

A conserver

TABLEAU DES ALLURES DE TEMPS DE PASSAGE

Calculez, à l'aide du tableau ci-dessous, vos moyennes de course et d'entraînement, selon la distance et la vitesse.

Le tableau indique, pour une vitesse moyenne et une distance, le temps de référence. Ainsi, pour une vitesse de 15 km/h, un kilomètre se court en 4 minutes, un semi-marathon en 1h24'24'' et un marathon en 2h48'47''.

Ce tableau de référence permet de cadrer son travail et de savoir à quelle vitesse on court, notamment pour régler correctement son allure.

Distance Vitesse moyenne	1km	5km	7km Fressi'Nature	10km	15km Fressi'Nature	20km	Semi	25km	30km	35km	40km	Marathon
8,000 km/h	07'30"	37'30"	52'30"	1:15'00"	1:52'30"	2:30'00"	2:38'15"	3:07'30"	3:45'00"	4:22'30"	5:00'00"	5:16'28"
8,571 km/h	07'00"	35'00"	49'00"	1:10'00"	1:45'00"	2:20'00"	2:27'42"	2:55'01"	3:30'01"	4:05'01"	4:40'01"	4:55'23"
9,000 km/h	06'40"	33'20"	46'40"	1:06'40"	1:40'00"	2:13'20"	2:20'40"	2:46'40"	3:20'00"	3:53'20"	4:26'40"	4:41'18"
9,500 km/h	06'19"	31'35"	44'13"	1:03'09"	1:34'44"	2:06'19"	2:13'16"	2:37'54"	3:09'28"	3:41'03"	4:12'38"	4:26'30"
10,000 km/h	06'00"	30'00"	42'00"	1:00'00"	1:30'00"	2:00'00"	2:06'36"	2:30'00"	3:00'00"	3:30'00"	4:00'00"	4:13'10"
10,285 km/h	05'50"	29'10"	40'50"	58'20"	1:27'30"	1:56'40"	2:03'06"	2:25'51"	2:55'01"	3:24'11"	3:53'21"	4:06'09"
10,588 km/h	05'40"	28'20"	39'40"	56'40"	1:25'00"	1:53'20"	1:59'34"	2:21'40"	2:50'00"	3:18'20"	3:46'40"	3:59'07"
10,909 km/h	05'30"	27'30"	38'30"	55'00"	1:22'30"	1:50'00"	1:56'03"	2:17'30"	2:45'00"	3:12'30"	3:40'00"	3:52'04"
11,250 km/h	05'20"	26'40"	37'20"	53'20"	1:20'00"	1:46'40"	1:52'32"	2:13'20"	2:40'00"	3:06'40"	3:33'20"	3:45'02"
11,612 km/h	05'10"	25'50"	36'10"	51'40"	1:17'30"	1:43'20"	1:49'02"	2:09'11"	2:35'01"	3:00'51"	3:26'41"	3:38'01"
12,000 km/h	05'00"	25'00"	35'00"	50'00"	1:15'00"	1:40'00"	1:45'30"	2:05'00"	2:30'00"	2:55'00"	3:20'00"	3:30'59"
12,413 km/h	04'50"	24'10"	33'50"	48'20"	1:12'30"	1:36'40"	1:41'59"	2:00'50"	2:25'01"	2:49'11"	3:13'21"	3:23'57"
12,857 km/h	04'40"	23'20"	32'40"	46'40"	1:10'00"	1:33'20"	1:38'28"	1:56'40"	2:20'00"	2:43'20"	3:06'40"	3:16'55"
13,333 km/h	04'30"	22'30"	31'30"	45'00"	1:07'30"	1:30'00"	1:34'57"	1:52'30"	2:15'00"	2:37'30"	3:00'00"	3:09'53"
