Temps au kilo	100	200	300	400	500	600	700	800	900	1000	2000	3000	5000	10000	15000	21100	42195	Vitesse
06:15,0	00:37,5	01:15,0	01:52,5	02:30,0	03:07,5	03:45,0	04:22,5	05:00,0	05:37,5	06:15,0	12:30,0	18:45,0	31:15,0	02:30,0	1:33:45	2:11:52	4:23:43	9,60
06:12,5	00:37,3	01:14,5	01:51,8	02:29,0	03:06,3	03:43,5	04:20,8	04:58,0	05:35,3	06:12,5	12:25,0	18:37,5	31:02,5	02:05,0	1:33:08	2:11:00	4:21:58	9,66
06:10,0	00:37,0	01:14,0	01:51,0	02:28,0	03:05,0	03:42,0	04:19,0	04:56,0	05:33,0	06:10,0	12:20,0	18:30,0	30:50,0	01:40,0	1:32:30	2:10:07	4:20:12	9,73
06:07,5	00:36,8	01:13,5	01:50,3	02:27,0	03:03,8	03:40,5	04:17,3	04:54,0	05:30,8	06:07,5	12:15,0	18:22,5	30:37,5	01:15,0	1:31:53	2:09:14	4:18:27	9,80
06:05,0	00:36,5	01:13,0	01:49,5	02:26,0	03:02,5	03:39,0	04:15,5	04:52,0	05:28,5	06:05,0	12:10,0	18:15,0	30:25,0	00:50,0	1:31:15	2:08:22	4:16:41	9,86
06:02,5	00:36,3	01:12,5	01:48,8	02:25,0	03:01,3	03:37,5	04:13,8	04:50,0	05:26,3	06:02,5	12:05,0	18:07,5	30:12,5	00:25,0	1:30:38	2:07:29	4:14:56	9,93
06:00,0	00:36,0	01:12,0	01:48,0	02:24,0	03:00,0	03:36,0	04:12,0	04:48,0	05:24,0	06:00,0	12:00,0	18:00,0	30:00,0	00:00,0	1:30:00	2:06:36	4:13:10	10,00
05:57,5	00:35,8	01:11,5	01:47,3	02:23,0	02:58,8	03:34,5	04:10,3	04:46,0	05:21,8	05:57,5	11:55,0	17:52,5	29:47,5	59:35,0	1:29:23	2:05:43	4:11:25	10,07
05:55,0	00:35,5	01:11,0	01:46,5	02:22,0	02:57,5	03:33,0	04:08,5	04:44,0	05:19,5	05:55,0	11:50,0	17:45,0	29:35,0	59:10,0	1:28:45	2:04:51	4:09:39	10,14
05:52,5	00:35,3	01:10,5	01:45,8	02:21,0	02:56,3	03:31,5	04:06,8	04:42,0	05:17,3	05:52,5	11:45,0	17:37,5	29:22,5	58:45,0	1:28:08	2:03:58	4:07:54	10,21
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05:37,5	00:33,8	01:07,5	01:41,3	02:15,0	02:48,8	03:22,5	03:56,3	04:30,0	05:03,8	05:37,5	11:15,0	16:52,5	28:07,5	56:15,0	1:24:23	1:58:41	3:57:21	10,67
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05:25,0	00:32,5	01:05,0	01:37,5	02:10,0	02:42,5	03:15,0	03:47,5	04:20,0	04:52,5	05:25,0	10:50,0	16:15,0	27:05,0	54:10,0	1:21:15	1:54:18	3:48:33	11,08
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05:12,5	00:31,3	01:02,5	01:33,8	02:05,0	02:36,3	03:07,5	03:38,8	04:10,0	04:41,3	05:12,5	10:25,0	15:37,5	26:02,5	52:05,0	1:18:08	1:49:54	3:39:46	11,52
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04:47,5	00:28,8	00:57,5	01:26,3	01:55,0	02:23,8	02:52,5	03:21,3	03:50,0	04:18,8	04:47,5	09:35,0	14:22,5	23:57,5	47:55,0	1:11:53	1:41:06	3:22:11	12,52
