

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	10,0	9,5	9,0	8,5	8,0	7,0	6,5
Distance en Mètres	Temps de Passage						
100	00:00:36	00:00:38	00:00:40	00:00:42	00:00:45	00:00:51	00:00:55
200	00:01:12	00:01:16	00:01:20	00:01:25	00:01:30	00:01:43	00:01:51
300	00:01:48	00:01:54	00:02:00	00:02:07	00:02:15	00:02:34	00:02:46
400	00:02:24	00:02:32	00:02:40	00:02:49	00:03:00	00:03:26	00:03:42
500	00:03:00	00:03:09	00:03:20	00:03:32	00:03:45	00:04:17	00:04:37
600	00:03:36	00:03:47	00:04:00	00:04:14	00:04:30	00:05:09	00:05:32
800	00:04:48	00:05:03	00:05:20	00:05:39	00:06:00	00:06:51	00:07:23
1 000	00:06:00	00:06:19	00:06:40	00:07:04	00:07:30	00:08:34	00:09:14
2 000	00:12:00	00:12:38	00:13:20	00:14:07	00:15:00	00:17:09	00:18:28
3 000	00:18:00	00:18:57	00:20:00	00:21:11	00:22:30	00:25:43	00:27:42
4 000	00:24:00	00:25:16	00:26:40	00:28:14	00:30:00	00:34:17	00:36:55
5 000	00:30:00	00:31:35	00:33:20	00:35:18	00:37:30	00:42:51	00:46:09
10 000	01:00:00	01:03:09	01:06:40	01:10:35	01:15:00	01:25:43	01:32:18
15 000	01:30:00	01:34:44	01:40:00	01:45:53	01:52:30	02:08:34	02:18:28
18 000	01:48:00	01:53:41	02:00:00	02:07:04	02:15:00	02:34:17	02:46:09
20 000	02:00:00	02:06:19	02:13:20	02:21:11	02:30:00	02:51:26	03:04:37
21 100	02:06:36	02:13:16	02:20:40	02:28:56	02:38:15	03:00:51	03:14:46
30 000	03:00:00	03:09:28	03:20:00	03:31:46	03:45:00	04:17:09	04:36:55
40 000	04:00:00	04:12:38	04:26:40	04:42:21	05:00:00	05:42:51	06:09:14
42 195	04:13:10	04:26:30	04:41:18	04:57:51	05:16:28	06:01:40	06:29:30

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	10,5	10,0	9,5	8,9	8,4	7,4	6,8
Distance en Mètres	Temps de Passage						
100	00:00:34	00:00:36	00:00:38	00:00:40	00:00:43	00:00:49	00:00:53
200	00:01:09	00:01:12	00:01:16	00:01:21	00:01:26	00:01:38	00:01:45
300	00:01:43	00:01:48	00:01:54	00:02:01	00:02:09	00:02:27	00:02:38
400	00:02:17	00:02:24	00:02:32	00:02:41	00:02:51	00:03:16	00:03:31
500	00:02:51	00:03:00	00:03:10	00:03:22	00:03:34	00:04:05	00:04:24
600	00:03:26	00:03:37	00:03:49	00:04:02	00:04:17	00:04:54	00:05:16
800	00:04:34	00:04:49	00:05:05	00:05:23	00:05:43	00:06:32	00:07:02
1 000	00:05:43	00:06:01	00:06:21	00:06:43	00:07:09	00:08:10	00:08:47
2 000	00:11:26	00:12:02	00:12:42	00:13:27	00:14:17	00:16:20	00:17:35
3 000	00:17:09	00:18:03	00:19:03	00:20:10	00:21:26	00:24:29	00:26:22
4 000	00:22:51	00:24:04	00:25:24	00:26:53	00:28:34	00:32:39	00:35:10
5 000	00:28:34	00:30:05	00:31:45	00:33:37	00:35:43	00:40:49	00:43:57
10 000	00:57:09	01:00:09	01:03:30	01:07:14	01:11:26	01:21:38	01:27:55
15 000	01:25:43	01:30:14	01:35:14	01:40:50	01:47:09	02:02:27	02:11:52
18 000	01:42:51	01:48:16	01:54:17	02:01:01	02:08:34	02:26:56	02:38:15
20 000	01:54:17	02:00:18	02:06:59	02:14:27	02:22:51	02:43:16	02:55:49
21 100	02:00:34	02:06:55	02:13:58	02:21:51	02:30:43	02:52:15	03:05:30
30 000	02:51:26	03:00:27	03:10:29	03:21:41	03:34:17	04:04:54	04:23:44
40 000	03:48:34	04:00:36	04:13:58	04:28:54	04:45:43	05:26:32	05:51:39
42 195	04:01:07	04:13:48	04:27:54	04:43:40	05:01:24	05:44:27	06:10:57

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	11,0	10,5	9,9	9,4	8,8	7,7	7,2
Distance en Mètres	Temps de Passage						
100	00:00:33	00:00:34	00:00:36	00:00:39	00:00:41	00:00:47	00:00:50
200	00:01:05	00:01:09	00:01:13	00:01:17	00:01:22	00:01:34	00:01:41
300	00:01:38	00:01:43	00:01:49	00:01:56	00:02:03	00:02:20	00:02:31
400	00:02:11	00:02:18	00:02:25	00:02:34	00:02:44	00:03:07	00:03:21
500	00:02:44	00:02:52	00:03:02	00:03:13	00:03:25	00:03:54	00:04:12
600	00:03:16	00:03:27	00:03:38	00:03:51	00:04:05	00:04:41	00:05:02
800	00:04:22	00:04:36	00:04:51	00:05:08	00:05:27	00:06:14	00:06:43
1 000	00:05:27	00:05:44	00:06:04	00:06:25	00:06:49	00:07:48	00:08:23
2 000	00:10:55	00:11:29	00:12:07	00:12:50	00:13:38	00:15:35	00:16:47
3 000	00:16:22	00:17:13	00:18:11	00:19:15	00:20:27	00:23:23	00:25:10
4 000	00:21:49	00:22:58	00:24:15	00:25:40	00:27:16	00:31:10	00:33:34
5 000	00:27:16	00:28:42	00:30:18	00:32:05	00:34:05	00:38:58	00:41:57
10 000	00:54:33	00:57:25	01:00:36	01:04:10	01:08:11	01:17:55	01:23:55
15 000	01:21:49	01:26:07	01:30:55	01:36:15	01:42:16	01:56:53	02:05:52
18 000	01:38:11	01:43:21	01:49:05	01:55:30	02:02:44	02:20:16	02:31:03
20 000	01:49:05	01:54:50	02:01:13	02:08:21	02:16:22	02:35:51	02:47:50
21 100	01:55:05	02:01:09	02:07:53	02:15:24	02:23:52	02:44:25	02:57:04
30 000	02:43:38	02:52:15	03:01:49	03:12:31	03:24:33	03:53:46	04:11:45
40 000	03:38:11	03:49:40	04:02:25	04:16:41	04:32:44	05:11:41	05:35:40
42 195	03:50:09	04:02:16	04:15:44	04:30:46	04:47:42	05:28:48	05:54:05

