

Test	Allure	Allure	Allure	Seuil	Allure	Seuil	Allure	Temps	Temps	VO2
3000m	VMA	VMA	VMA	anaérobie	marathon	aérobie	récupération	estimatif	estimatif	Max
	1000m	400m	200m	(km)	(km)	(km)	(km)	semi	marathon	
	100% VMA	105% VMA	105% VMA					90% VMA	85% VMA	
00:08:45	00:02:55	00:01:07	00:00:33	00:03:14	00:03:26	00:03:39	00:04:10	01:08:23	02:24:48	76
00:09:00	00:03:00	00:01:08	00:00:34	00:03:20	00:03:32	00:03:45	00:04:17	01:10:20	02:28:56	74
00:09:15	00:03:05	00:01:10	00:00:34	00:03:26	00:03:38	00:03:51	00:04:24	01:12:17	02:33:05	72
00:09:30	00:03:10	00:01:12	00:00:35	00:03:31	00:03:44	00:03:58	00:04:31	01:14:14	02:37:13	70
00:09:45	00:03:15	00:01:14	00:00:36	00:03:37	00:03:49	00:04:04	00:04:39	01:16:12	02:41:21	68
00:10:00	00:03:20	00:01:15	00:00:37	00:03:42	00:03:55	00:04:10	00:04:46	01:18:09	02:45:29	67
00:10:15	00:03:25	00:01:17	00:00:38	00:03:48	00:04:01	00:04:16	00:04:53	01:20:06	02:49:38	65
00:10:30	00:03:30	00:01:19	00:00:39	00:03:53	00:04:07	00:04:23	00:05:00	01:22:03	02:53:46	63
00:10:45	00:03:35	00:01:21	00:00:40	00:03:59	00:04:13	00:04:29	00:05:07	01:24:01	02:57:54	62
00:11:00	00:03:40	00:01:23	00:00:40	00:04:04	00:04:19	00:04:35	00:05:14	01:25:58	03:02:02	61
00:11:15	00:03:45	00:01:24	00:00:41	00:04:10	00:04:25	00:04:41	00:05:21	01:27:55	03:06:11	59
00:11:30	00:03:50	00:01:26	00:00:42	00:04:16	00:04:31	00:04:48	00:05:29	01:29:52	03:10:19	58
00:11:45	00:03:55	00:01:28	00:00:43	00:04:21	00:04:36	00:04:54	00:05:36	01:31:49	03:14:27	57
00:12:00	00:04:00	00:01:30	00:00:44	00:04:27	00:04:42	00:05:00	00:05:43	01:33:47	03:18:35	56
00:12:15	00:04:05	00:01:31	00:00:45	00:04:32	00:04:48	00:05:06	00:05:50	01:35:44	03:22:44	54
00:12:30	00:04:10	00:01:33	00:00:45	00:04:38	00:04:54	00:05:13	00:05:57	01:37:41	03:26:52	53
00:12:45	00:04:15	00:01:35	00:00:46	00:04:43	00:05:00	00:05:19	00:06:04	01:39:38	03:31:00	52
00:13:00	00:04:20	00:01:36	00:00:47	00:04:49	00:05:06	00:05:25	00:06:11	01:41:36	03:35:08	51
00:13:15	00:04:25	00:01:38	00:00:48	00:04:54	00:05:12	00:05:31	00:06:19	01:43:33	03:39:16	50
00:13:30	00:04:30	00:01:40	00:00:49	00:05:00	00:05:18	00:05:37	00:06:26	01:45:30	03:43:25	49
00:13:45	00:04:35	00:01:42	00:00:50	00:05:06	00:05:24	00:05:44	00:06:33	01:47:27	03:47:33	48
00:14:00	00:04:40	00:01:43	00:00:50	00:05:11	00:05:29	00:05:50	00:06:40	01:49:24	03:51:41	48
00:14:15	00:04:45	00:01:45	00:00:51	00:05:17	00:05:35	00:05:56	00:06:47	01:51:22	03:55:49	47
00:14:30	00:04:50	00:01:47	00:00:52	00:05:22	00:05:41	00:06:02	00:06:54	01:53:19	03:59:58	46
00:14:45	00:04:55	00:01:48	00:00:53	00:05:28	00:05:47	00:06:09	00:07:01	01:55:16	04:04:06	45
00:15:00	00:05:00	00:01:50	00:00:54	00:05:33	00:05:53	00:06:15	00:07:09	01:57:13	04:08:14	44
00:15:15	00:05:05	00:01:52	00:00:55	00:05:39	00:05:59	00:06:22	00:07:16	01:59:10	04:12:22	
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