04:45,0	00:28,5	00:57,0	01:25,5	01:54,0	02:22,5	02:51,0	03:19,5	03:48,0	04:16,5	04:45,0	09:30,0	14:15,0	23:45,0	47:30,0	1:11:15	1:40:14	3:20:26	12,63
04:42,5	00:28,3	00:56,5	01:24,8	01:53,0	02:21,3	02:49,5	03:17,8	03:46,0	04:14,3	04:42,5	09:25,0	14:07,5	23:32,5	47:05,0	1:10:38	1:39:21	3:18:40	12,74
04:40,0	00:28,0	00:56,0	01:24,0	01:52,0	02:20,0	02:48,0	03:16,0	03:44,0	04:12,0	04:40,0	09:20,0	14:00,0	23:20,0	46:40,0	1:10:00	1:38:28	3:16:55	12,86
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04:22,5	00:26,3	00:52,5	01:18,8	01:45,0	02:11,3	02:37,5	03:03,8	03:30,0	03:56,3	04:22,5	08:45,0	13:07,5	21:52,5	43:45,0	1:05:38	1:32:19	3:04:36	13,71
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04:12,5	00:25,3	00:50,5	01:15,8	01:41,0	02:06,3	02:31,5	02:56,8	03:22,0	03:47,3	04:12,5	08:25,0	12:37,5	21:02,5	42:05,0	1:03:08	1:28:48	2:57:34	14,26
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03:52,5	00:23,3	00:46,5	01:09,8	01:33,0	01:56,3	02:19,5	02:42,8	03:06,0	03:29,3	03:52,5	07:45,0	11:37,5	19:22,5	38:45,0	0:58:08	1:21:46	2:43:30	15,48
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03:32,5	00:21,3	00:42,5	01:03,8	01:25,0	01:46,3	02:07,5	02:28,8	02:50,0	03:11,3	03:32,5	07:05,0	10:37,5	17:42,5	35:25,0	0:53:08	1:14:44	2:29:26	16,94
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03:15,0	00:19,5	00:39,0	00:58,5	01:18,0	01:37,5	01:57,0	02:16,5	02:36,0	02:55,5	03:15,0	06:30,0	09:45,0	16:15,0	32:30,0	0:48:45	1:08:35	2:17:08	18,46
03:12,5	00:19,3	00:38,5	00:57,8	01:17,0	01:36,3	01:55,5	02:14,8	02:34,0	02:53,3	03:12,5	06:25,0	09:37,5	16:02,5	32:05,0	0:48:08	1:07:42	2:15:23	18,70
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03:07,5	00:18,8	00:37,5	00:56,3	01:15,0	01:33,8	01:52,5	02:11,3	02:30,0	02:48,8	03:07,5	06:15,0	09:22,5	15:37,5	31:15,0	0:46:53	1:05:56	2:11:52	19,20
03:05,0	00:18,5	00:37,0	00:55,5	01:14,0	01:32,5	01:51,0	02:09,5	02:28,0	02:46,5	03:05,0	06:10,0	09:15,0	15:25,0	30:50,0	0:46:15	1:05:04	2:10:06	19,46
03:02,5	00:18,3	00:36,5	00:54,8	01:13,0	01:31,3	01:49,5	02:07,8	02:26,0	02:44,3	03:02,5	06:05,0	09:07,5	15:12,5	30:25,0	0:45:38	1:04:11	2:08:21	19,73
03:00,0	00:18,0	00:36,0	00:54,0	01:12,0	01:30,0	01:48,0	02:06,0	02:24,0	02:42,0	03:00,0	06:00,0	09:00,0	15:00,0	30:00,0	0:45:00	1:03:18	2:06:35	20,00
Temps au kilo	100	200	300	400	500	600	700	800	900	1000	2000	3000	5000	10000	15000	21100	42195	Vitesse