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	11,5	10,9	10,4	9,8	9,2	8,1	7,5
Distance en Mètres	Temps de Passage						
100	00:00:31	00:00:33	00:00:35	00:00:37	00:00:39	00:00:45	00:00:48
200	00:01:03	00:01:06	00:01:10	00:01:14	00:01:18	00:01:29	00:01:36
300	00:01:34	00:01:39	00:01:44	00:01:50	00:01:57	00:02:14	00:02:24
400	00:02:05	00:02:12	00:02:19	00:02:27	00:02:37	00:02:59	00:03:13
500	00:02:37	00:02:45	00:02:54	00:03:04	00:03:16	00:03:44	00:04:01
600	00:03:08	00:03:18	00:03:29	00:03:41	00:03:55	00:04:28	00:04:49
800	00:04:10	00:04:24	00:04:38	00:04:55	00:05:13	00:05:58	00:06:25
1 000	00:05:13	00:05:30	00:05:48	00:06:08	00:06:31	00:07:27	00:08:02
2 000	00:10:26	00:10:59	00:11:36	00:12:17	00:13:03	00:14:54	00:16:03
3 000	00:15:39	00:16:29	00:17:23	00:18:25	00:19:34	00:22:22	00:24:05
4 000	00:20:52	00:21:58	00:23:11	00:24:33	00:26:05	00:29:49	00:32:06
5 000	00:26:05	00:27:28	00:28:59	00:30:41	00:32:37	00:37:16	00:40:08
10 000	00:52:10	00:54:55	00:57:58	01:01:23	01:05:13	01:14:32	01:20:16
15 000	01:18:16	01:22:23	01:26:57	01:32:04	01:37:50	01:51:48	02:00:24
18 000	01:33:55	01:38:51	01:44:21	01:50:29	01:57:23	02:14:10	02:24:29
20 000	01:44:21	01:49:50	01:55:57	02:02:46	02:10:26	02:29:04	02:40:32
21 100	01:50:05	01:55:53	02:02:19	02:09:31	02:17:37	02:37:16	02:49:22
30 000	02:36:31	02:44:46	02:53:55	03:04:09	03:15:39	03:43:36	04:00:48
40 000	03:28:42	03:39:41	03:51:53	04:05:31	04:20:52	04:58:08	05:21:04
42 195	03:40:09	03:51:44	04:04:37	04:19:00	04:35:11	05:14:30	05:38:41

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	12,0	11,4	10,8	10,2	9,6	8,4	7,8
Distance en Mètres	Temps de Passage						
100	00:00:30	00:00:32	00:00:33	00:00:35	00:00:38	00:00:43	00:00:46
200	00:01:00	00:01:03	00:01:07	00:01:11	00:01:15	00:01:26	00:01:32
300	00:01:30	00:01:35	00:01:40	00:01:46	00:01:52	00:02:09	00:02:18
400	00:02:00	00:02:06	00:02:13	00:02:21	00:02:30	00:02:51	00:03:05
500	00:02:30	00:02:38	00:02:47	00:02:56	00:03:07	00:03:34	00:03:51
600	00:03:00	00:03:09	00:03:20	00:03:32	00:03:45	00:04:17	00:04:37
800	00:04:00	00:04:13	00:04:27	00:04:42	00:05:00	00:05:43	00:06:09
1 000	00:05:00	00:05:16	00:05:33	00:05:53	00:06:15	00:07:09	00:07:42
2 000	00:10:00	00:10:32	00:11:07	00:11:46	00:12:30	00:14:17	00:15:23
3 000	00:15:00	00:15:47	00:16:40	00:17:39	00:18:45	00:21:26	00:23:05
4 000	00:20:00	00:21:03	00:22:13	00:23:32	00:25:00	00:28:34	00:30:46
5 000	00:25:00	00:26:19	00:27:47	00:29:25	00:31:15	00:35:43	00:38:28
10 000	00:50:00	00:52:38	00:55:33	00:58:49	01:02:30	01:11:26	01:16:55
15 000	01:15:00	01:18:57	01:23:20	01:28:14	01:33:45	01:47:09	01:55:23
18 000	01:30:00	01:34:44	01:40:00	01:45:53	01:52:30	02:08:34	02:18:28
20 000	01:40:00	01:45:16	01:51:07	01:57:39	02:05:00	02:22:51	02:33:51
21 100	01:45:30	01:51:03	01:57:13	02:04:07	02:11:52	02:30:43	02:42:18
30 000	02:30:00	02:37:54	02:46:40	02:56:28	03:07:30	03:34:17	03:50:46
40 000	03:20:00	03:30:32	03:42:13	03:55:18	04:10:00	04:45:43	05:07:42
42 195	03:30:59	03:42:05	03:54:25	04:08:12	04:23:43	05:01:24	05:24:35

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	12,5	11,9	11,3	10,6	10,0	8,8	8,1
Distance en Mètres	Temps de Passage						
100	00:00:29	00:00:30	00:00:32	00:00:34	00:00:36	00:00:41	00:00:44
200	00:00:58	00:01:01	00:01:04	00:01:08	00:01:12	00:01:22	00:01:29
300	00:01:26	00:01:31	00:01:36	00:01:42	00:01:48	00:02:03	00:02:13
400	00:01:55	00:02:01	00:02:08	00:02:16	00:02:24	00:02:45	00:02:57
500	00:02:24	00:02:32	00:02:40	00:02:49	00:03:00	00:03:26	00:03:42
600	00:02:53	00:03:02	00:03:12	00:03:23	00:03:36	00:04:07	00:04:26
800	00:03:50	00:04:03	00:04:16	00:04:31	00:04:48	00:05:29	00:05:54
1 000	00:04:48	00:05:03	00:05:20	00:05:39	00:06:00	00:06:51	00:07:23
2 000	00:09:36	00:10:06	00:10:40	00:11:18	00:12:00	00:13:43	00:14:46
3 000	00:14:24	00:15:09	00:16:00	00:16:56	00:18:00	00:20:34	00:22:09
4 000	00:19:12	00:20:13	00:21:20	00:22:35	00:24:00	00:27:26	00:29:32
5 000	00:24:00	00:25:16	00:26:40	00:28:14	00:30:00	00:34:17	00:36:55
10 000	00:48:00	00:50:32	00:53:20	00:56:28	01:00:00	01:08:34	01:13:51
15 000	01:12:00	01:15:47	01:20:00	01:24:42	01:30:00	01:42:51	01:50:46
18 000	01:26:24	01:30:57	01:36:00	01:41:39	01:48:00	02:03:26	02:12:55
20 000	01:36:00	01:41:03	01:46:40	01:52:56	02:00:00	02:17:09	02:27:42
21 100	01:41:17	01:46:37	01:52:32	01:59:09	02:06:36	02:24:41	02:35:49
30 000	02:24:00	02:31:35	02:40:00	02:49:25	03:00:00	03:25:43	03:41:32
40 000	03:12:00	03:22:06	03:33:20	03:45:53	04:00:00	04:34:17	04:55:23
42 195	03:22:32	03:33:12	03:45:02	03:58:17	04:13:10	04:49:20	05:11:36

