

Tableau des durées selon les vitesses de déplacement en POR

	100 m	200 m	300 m	400 m	500 m	600 m	700 m	800 m	900 m	1000 m	1 500 m	2 000 m	2 500 m	3 000 m
5 km/h	1' 12"	2' 24"	3' 36"	4' 48"	6' 0"	7' 12"	8' 24"	9' 36"	10' 48"	12' 0"	18' 0"	24' 0"	30' 0"	36' 0"
5,5 km/h	1' 5"	2' 11"	3' 16"	4' 22"	5' 27"	6' 33"	7' 38"	8' 44"	9' 49"	10' 55"	16' 22"	21' 49"	27' 16"	32' 44"
6 km/h	1' 0"	2' 0"	3' 0"	4' 0"	5' 0"	6' 0"	7' 0"	8' 0"	9' 0"	10' 0"	15' 0"	20' 0"	25' 0"	30' 0"
6,5 km/h	0' 55"	1' 51"	2' 46"	3' 42"	4' 37"	5' 32"	6' 28"	7' 23"	8' 18"	9' 14"	13' 51"	18' 28"	23' 5"	27' 42"
7 km/h	0' 51"	1' 43"	2' 34"	3' 26"	4' 17"	5' 9"	6' 0"	6' 51"	7' 43"	8' 34"	12' 51"	17' 9"	21' 26"	25' 43"
7,5 km/h	0' 48"	1' 36"	2' 24"	3' 12"	4' 0"	4' 48"	5' 36"	6' 24"	7' 12"	8' 0"	12' 0"	16' 0"	20' 0"	24' 0"
8 km/h	0' 45"	1' 30"	2' 15"	3' 0"	3' 45"	4' 30"	5' 15"	6' 0"	6' 45"	7' 30"	11' 15"	15' 0"	18' 45"	22' 30"
8,5 km/h	0' 42"	1' 25"	2' 7"	2' 49"	3' 32"	4' 14"	4' 56"	5' 39"	6' 21"	7' 4"	10' 35"	14' 7"	17' 39"	21' 11"
9 km/h	0' 40"	1' 20"	2' 0"	2' 40"	3' 20"	4' 0"	4' 40"	5' 20"	6' 0"	6' 40"	10' 0"	13' 20"	16' 40"	20' 0"
9,5 km/h	0' 38"	1' 16"	1' 54"	2' 32"	3' 9"	3' 47"	4' 25"	5' 3"	5' 41"	6' 19"	9' 28"	12' 38"	15' 47"	18' 57"
10 km/h	0' 36"	1' 12"	1' 48"	2' 24"	3' 0"	3' 36"	4' 12"	4' 48"	5' 24"	6' 0"	9' 0"	12' 0"	15' 0"	18' 0"
10,5 km/h	0' 34"	1' 9"	1' 43"	2' 17"	2' 51"	3' 26"	4' 0"	4' 34"	5' 9"	5' 43"	8' 34"	11' 26"	14' 17"	17' 9"
11 km/h	0' 33"	1' 5"	1' 38"	2' 11"	2' 44"	3' 16"	3' 49"	4' 22"	4' 55"	5' 27"	8' 11"	10' 55"	13' 38"	16' 22"
11,5 km/h	0' 31"	1' 3"	1' 34"	2' 5"	2' 37"	3' 8"	3' 39"	4' 10"	4' 42"	5' 13"	7' 50"	10' 26"	13' 3"	15' 39"
12 km/h	0' 30"	1' 0"	1' 30"	2' 0"	2' 30"	3' 0"	3' 30"	4' 0"	4' 30"	5' 0"	7' 30"	10' 0"	12' 30"	15' 0"