

Tableau des allures de 100 m à 1 500 m



	100 m	200 m	400 m	500 m	800 m	1 000 m	1 500 m
6 km/h	00:01:00	00:02:00	00:04:00	00:05:00	00:08:00	00:10:00	00:15:00
6,5 km/h	00:00:55	00:01:51	00:03:42	00:04:37	00:07:23	00:09:14	00:13:51
7 km/h	00:00:51	00:01:43	00:03:26	00:04:17	00:06:51	00:08:34	00:12:51
7,5 km/h	00:00:48	00:01:36	00:03:12	00:04:00	00:06:24	00:08:00	00:12:00
8 km/h	00:00:45	00:01:30	00:03:00	00:03:45	00:06:00	00:07:30	00:11:15
8,5 km/h	00:00:42	00:01:25	00:02:49	00:03:32	00:05:39	00:07:04	00:10:35
9 km/h	00:00:40	00:01:20	00:02:40	00:03:20	00:05:20	00:06:40	00:10:00
9,5 km/h	00:00:38	00:01:16	00:02:32	00:03:09	00:05:03	00:06:19	00:09:28
10 km/h	00:00:36	00:01:12	00:02:24	00:03:00	00:04:48	00:06:00	00:09:00
10,5 km/h	00:00:34	00:01:09	00:02:17	00:02:51	00:04:34	00:05:43	00:08:34
11 km/h	00:00:33	00:01:05	00:02:11	00:02:44	00:04:22	00:05:27	00:08:11
11,5 km/h	00:00:31	00:01:03	00:02:05	00:02:37	00:04:10	00:05:13	00:07:50
12 km/h	00:00:30	00:01:00	00:02:00	00:02:30	00:04:00	00:05:00	00:07:30
12,5 km/h	00:00:29	00:00:58	00:01:55	00:02:24	00:03:50	00:04:48	00:07:12
13 km/h	00:00:28	00:00:55	00:01:51	00:02:18	00:03:42	00:04:37	00:06:55
13,5 km/h	00:00:27	00:00:53	00:01:47	00:02:13	00:03:33	00:04:27	00:06:40
14 km/h	00:00:26	00:00:51	00:01:43	00:02:09	00:03:26	00:04:17	00:06:26
14,5 km/h	00:00:25	00:00:50	00:01:39	00:02:04	00:03:19	00:04:08	00:06:12
15 km/h	00:00:24	00:00:48	00:01:36	00:02:00	00:03:12	00:04:00	00:06:00

	100 m	200 m	400 m	500 m	800 m	1 000 m	1 500 m
15,5 km/h	00:00:23	00:00:46	00:01:33	00:01:56	00:03:06	00:03:52	00:05:48
16 km/h	00:00:23	00:00:45	00:01:30	00:01:52	00:03:00	00:03:45	00:05:37
16,5 km/h	00:00:22	00:00:44	00:01:27	00:01:49	00:02:55	00:03:38	00:05:27
17 km/h	00:00:21	00:00:42	00:01:25	00:01:46	00:02:49	00:03:32	00:05:18
17,5 km/h	00:00:21	00:00:41	00:01:22	00:01:43	00:02:45	00:03:26	00:05:09
18 km/h	00:00:20	00:00:40	00:01:20	00:01:40	00:02:40	00:03:20	00:05:00
18,5 km/h	00:00:19	00:00:39	00:01:18	00:01:37	00:02:36	00:03:15	00:04:52
19 km/h	00:00:19	00:00:38	00:01:16	00:01:35	00:02:32	00:03:09	00:04:44
19,5 km/h	00:00:18	00:00:37	00:01:14	00:01:32	00:02:28	00:03:05	00:04:37
20 km/h	00:00:18	00:00:36	00:01:12	00:01:30	00:02:24	00:03:00	00:04:30
20,5 km/h	00:00:18	00:00:35	00:01:10	00:01:28	00:02:20	00:02:56	00:04:23
21 km/h	00:00:17	00:00:34	00:01:09	00:01:26	00:02:17	00:02:51	00:04:17
21,5 km/h	00:00:17	00:00:33	00:01:07	00:01:24	00:02:14	00:02:47	00:04:11
22 km/h	00:00:16	00:00:33	00:01:05	00:01:22	00:02:11	00:02:44	00:04:05
22,5 km/h	00:00:16	00:00:32	00:01:04	00:01:20	00:02:08	00:02:40	00:04:00
23 km/h	00:00:16	00:00:31	00:01:03	00:01:18	00:02:05	00:02:37	00:03:55
23,5 km/h	00:00:15	00:00:31	00:01:01	00:01:17	00:02:03	00:02:33	00:03:50
24 km/h	00:00:15	00:00:30	00:01:00	00:01:15	00:02:00	00:02:30	00:03:45
24,5 km/h	00:00:15	00:00:29	00:00:59	00:01:13	00:01:58	00:02:27	00:03:40
25 km/h	00:00:14	00:00:29	00:00:58	00:01:12	00:01:55	00:02:24	00:03:36