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	13,0	12,4	11,7	11,1	10,4	9,1	8,5
Distance en Mètres	Temps de Passage						
100	00:00:28	00:00:29	00:00:31	00:00:33	00:00:35	00:00:40	00:00:43
200	00:00:55	00:00:58	00:01:02	00:01:05	00:01:09	00:01:19	00:01:25
300	00:01:23	00:01:27	00:01:32	00:01:38	00:01:44	00:01:59	00:02:08
400	00:01:51	00:01:57	00:02:03	00:02:10	00:02:18	00:02:38	00:02:50
500	00:02:18	00:02:26	00:02:34	00:02:43	00:02:53	00:03:18	00:03:33
600	00:02:46	00:02:55	00:03:05	00:03:15	00:03:28	00:03:57	00:04:16
800	00:03:42	00:03:53	00:04:06	00:04:21	00:04:37	00:05:16	00:05:41
1 000	00:04:37	00:04:51	00:05:08	00:05:26	00:05:46	00:06:36	00:07:06
2 000	00:09:14	00:09:43	00:10:15	00:10:52	00:11:32	00:13:11	00:14:12
3 000	00:13:51	00:14:34	00:15:23	00:16:17	00:17:18	00:19:47	00:21:18
4 000	00:18:28	00:19:26	00:20:31	00:21:43	00:23:05	00:26:22	00:28:24
5 000	00:23:05	00:24:17	00:25:38	00:27:09	00:28:51	00:32:58	00:35:30
10 000	00:46:09	00:48:35	00:51:17	00:54:18	00:57:42	01:05:56	01:11:00
15 000	01:09:14	01:12:52	01:16:55	01:21:27	01:26:32	01:38:54	01:46:31
18 000	01:23:05	01:27:27	01:32:18	01:37:44	01:43:51	01:58:41	02:07:49
20 000	01:32:18	01:37:10	01:42:34	01:48:36	01:55:23	02:11:52	02:22:01
21 100	01:37:23	01:42:31	01:48:12	01:54:34	02:01:44	02:19:07	02:29:49
30 000	02:18:28	02:25:45	02:33:51	02:42:54	02:53:05	03:17:48	03:33:01
40 000	03:04:37	03:14:20	03:25:08	03:37:12	03:50:46	04:23:44	04:44:01
42 195	03:14:45	03:25:00	03:36:23	03:49:07	04:03:26	04:38:13	04:59:37

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	13,5	12,8	12,2	11,5	10,8	9,5	8,8
Distance en Mètres	Temps de Passage						
100	00:00:27	00:00:28	00:00:30	00:00:31	00:00:33	00:00:38	00:00:41
200	00:00:53	00:00:56	00:00:59	00:01:03	00:01:07	00:01:16	00:01:22
300	00:01:20	00:01:24	00:01:29	00:01:34	00:01:40	00:01:54	00:02:03
400	00:01:47	00:01:52	00:01:59	00:02:05	00:02:13	00:02:32	00:02:44
500	00:02:13	00:02:20	00:02:28	00:02:37	00:02:47	00:03:10	00:03:25
600	00:02:40	00:02:48	00:02:58	00:03:08	00:03:20	00:03:49	00:04:06
800	00:03:33	00:03:45	00:03:57	00:04:11	00:04:27	00:05:05	00:05:28
1 000	00:04:27	00:04:41	00:04:56	00:05:14	00:05:33	00:06:21	00:06:50
2 000	00:08:53	00:09:21	00:09:53	00:10:27	00:11:07	00:12:42	00:13:41
3 000	00:13:20	00:14:02	00:14:49	00:15:41	00:16:40	00:19:03	00:20:31
4 000	00:17:47	00:18:43	00:19:45	00:20:55	00:22:13	00:25:24	00:27:21
5 000	00:22:13	00:23:24	00:24:41	00:26:09	00:27:47	00:31:45	00:34:11
10 000	00:44:27	00:46:47	00:49:23	00:52:17	00:55:33	01:03:30	01:08:23
15 000	01:06:40	01:10:11	01:14:04	01:18:26	01:23:20	01:35:14	01:42:34
18 000	01:20:00	01:24:13	01:28:53	01:34:07	01:40:00	01:54:17	02:03:05
20 000	01:28:53	01:33:34	01:38:46	01:44:35	01:51:07	02:06:59	02:16:45
21 100	01:33:47	01:38:43	01:44:12	01:50:20	01:57:13	02:13:58	02:24:16
30 000	02:13:20	02:20:21	02:28:09	02:36:52	02:46:40	03:10:29	03:25:08
40 000	02:57:47	03:07:08	03:17:32	03:29:09	03:42:13	04:13:58	04:33:30
42 195	03:07:32	03:17:24	03:28:22	03:40:38	03:54:25	04:27:54	04:48:31

