



Vitesses pour Mélanie Vaillancourt

| Votre VMA en km/h | | 11 | | | | | | | | | | | | | | | | | |
|--|---------------------------|-----------------------|---------|---------|---------|---------|--------------------|----------------|---------|---------|---------|---------|---------|---------|---------|---------|---------|------|----------|
| Vitesse à suivre selon les intervalles | | Développement VMA | | | | | Fractionné : Seuil | | | | | | | | | | 10km | Semi | Marathon |
| Vitesse en km/h | Vitesse en mph pour tapis | %VMA/Distance (mètre) | 100 | 200 | 300 | 400 | 500 | 1000 | 1200 | 1500 | 2000 | 3000 | 4000 | 5000 | 10000 | 21100 | 42195 | | |
| 6,6 | 4,1 | 60% | 0:00:54 | 0:01:49 | 0:02:43 | 0:03:38 | 0:04:32 | 0:09:05 | 0:10:54 | 0:13:38 | 0:18:10 | 0:27:16 | 0:36:21 | 0:45:27 | 1:30:54 | 3:11:49 | 6:23:35 | | |
| 7,15 | 4,5 | 65% | 0:00:50 | 0:01:40 | 0:02:31 | 0:03:21 | 0:04:11 | 0:08:23 | 0:10:04 | 0:12:35 | 0:16:46 | 0:25:10 | 0:33:33 | 0:41:57 | 1:23:54 | 2:57:03 | 5:54:05 | | |
| 7,7 | 4,8 | 70% | 0:00:46 | 0:01:33 | 0:02:20 | 0:03:07 | 0:03:53 | 0:07:47 | 0:09:21 | 0:11:41 | 0:15:35 | 0:23:22 | 0:31:10 | 0:38:57 | 1:17:55 | 2:44:24 | 5:28:47 | | |
| 8,25 | 5,2 | 75% | 0:00:43 | 0:01:27 | 0:02:10 | 0:02:54 | 0:03:38 | 0:07:16 | 0:08:43 | 0:10:54 | 0:14:32 | 0:21:49 | 0:29:05 | 0:36:21 | 1:12:43 | 2:33:27 | 5:06:52 | | |
| 8,8 | 5,5 | 80% | 0:00:40 | 0:01:21 | 0:02:02 | 0:02:43 | 0:03:24 | 0:06:49 | 0:08:10 | 0:10:13 | 0:13:38 | 0:20:27 | 0:27:16 | 0:34:05 | 1:08:10 | 2:23:51 | 4:47:41 | | |
| 9,35 | 5,8 | 85% | 0:00:38 | 0:01:17 | 0:01:55 | 0:02:34 | 0:03:12 | 0:06:25 | 0:07:42 | 0:09:37 | 0:12:50 | 0:19:15 | 0:25:40 | 0:32:05 | 1:04:10 | 2:15:24 | 4:30:46 | | |
| 9,9 | 6,2 | 90% | 0:00:36 | 0:01:12 | 0:01:49 | 0:02:25 | 0:03:01 | 0:06:03 | 0:07:16 | 0:09:05 | 0:12:07 | 0:18:10 | 0:24:14 | 0:30:18 | 1:00:36 | 2:07:52 | 4:15:43 | | |
| 10,45 | 6,5 | 95% | 0:00:34 | 0:01:08 | 0:01:43 | 0:02:17 | 0:02:52 | 0:05:44 | 0:06:53 | 0:08:36 | 0:11:28 | 0:17:13 | 0:22:57 | 0:28:42 | 0:57:24 | 2:01:08 | 4:02:16 | | |
| 11 | 6,9 | 100% | 0:00:32 | 0:01:05 | 0:01:38 | 0:02:10 | 0:02:43 | 0:05:27 | 0:06:32 | 0:08:10 | 0:10:54 | 0:16:21 | 0:21:49 | 0:27:16 | 0:54:32 | 1:55:05 | 3:50:09 | | |
| 11,55 | 7,2 | 105% | 0:00:31 | 0:01:02 | 0:01:33 | 0:02:04 | 0:02:35 | 0:05:11 | 0:06:14 | 0:07:47 | 0:10:23 | 0:15:35 | 0:20:46 | 0:25:58 | 0:51:56 | 1:49:36 | 3:39:11 | | |
| 12,1 | 7,6 | 110% | 0:00:29 | 0:00:59 | 0:01:29 | 0:01:59 | 0:02:28 | 0:04:57 | 0:05:57 | 0:07:26 | 0:09:55 | 0:14:52 | 0:19:50 | 0:24:47 | 0:49:35 | 1:44:37 | 3:29:13 | | |
| 12,65 | 7,9 | 115% | 0:00:28 | 0:00:56 | 0:01:25 | 0:01:53 | 0:02:22 | 0:04:44 | 0:05:41 | 0:07:06 | 0:09:29 | 0:14:13 | 0:18:58 | 0:23:42 | 0:47:25 | 1:40:04 | 3:20:08 | | |
| 13,2 | 8,3 | 120% | 0:00:27 | 0:00:54 | 0:01:21 | 0:01:49 | 0:02:16 | 0:04:32 | 0:05:27 | 0:06:49 | 0:09:05 | 0:13:38 | 0:18:10 | 0:22:43 | 0:45:27 | 1:35:54 | 3:11:47 | | |
| 13,75 | 8,6 | 125% | 0:00:26 | 0:00:52 | 0:01:18 | 0:01:44 | 0:02:10 | 0:04:21 | 0:05:14 | 0:06:32 | 0:08:43 | 0:13:05 | 0:17:27 | 0:21:49 | 0:43:38 | 1:32:04 | 3:04:07 | | |