13,584 km/h	04'25"	22'05"	30'55"	44'10"	1:06'15"	1:28'20"	1:33'12"	1:50'25"	2:12'31"	2:34'36"	2:56'41"	3:06'22"
13,846 km/h	04'20"	21'40"	30'20"	43'20"	1:05'00"	1:26'40"	1:31'26"	1:48'20"	2:10'00"	2:31'40"	2:53'20"	3:02'51"
14,117 km/h	04'15"	21'15"	29'45"	42'30"	1:03'45"	1:25'00"	1:29'41"	1:46'15"	2:07'30"	2:28'45"	2:50'00"	2:59'20"
14,400 km/h	04'10"	20'50"	29'10"	41'40"	1:02'30"	1:23'20"	1:27'55"	1:44'10"	2:05'00"	2:25'50"	2:46'40"	2:55'49"
14,693 km/h	04'05"	20'25"	28'35"	40'50"	1:01'15"	1:21'40"	1:26'10"	1:42'05"	2:02'30"	2:22'56"	2:43'21"	2:52'18"
15,000 km/h	04'00"	20'00"	28'00"	40'00"	1:00'00"	1:20'00"	1:24'24"	1:40'00"	2:00'00"	2:20'00"	2:40'00"	2:48'47"
15,319 km/h	03'55"	19'35"	27'25"	39'10"	58'45"	1:18'20"	1:22'39"	1:37'55"	1:57'30"	2:17'05"	2:36'40"	2:45'16"
15,652 km/h	03'50"	19'10"	26'50"	38'20"	57'30"	1:16'40"	1:20'53"	1:35'50"	1:55'00"	2:14'10"	2:33'20"	2:41'45"
16,000 km/h	03'45"	18'45"	26'15"	37'30"	56'15"	1:15'00"	1:19'08"	1:33'45"	1:52'30"	2:11'15"	2:30'00"	2:38'14"
16,363 km/h	03'40"	18'20"	25'40"	36'40"	55'00"	1:13'20"	1:17'22"	1:31'40"	1:50'00"	2:08'20"	2:26'40"	2:34'43"
16,744 km/h	03'35"	17'55"	25'05"	35'50"	53'45"	1:11'40"	1:15'37"	1:29'35"	1:47'30"	2:05'25"	2:23'20"	2:31'12"
17,142 km/h	03'30"	17'30"	24'30"	35'00"	52'30"	1:10'00"	1:13'51"	1:27'30"	1:45'00"	2:02'30"	2:20'00"	2:27'41"
17,560 km/h	03'25"	17'05"	23'55"	34'10"	51'15"	1:08'20"	1:12'06"	1:25'25"	1:42'30"	1:59'35"	2:16'40"	2:24'10"
18,000 km/h	03'20"	16'40"	23'20"	33'20"	50'00"	1:06'40"	1:10'20"	1:23'20"	1:40'00"	1:56'40"	2:13'20"	2:20'39"
18,460 km/h	03'15"	16'15"	22'45"	32'30"	48'45"	1:05'00"	1:08'35"	1:21'15"	1:37'30"	1:53'46"	2:10'01"	2:17'09"
18,945 km/h	03'10"	15'50"	22'10"	31'40"	47'30"	1:03'20"	1:06'50"	1:19'11"	1:35'01"	1:50'51"	2:06'41"	2:13'38"
19,200 km/h	03'08"	15'38"	21'53"	31'15"	46'53"	1:02'30"	1:05'56"	1:18'08"	1:33'45"	1:49'23"	2:05'00"	2:11'52"
19,455 km/h	03'05"	15'25"	21'35"	30'50"	46'16"	1:01'41"	1:05'04"	1:17'06"	1:32'31"	1:47'56"	2:03'22"	2:10'08"
19,760 km/h	03'02"	15'11"	21'15"	30'22"	45'33"	1:00'44"	1:04'04"	1:15'55"	1:31'06"	1:46'17"	2:01'27"	2:08'07"
20,000 km/h	03'00"	15'00"	21'00"	30'00"	45'00"	1:00'00"	1:03'18"	1:15'00"	1:30'00"	1:45'00"	2:00'00"	2:06'35"