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	14,0	13,3	12,6	11,9	11,2	9,8	9,1
Distance en Mètres	Temps de Passage						
100	00:00:26	00:00:27	00:00:29	00:00:30	00:00:32	00:00:37	00:00:40
200	00:00:51	00:00:54	00:00:57	00:01:01	00:01:04	00:01:13	00:01:19
300	00:01:17	00:01:21	00:01:26	00:01:31	00:01:36	00:01:50	00:01:59
400	00:01:43	00:01:48	00:01:54	00:02:01	00:02:09	00:02:27	00:02:38
500	00:02:09	00:02:15	00:02:23	00:02:31	00:02:41	00:03:04	00:03:18
600	00:02:34	00:02:42	00:02:51	00:03:02	00:03:13	00:03:40	00:03:57
800	00:03:26	00:03:37	00:03:49	00:04:02	00:04:17	00:04:54	00:05:16
1 000	00:04:17	00:04:31	00:04:46	00:05:03	00:05:21	00:06:07	00:06:36
2 000	00:08:34	00:09:01	00:09:31	00:10:05	00:10:43	00:12:15	00:13:11
3 000	00:12:51	00:13:32	00:14:17	00:15:08	00:16:04	00:18:22	00:19:47
4 000	00:17:09	00:18:03	00:19:03	00:20:10	00:21:26	00:24:29	00:26:22
5 000	00:21:26	00:22:33	00:23:49	00:25:13	00:26:47	00:30:37	00:32:58
10 000	00:42:51	00:45:07	00:47:37	00:50:25	00:53:34	01:01:13	01:05:56
15 000	01:04:17	01:07:40	01:11:26	01:15:38	01:20:21	01:31:50	01:38:54
18 000	01:17:09	01:21:12	01:25:43	01:30:45	01:36:26	01:50:12	01:58:41
20 000	01:25:43	01:30:14	01:35:14	01:40:50	01:47:09	02:02:27	02:11:52
21 100	01:30:26	01:35:11	01:40:29	01:46:23	01:53:02	02:09:11	02:19:07
30 000	02:08:34	02:15:20	02:22:51	02:31:16	02:40:43	03:03:40	03:17:48
40 000	02:51:26	03:00:27	03:10:29	03:21:41	03:34:17	04:04:54	04:23:44
42 195	03:00:50	03:10:21	03:20:56	03:32:45	03:46:03	04:18:20	04:38:13

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	14,5	13,8	13,1	12,3	11,6	10,2	9,4
Distance en Mètres	Temps de Passage						
100	00:00:25	00:00:26	00:00:28	00:00:29	00:00:31	00:00:35	00:00:38
200	00:00:50	00:00:52	00:00:55	00:00:58	00:01:02	00:01:11	00:01:16
300	00:01:14	00:01:18	00:01:23	00:01:28	00:01:33	00:01:46	00:01:55
400	00:01:39	00:01:45	00:01:50	00:01:57	00:02:04	00:02:22	00:02:33
500	00:02:04	00:02:11	00:02:18	00:02:26	00:02:35	00:02:57	00:03:11
600	00:02:29	00:02:37	00:02:46	00:02:55	00:03:06	00:03:33	00:03:49
800	00:03:19	00:03:29	00:03:41	00:03:54	00:04:08	00:04:44	00:05:06
1 000	00:04:08	00:04:21	00:04:36	00:04:52	00:05:10	00:05:55	00:06:22
2 000	00:08:17	00:08:43	00:09:12	00:09:44	00:10:21	00:11:49	00:12:44
3 000	00:12:25	00:13:04	00:13:48	00:14:36	00:15:31	00:17:44	00:19:06
4 000	00:16:33	00:17:25	00:18:23	00:19:28	00:20:41	00:23:39	00:25:28
5 000	00:20:41	00:21:47	00:22:59	00:24:20	00:25:52	00:29:33	00:31:50
10 000	00:41:23	00:43:33	00:45:59	00:48:41	00:51:43	00:59:07	01:03:40
15 000	01:02:04	01:05:20	01:08:58	01:13:01	01:17:35	01:28:40	01:35:29
18 000	01:14:29	01:18:24	01:22:46	01:27:38	01:33:06	01:46:24	01:54:35
20 000	01:22:46	01:27:07	01:31:57	01:37:22	01:43:27	01:58:14	02:07:19
21 100	01:27:19	01:31:54	01:37:01	01:42:43	01:49:08	02:04:44	02:14:19
30 000	02:04:08	02:10:40	02:17:56	02:26:03	02:35:10	02:57:20	03:10:59
40 000	02:45:31	02:54:14	03:03:54	03:14:44	03:26:54	03:56:27	04:14:39
42 195	02:54:36	03:03:47	03:14:00	03:25:25	03:38:15	04:09:26	04:28:37

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	15,0	14,3	13,5	12,8	12,0	10,5	9,8
Distance en Mètres	Temps de Passage						
100	00:00:24	00:00:25	00:00:27	00:00:28	00:00:30	00:00:34	00:00:37
200	00:00:48	00:00:51	00:00:53	00:00:56	00:01:00	00:01:09	00:01:14
300	00:01:12	00:01:16	00:01:20	00:01:25	00:01:30	00:01:43	00:01:51
400	00:01:36	00:01:41	00:01:47	00:01:53	00:02:00	00:02:17	00:02:28
500	00:02:00	00:02:06	00:02:13	00:02:21	00:02:30	00:02:51	00:03:05
600	00:02:24	00:02:32	00:02:40	00:02:49	00:03:00	00:03:26	00:03:42
800	00:03:12	00:03:22	00:03:33	00:03:46	00:04:00	00:04:34	00:04:55
1 000	00:04:00	00:04:13	00:04:27	00:04:42	00:05:00	00:05:43	00:06:09
2 000	00:08:00	00:08:25	00:08:53	00:09:25	00:10:00	00:11:26	00:12:18
3 000	00:12:00	00:12:38	00:13:20	00:14:07	00:15:00	00:17:09	00:18:28
4 000	00:16:00	00:16:51	00:17:47	00:18:49	00:20:00	00:22:51	00:24:37
5 000	00:20:00	00:21:03	00:22:13	00:23:32	00:25:00	00:28:34	00:30:46
10 000	00:40:00	00:42:06	00:44:27	00:47:04	00:50:00	00:57:09	01:01:32
15 000	01:00:00	01:03:09	01:06:40	01:10:35	01:15:00	01:25:43	01:32:18
18 000	01:12:00	01:15:47	01:20:00	01:24:42	01:30:00	01:42:51	01:50:46
20 000	01:20:00	01:24:13	01:28:53	01:34:07	01:40:00	01:54:17	02:03:05
21 100	01:24:24	01:28:51	01:33:47	01:39:18	01:45:30	02:00:34	02:09:51
30 000	02:00:00	02:06:19	02:13:20	02:21:11	02:30:00	02:51:26	03:04:37
40 000	02:40:00	02:48:25	02:57:47	03:08:14	03:20:00	03:48:34	04:06:09
42 195	02:48:47	02:57:40	03:07:32	03:18:34	03:30:59	04:01:07	04:19:40

