'	00:38	00:59	01:20	01:42	02:05	02:51	03:36	04:28	05:42	11:25	14,4
17,9	M	Nicolas LESSEURE	20'45	00:37	00:58	01:18	01:40	02:03	02:47	03:31	04:22	05:35	11:10	14,8
18,5	M	Romuald LEROY	22'	00:36	00:56	01:16	01:37	01:59	02:42	03:24	04:13	05:24	10:48	15,3
18,5	M	Thomas BRABANT	22'	00:36	00:56	01:16	01:37	01:59	02:42	03:24	04:13	05:24	10:48	15,3
19	M	Benjamin LEROY	23'	00:35	00:54	01:14	01:34	01:56	02:37	03:19	04:07	05:15	10:31	15,7