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	15,5	14,7	14,0	13,2	12,4	10,9	10,1
Distance en Mètres	Temps de Passage						
100	00:00:23	00:00:24	00:00:26	00:00:27	00:00:29	00:00:33	00:00:36
200	00:00:46	00:00:49	00:00:52	00:00:55	00:00:58	00:01:06	00:01:11
300	00:01:10	00:01:13	00:01:17	00:01:22	00:01:27	00:01:40	00:01:47
400	00:01:33	00:01:38	00:01:43	00:01:49	00:01:56	00:02:13	00:02:23
500	00:01:56	00:02:02	00:02:09	00:02:17	00:02:25	00:02:46	00:02:59
600	00:02:19	00:02:27	00:02:35	00:02:44	00:02:54	00:03:19	00:03:34
800	00:03:06	00:03:16	00:03:26	00:03:39	00:03:52	00:04:25	00:04:46
1 000	00:03:52	00:04:04	00:04:18	00:04:33	00:04:50	00:05:32	00:05:57
2 000	00:07:45	00:08:09	00:08:36	00:09:06	00:09:41	00:11:04	00:11:55
3 000	00:11:37	00:12:13	00:12:54	00:13:40	00:14:31	00:16:35	00:17:52
4 000	00:15:29	00:16:18	00:17:12	00:18:13	00:19:21	00:22:07	00:23:49
5 000	00:19:21	00:20:22	00:21:30	00:22:46	00:24:12	00:27:39	00:29:47
10 000	00:38:43	00:40:45	00:43:01	00:45:32	00:48:23	00:55:18	00:59:33
15 000	00:58:04	01:01:07	01:04:31	01:08:19	01:12:35	01:22:57	01:29:20
18 000	01:09:41	01:13:21	01:17:25	01:21:58	01:27:06	01:39:32	01:47:12
20 000	01:17:25	01:21:30	01:26:01	01:31:05	01:36:46	01:50:36	01:59:06
21 100	01:21:41	01:25:59	01:30:45	01:36:05	01:42:06	01:56:41	02:05:39
30 000	01:56:08	02:02:14	02:09:02	02:16:37	02:25:10	02:45:54	02:58:40
40 000	02:34:50	02:42:59	02:52:03	03:02:10	03:13:33	03:41:12	03:58:13
42 195	02:43:20	02:51:56	03:01:29	03:12:10	03:24:10	03:53:20	04:11:17

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	16,0	15,2	14,4	13,6	12,8	11,2	10,4
Distance en Mètres	Temps de Passage						
100	00:00:23	00:00:24	00:00:25	00:00:26	00:00:28	00:00:32	00:00:35
200	00:00:45	00:00:47	00:00:50	00:00:53	00:00:56	00:01:04	00:01:09
300	00:01:07	00:01:11	00:01:15	00:01:19	00:01:24	00:01:36	00:01:44
400	00:01:30	00:01:35	00:01:40	00:01:46	00:01:52	00:02:09	00:02:18
500	00:01:52	00:01:58	00:02:05	00:02:12	00:02:21	00:02:41	00:02:53
600	00:02:15	00:02:22	00:02:30	00:02:39	00:02:49	00:03:13	00:03:28
800	00:03:00	00:03:09	00:03:20	00:03:32	00:03:45	00:04:17	00:04:37
1 000	00:03:45	00:03:57	00:04:10	00:04:25	00:04:41	00:05:21	00:05:46
2 000	00:07:30	00:07:54	00:08:20	00:08:49	00:09:22	00:10:43	00:11:32
3 000	00:11:15	00:11:51	00:12:30	00:13:14	00:14:04	00:16:04	00:17:18
4 000	00:15:00	00:15:47	00:16:40	00:17:39	00:18:45	00:21:26	00:23:05
5 000	00:18:45	00:19:44	00:20:50	00:22:04	00:23:26	00:26:47	00:28:51
10 000	00:37:30	00:39:28	00:41:40	00:44:07	00:46:53	00:53:34	00:57:42
15 000	00:56:15	00:59:13	01:02:30	01:06:11	01:10:19	01:20:21	01:26:32
18 000	01:07:30	01:11:03	01:15:00	01:19:25	01:24:22	01:36:26	01:43:51
20 000	01:15:00	01:18:57	01:23:20	01:28:14	01:33:45	01:47:09	01:55:23
21 100	01:19:08	01:23:17	01:27:55	01:33:05	01:38:54	01:53:02	02:01:44
30 000	01:52:30	01:58:25	02:05:00	02:12:21	02:20:37	02:40:43	02:53:05
40 000	02:30:00	02:37:54	02:46:40	02:56:28	03:07:30	03:34:17	03:50:46
42 195	02:38:14	02:46:34	02:55:49	03:06:09	03:17:47	03:46:03	04:03:26

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	16,5	15,7	14,9	14,0	13,2	11,6	10,7
Distance en Mètres	Temps de Passage						
100	00:00:22	00:00:23	00:00:24	00:00:26	00:00:27	00:00:31	00:00:34
200	00:00:44	00:00:46	00:00:48	00:00:51	00:00:55	00:01:02	00:01:07
300	00:01:05	00:01:09	00:01:13	00:01:17	00:01:22	00:01:34	00:01:41
400	00:01:27	00:01:32	00:01:37	00:01:43	00:01:49	00:02:05	00:02:14
500	00:01:49	00:01:55	00:02:01	00:02:08	00:02:16	00:02:36	00:02:48
600	00:02:11	00:02:18	00:02:25	00:02:34	00:02:44	00:03:07	00:03:21
800	00:02:55	00:03:04	00:03:14	00:03:25	00:03:38	00:04:09	00:04:29
1 000	00:03:38	00:03:50	00:04:02	00:04:17	00:04:33	00:05:12	00:05:36
2 000	00:07:16	00:07:39	00:08:05	00:08:33	00:09:05	00:10:23	00:11:11
3 000	00:10:55	00:11:29	00:12:07	00:12:50	00:13:38	00:15:35	00:16:47
4 000	00:14:33	00:15:19	00:16:10	00:17:07	00:18:11	00:20:47	00:22:23
5 000	00:18:11	00:19:08	00:20:12	00:21:23	00:22:44	00:25:58	00:27:58
10 000	00:36:22	00:38:17	00:40:24	00:42:47	00:45:27	00:51:57	00:55:57
15 000	00:54:33	00:57:25	01:00:36	01:04:10	01:08:11	01:17:55	01:23:55
18 000	01:05:27	01:08:54	01:12:44	01:17:00	01:21:49	01:33:30	01:40:42
20 000	01:12:44	01:16:33	01:20:48	01:25:34	01:30:55	01:43:54	01:51:53
21 100	01:16:44	01:20:46	01:25:15	01:30:16	01:35:55	01:49:37	01:58:03
30 000	01:49:05	01:54:50	02:01:13	02:08:21	02:16:22	02:35:51	02:47:50
40 000	02:25:27	02:33:07	02:41:37	02:51:07	03:01:49	03:27:48	03:43:47
42 195	02:33:26	02:41:31	02:50:29	03:00:31	03:11:48	03:39:12	03:56:03

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	17,0	16,2	15,3	14,5	13,6	11,9	11,1
Distance en Mètres	Temps de Passage						
100	00:00:21	00:00:22	00:00:24	00:00:25	00:00:26	00:00:30	00:00:33
200	00:00:42	00:00:45	00:00:47	00:00:50	00:00:53	00:01:01	00:01:05
300	00:01:04	00:01:07	00:01:11	00:01:15	00:01:19	00:01:31	00:01:38
400	00:01:25	00:01:29	00:01:34	00:01:40	00:01:46	00:02:01	00:02:10
500	00:01:46	00:01:51	00:01:58	00:02:05	00:02:12	00:02:31	00:02:43
600	00:02:07	00:02:14	00:02:21	00:02:29	00:02:39	00:03:02	00:03:15
800	00:02:49	00:02:58	00:03:08	00:03:19	00:03:32	00:04:02	00:04:21
1 000	00:03:32	00:03:43	00:03:55	00:04:09	00:04:25	00:05:03	00:05:26
2 000	00:07:04	00:07:26	00:07:51	00:08:18	00:08:49	00:10:05	00:10:52
3 000	00:10:35	00:11:09	00:11:46	00:12:27	00:13:14	00:15:08	00:16:17
4 000	00:14:07	00:14:52	00:15:41	00:16:37	00:17:39	00:20:10	00:21:43
5 000	00:17:39	00:18:35	00:19:36	00:20:46	00:22:04	00:25:13	00:27:09
10 000	00:35:18	00:37:09	00:39:13	00:41:31	00:44:07	00:50:25	00:54:18
15 000	00:52:56	00:55:44	00:58:49	01:02:17	01:06:11	01:15:38	01:21:27
18 000	01:03:32	01:06:52	01:10:35	01:14:44	01:19:25	01:30:45	01:37:44
20 000	01:10:35	01:14:18	01:18:26	01:23:03	01:28:14	01:40:50	01:48:36
21 100	01:14:28	01:18:23	01:22:45	01:27:37	01:33:05	01:46:23	01:54:34
30 000	01:45:53	01:51:27	01:57:39	02:04:34	02:12:21	02:31:16	02:42:54
40 000	02:21:11	02:28:36	02:36:52	02:46:05	02:56:28	03:21:41	03:37:12
42 195	02:28:55	02:36:46	02:45:28	02:55:12	03:06:09	03:32:45	03:49:07

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	17,5	16,6	15,8	14,9	14,0	12,3	11,4
Distance en Mètres	Temps de Passage						
100	00:00:21	00:00:22	00:00:23	00:00:24	00:00:26	00:00:29	00:00:32
200	00:00:41	00:00:43	00:00:46	00:00:48	00:00:51	00:00:59	00:01:03
300	00:01:02	00:01:05	00:01:09	00:01:13	00:01:17	00:01:28	00:01:35
400	00:01:22	00:01:27	00:01:31	00:01:37	00:01:43	00:01:58	00:02:07
500	00:01:43	00:01:48	00:01:54	00:02:01	00:02:09	00:02:27	00:02:38
600	00:02:03	00:02:10	00:02:17	00:02:25	00:02:34	00:02:56	00:03:10
800	00:02:45	00:02:53	00:03:03	00:03:14	00:03:26	00:03:55	00:04:13
1 000	00:03:26	00:03:37	00:03:49	00:04:02	00:04:17	00:04:54	00:05:16
2 000	00:06:51	00:07:13	00:07:37	00:08:04	00:08:34	00:09:48	00:10:33
3 000	00:10:17	00:10:50	00:11:26	00:12:06	00:12:51	00:14:42	00:15:49
4 000	00:13:43	00:14:26	00:15:14	00:16:08	00:17:09	00:19:36	00:21:06
5 000	00:17:09	00:18:03	00:19:03	00:20:10	00:21:26	00:24:29	00:26:22
10 000	00:34:17	00:36:05	00:38:06	00:40:20	00:42:51	00:48:59	00:52:45
15 000	00:51:26	00:54:08	00:57:09	01:00:30	01:04:17	01:13:28	01:19:07
18 000	01:01:43	01:04:58	01:08:34	01:12:36	01:17:09	01:28:10	01:34:57
20 000	01:08:34	01:12:11	01:16:11	01:20:40	01:25:43	01:37:58	01:45:30
21 100	01:12:21	01:16:09	01:20:23	01:25:07	01:30:26	01:43:21	01:51:18
30 000	01:42:51	01:48:16	01:54:17	02:01:01	02:08:34	02:26:56	02:38:15
40 000	02:17:09	02:24:22	02:32:23	02:41:21	02:51:26	03:15:55	03:30:59
42 195	02:24:40	02:32:17	02:40:45	02:50:12	03:00:50	03:26:40	03:42:34

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	18,0	17,1	16,2	15,3	14,4	12,6	11,7
Distance en Mètres	Temps de Passage						
100	00:00:20	00:00:21	00:00:22	00:00:24	00:00:25	00:00:29	00:00:31
200	00:00:40	00:00:42	00:00:44	00:00:47	00:00:50	00:00:57	00:01:02
300	00:01:00	00:01:03	00:01:07	00:01:11	00:01:15	00:01:26	00:01:32
400	00:01:20	00:01:24	00:01:29	00:01:34	00:01:40	00:01:54	00:02:03
500	00:01:40	00:01:45	00:01:51	00:01:58	00:02:05	00:02:23	00:02:34
600	00:02:00	00:02:06	00:02:13	00:02:21	00:02:30	00:02:51	00:03:05
800	00:02:40	00:02:48	00:02:58	00:03:08	00:03:20	00:03:49	00:04:06
1 000	00:03:20	00:03:31	00:03:42	00:03:55	00:04:10	00:04:46	00:05:08
2 000	00:06:40	00:07:01	00:07:24	00:07:51	00:08:20	00:09:31	00:10:15
3 000	00:10:00	00:10:32	00:11:07	00:11:46	00:12:30	00:14:17	00:15:23
4 000	00:13:20	00:14:02	00:14:49	00:15:41	00:16:40	00:19:03	00:20:31
5 000	00:16:40	00:17:33	00:18:31	00:19:36	00:20:50	00:23:49	00:25:38
10 000	00:33:20	00:35:05	00:37:02	00:39:13	00:41:40	00:47:37	00:51:17
15 000	00:50:00	00:52:38	00:55:33	00:58:49	01:02:30	01:11:26	01:16:55
18 000	01:00:00	01:03:09	01:06:40	01:10:35	01:15:00	01:25:43	01:32:18
20 000	01:06:40	01:10:11	01:14:04	01:18:26	01:23:20	01:35:14	01:42:34
21 100	01:10:20	01:14:02	01:18:09	01:22:45	01:27:55	01:40:29	01:48:12
30 000	01:40:00	01:45:16	01:51:07	01:57:39	02:05:00	02:22:51	02:33:51
40 000	02:13:20	02:20:21	02:28:09	02:36:52	02:46:40	03:10:29	03:25:08
42 195	02:20:39	02:28:03	02:36:17	02:45:28	02:55:49	03:20:56	03:36:23

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	18,5	17,6	16,7	15,7	14,8	13,0	12,0
Distance en Mètres	Temps de Passage						
100	00:00:19	00:00:20	00:00:22	00:00:23	00:00:24	00:00:28	00:00:30
200	00:00:39	00:00:41	00:00:43	00:00:46	00:00:49	00:00:56	00:01:00
300	00:00:58	00:01:01	00:01:05	00:01:09	00:01:13	00:01:23	00:01:30
400	00:01:18	00:01:22	00:01:26	00:01:32	00:01:37	00:01:51	00:02:00
500	00:01:37	00:01:42	00:01:48	00:01:54	00:02:02	00:02:19	00:02:30
600	00:01:57	00:02:03	00:02:10	00:02:17	00:02:26	00:02:47	00:03:00
800	00:02:36	00:02:44	00:02:53	00:03:03	00:03:15	00:03:42	00:04:00
1 000	00:03:15	00:03:25	00:03:36	00:03:49	00:04:03	00:04:38	00:04:59
2 000	00:06:29	00:06:50	00:07:12	00:07:38	00:08:06	00:09:16	00:09:59
3 000	00:09:44	00:10:15	00:10:49	00:11:27	00:12:10	00:13:54	00:14:58
4 000	00:12:58	00:13:39	00:14:25	00:15:16	00:16:13	00:18:32	00:19:58
5 000	00:16:13	00:17:04	00:18:01	00:19:05	00:20:16	00:23:10	00:24:57
10 000	00:32:26	00:34:08	00:36:02	00:38:09	00:40:32	00:46:20	00:49:54
15 000	00:48:39	00:51:13	00:54:03	00:57:14	01:00:49	01:09:30	01:14:51
18 000	00:58:23	01:01:27	01:04:52	01:08:41	01:12:58	01:23:24	01:29:49
20 000	01:04:52	01:08:17	01:12:04	01:16:19	01:21:05	01:32:40	01:39:48
21 100	01:08:26	01:12:02	01:16:02	01:20:31	01:25:32	01:37:46	01:45:17
30 000	01:37:18	01:42:25	01:48:06	01:54:28	02:01:37	02:19:00	02:29:41
40 000	02:09:44	02:16:33	02:24:09	02:32:37	02:42:10	03:05:20	03:19:35
42 195	02:16:51	02:24:03	02:32:03	02:41:00	02:51:04	03:15:30	03:30:32

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	19,0	18,1	17,1	16,2	15,2	13,3	12,4
Distance en Mètres	Temps de Passage						
100	00:00:19	00:00:20	00:00:21	00:00:22	00:00:24	00:00:27	00:00:29
200	00:00:38	00:00:40	00:00:42	00:00:45	00:00:47	00:00:54	00:00:58
300	00:00:57	00:01:00	00:01:03	00:01:07	00:01:11	00:01:21	00:01:27
400	00:01:16	00:01:20	00:01:24	00:01:29	00:01:35	00:01:48	00:01:57
500	00:01:35	00:01:40	00:01:45	00:01:51	00:01:58	00:02:15	00:02:26
600	00:01:54	00:02:00	00:02:06	00:02:14	00:02:22	00:02:42	00:02:55
800	00:02:32	00:02:40	00:02:48	00:02:58	00:03:09	00:03:37	00:03:53
1 000	00:03:09	00:03:19	00:03:31	00:03:43	00:03:57	00:04:31	00:04:51
2 000	00:06:19	00:06:39	00:07:01	00:07:26	00:07:54	00:09:01	00:09:43
3 000	00:09:28	00:09:58	00:10:32	00:11:09	00:11:51	00:13:32	00:14:34
4 000	00:12:38	00:13:18	00:14:02	00:14:52	00:15:47	00:18:03	00:19:26
5 000	00:15:47	00:16:37	00:17:33	00:18:35	00:19:44	00:22:33	00:24:17
10 000	00:31:35	00:33:14	00:35:05	00:37:09	00:39:28	00:45:07	00:48:35
15 000	00:47:22	00:49:52	00:52:38	00:55:44	00:59:13	01:07:40	01:12:52
18 000	00:56:51	00:59:50	01:03:09	01:06:52	01:11:03	01:21:12	01:27:27
20 000	01:03:09	01:06:29	01:10:11	01:14:18	01:18:57	01:30:14	01:37:10
21 100	01:06:38	01:10:08	01:14:02	01:18:23	01:23:17	01:35:11	01:42:31
30 000	01:34:44	01:39:43	01:45:16	01:51:27	01:58:25	02:15:20	02:25:45
40 000	02:06:19	02:12:58	02:20:21	02:28:36	02:37:54	03:00:27	03:14:20
42 195	02:13:15	02:20:16	02:28:03	02:36:46	02:46:34	03:10:21	03:25:00

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	19,5	18,5	17,6	16,6	15,6	13,7	12,7
Distance en Mètres	Temps de Passage						
100	00:00:18	00:00:19	00:00:21	00:00:22	00:00:23	00:00:26	00:00:28
200	00:00:37	00:00:39	00:00:41	00:00:43	00:00:46	00:00:53	00:00:57
300	00:00:55	00:00:58	00:01:02	00:01:05	00:01:09	00:01:19	00:01:25
400	00:01:14	00:01:18	00:01:22	00:01:27	00:01:32	00:01:45	00:01:54
500	00:01:32	00:01:37	00:01:43	00:01:49	00:01:55	00:02:12	00:02:22
600	00:01:51	00:01:57	00:02:03	00:02:10	00:02:18	00:02:38	00:02:50
800	00:02:28	00:02:35	00:02:44	00:02:54	00:03:05	00:03:31	00:03:47
1 000	00:03:05	00:03:14	00:03:25	00:03:37	00:03:51	00:04:24	00:04:44
2 000	00:06:09	00:06:29	00:06:50	00:07:14	00:07:42	00:08:47	00:09:28
3 000	00:09:14	00:09:43	00:10:15	00:10:52	00:11:32	00:13:11	00:14:12
4 000	00:12:18	00:12:57	00:13:41	00:14:29	00:15:23	00:17:35	00:18:56
5 000	00:15:23	00:16:12	00:17:06	00:18:06	00:19:14	00:21:59	00:23:40
10 000	00:30:46	00:32:23	00:34:11	00:36:12	00:38:28	00:43:57	00:47:20
15 000	00:46:09	00:48:35	00:51:17	00:54:18	00:57:42	01:05:56	01:11:00
18 000	00:55:23	00:58:18	01:01:32	01:05:10	01:09:14	01:19:07	01:25:12
20 000	01:01:32	01:04:47	01:08:23	01:12:24	01:16:55	01:27:55	01:34:40
21 100	01:04:55	01:08:20	01:12:08	01:16:23	01:21:09	01:32:45	01:39:53
30 000	01:32:18	01:37:10	01:42:34	01:48:36	01:55:23	02:11:52	02:22:01
40 000	02:03:05	02:09:33	02:16:45	02:24:48	02:33:51	02:55:49	03:09:21
42 195	02:09:50	02:16:40	02:24:15	02:32:45	02:42:17	03:05:28	03:19:44

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	20,0	19,0	18,0	17,0	16,0	14,0	13,0
Distance en Mètres	Temps de Passage						
100	00:00:18	00:00:19	00:00:20	00:00:21	00:00:23	00:00:26	00:00:28
200	00:00:36	00:00:38	00:00:40	00:00:42	00:00:45	00:00:51	00:00:55
300	00:00:54	00:00:57	00:01:00	00:01:04	00:01:07	00:01:17	00:01:23
400	00:01:12	00:01:16	00:01:20	00:01:25	00:01:30	00:01:43	00:01:51
500	00:01:30	00:01:35	00:01:40	00:01:46	00:01:52	00:02:09	00:02:18
600	00:01:48	00:01:54	00:02:00	00:02:07	00:02:15	00:02:34	00:02:46
800	00:02:24	00:02:32	00:02:40	00:02:49	00:03:00	00:03:26	00:03:42
1 000	00:03:00	00:03:09	00:03:20	00:03:32	00:03:45	00:04:17	00:04:37
2 000	00:06:00	00:06:19	00:06:40	00:07:04	00:07:30	00:08:34	00:09:14
3 000	00:09:00	00:09:28	00:10:00	00:10:35	00:11:15	00:12:51	00:13:51
4 000	00:12:00	00:12:38	00:13:20	00:14:07	00:15:00	00:17:09	00:18:28
5 000	00:15:00	00:15:47	00:16:40	00:17:39	00:18:45	00:21:26	00:23:05
10 000	00:30:00	00:31:35	00:33:20	00:35:18	00:37:30	00:42:51	00:46:09
15 000	00:45:00	00:47:22	00:50:00	00:52:56	00:56:15	01:04:17	01:09:14
18 000	00:54:00	00:56:51	01:00:00	01:03:32	01:07:30	01:17:09	01:23:05
20 000	01:00:00	01:03:09	01:06:40	01:10:35	01:15:00	01:25:43	01:32:18
21 100	01:03:18	01:06:38	01:10:20	01:14:28	01:19:08	01:30:26	01:37:23
30 000	01:30:00	01:34:44	01:40:00	01:45:53	01:52:30	02:08:34	02:18:28
40 000	02:00:00	02:06:19	02:13:20	02:21:11	02:30:00	02:51:26	03:04:37
42 195	02:06:35	02:13:15	02:20:39	02:28:55	02:38:14	03:00:50	03:14:45

ELAN LAMBESCAIN	VMA courte		VMA Longue ou 10 kms	Allure Semi	Allure Marathon	Sortie Longue	Footing
	100,00%	95%					
Vitesse km/h	20,5	19,5	18,5	17,4	16,4	14,4	13,3
Distance en Mètres	Temps de Passage						
100	00:00:18	00:00:18	00:00:20	00:00:21	00:00:22	00:00:25	00:00:27
200	00:00:35	00:00:37	00:00:39	00:00:41	00:00:44	00:00:50	00:00:54
300	00:00:53	00:00:55	00:00:59	00:01:02	00:01:06	00:01:15	00:01:21
400	00:01:10	00:01:14	00:01:18	00:01:23	00:01:28	00:01:40	00:01:48
500	00:01:28	00:01:32	00:01:38	00:01:43	00:01:50	00:02:05	00:02:15
600	00:01:45	00:01:51	00:01:57	00:02:04	00:02:12	00:02:31	00:02:42
800	00:02:20	00:02:28	00:02:36	00:02:45	00:02:56	00:03:21	00:03:36
1 000	00:02:56	00:03:05	00:03:15	00:03:27	00:03:40	00:04:11	00:04:30
2 000	00:05:51	00:06:10	00:06:30	00:06:53	00:07:19	00:08:22	00:09:00
3 000	00:08:47	00:09:15	00:09:45	00:10:20	00:10:59	00:12:33	00:13:31
4 000	00:11:42	00:12:19	00:13:00	00:13:46	00:14:38	00:16:43	00:18:01
5 000	00:14:38	00:15:24	00:16:16	00:17:13	00:18:18	00:20:54	00:22:31
10 000	00:29:16	00:30:49	00:32:31	00:34:26	00:36:35	00:41:49	00:45:02
15 000	00:43:54	00:46:13	00:48:47	00:51:39	00:54:53	01:02:43	01:07:33
18 000	00:52:41	00:55:27	00:58:32	01:01:59	01:05:51	01:15:16	01:21:03
20 000	00:58:32	01:01:37	01:05:02	01:08:52	01:13:10	01:23:37	01:30:03
21 100	01:01:45	01:05:00	01:08:37	01:12:39	01:17:12	01:28:13	01:35:01
30 000	01:27:48	01:32:26	01:37:34	01:43:18	01:49:45	02:05:26	02:15:05
40 000	01:57:04	02:03:14	02:10:05	02:17:44	02:26:20	02:47:15	03:00:07
42 195	02:03:30	02:10:00	02:17:13	02:25:17	02:34:22	02:56:26	03:10:00