

Temps de passage à allure régulière pour les 8 km et le Semi Marathon de Niort

Les différentes lignes de couleurs vous permettront de vous situer plus rapidement dans l'allure qui vous conviendra le mieux.

Moyenne Horaire km/h	1km	2km	3km	4km	5km	6km	7km	8km	9km	10km	15km	20km	Semi
08,000km	7'30"	15'00"	22'30"	30'00"	37'30"	45'00"	52'30"	1h00'00"	1h07'30"	1h15'00"	1h52'30"	2h30'00"	2h38'15"
08,181km	7'20"	14'40"	22'00"	29'20"	36'40"	44'00"	51'20"	0h58'40"	1h06'00"	1h13'20"	1h50'00"	2h26'40"	2h34'44"
08,372km	7'10"	14'20"	21'30"	28'40"	35'50"	43'00"	50'10"	0h57'20"	1h04'30"	1h11'40"	1h47'30"	2h23'20"	2h31'13"
08,571km	7'00"	14'00"	21'00"	28'00"	35'00"	42'00"	49'00"	0h56'00"	1h03'00"	1h10'00"	1h45'00"	2h20'00"	2h27'42"
08,780km	6'50"	13'40"	20'30"	27'20"	34'10"	41'00"	47'50"	0h54'40"	1h01'30"	1h08'20"	1h42'30"	2h16'40"	2h24'41"
09,000km	6'40"	13'20"	20'00"	26'40"	33'20"	40'00"	46'40"	0h53'20"	1h00'00"	1h06'40"	1h40'00"	2h13'20"	2h20'40"
09,230km	6'30"	13'00"	19'30"	26'00"	32'30"	39'00"	45'30"	0h52'00"	0h58'30"	1h05'00"	1h37'30"	2h10'00"	2h17'09"
09,473km	6'20"	12'40"	19'00"	25'20"	31'40"	38'00"	44'20"	0h50'40"	0h57'00"	1h03'20"	1h35'00"	2h06'40"	2h13'38"
09,729km	6'10"	12'20"	18'30"	24'40"	30'50"	37'00"	43'10"	0h49'20"	0h55'30"	1h01'40"	1h32'30"	2h03'20"	2h10'07"
10,000km	6'00"	12'00"	18'00"	24'00"	30'00"	36'00"	42'00"	0h48'00"	0h54'00"	1h00'00"	1h30'00"	2h00'00"	2h06'36"
10,285km	5'50"	11'40"	17'30"	23'20"	29'10"	35'00"	40'50"	0h46'40"	0h52'30"	0h58'20"	1h27'30"	1h56'40"	2h03'05"
10,588km	5'40"	11'20"	17'00"	22'40"	28'20"	34'00"	39'40"	0h45'20"	0h51'00"	0h56'40"	1h25'00"	1h53'20"	1h59'34"
10,909km	5'30"	11'00"	16'30"	22'00"	27'30"	33'00"	38'30"	0h44'00"	0h49'30"	0h55'00"	1h22'30"	1h50'00"	1h56'03"
11,250km	5'20"	10'40"	16'00"	21'20"	26'40"	32'00"	37'20"	0h42'40"	0h48'00"	0h53'20"	1h20'00"	1h46'40"	1h52'32"
11,612km	5'10"	10'20"	15'30"	20'40"	25'50"	31'00"	36'10"	0h41'20"	0h46'30"	0h51'40"	1h17'30"	1h43'20"	1h49'01"
12,000km	5'00"	10'00"	15'00"	20'00"	25'00"	30'00"	35'00"	0h40'00"	0h45'00"	0h50'00"	1h15'00"	1h40'00"	1h45'30"
12,413km	4'50"	09'40"	14'30"	19'20"	24'10"	29'00"	33'50"	0h38'40"	0h43'30"	0h48'20"	1h12'30"	1h36'40"	1h41'59"
12,857km	4'40"	09'20"	14'00"	18'40"	23'20"	28'00"	32'40"	0h37'20"	0h42'00"	0h46'40"	1h10'00"	1h33'20"	1h38'28"
13,333km	4'30"	09'00"	13'30"	18'00"	22'30"	27'00"	31'30"	0h36'00"	0h40'30"	0h45'00"	1h07'30"	1h30'00"	1h34'57"
13,584km	4'25"	08'50"	13'15"	17'40"	22'05"	26'30"	30'55"	0h35'20"	0h39'45"	0h44'10"	1h06'15"	1h28'20"	1h33'11"
13,846km	4'20"	08'40"	13'00"	17'20"	21'40"	26'00"	30'20"	0h34'40"	0h39'00"	0h43'20"	1h05'00"	1h26'40"	1h31'26"
14,117km	4'15"	08'30"	12'45"	17'00"	21'15"	25'30"	29'45"	0h34'00"	0h38'15"	0h42'30"	1h03'45"	1h25'00"	1h29'40"
14,400km	4'10"	08'20"	12'30"	16'40"	20'50"	25'00"	29'10"	0h33'20"	0h37'30"	0h41'30"	1h02'30"	1h23'20"	1h27'55"
14,693km	4'05"	08'10"	12'15"	16'20"	20'25"	24'30"	28'35"	0h32'40"	0h36'45"	0h40'50"	1h01'15"	1h21'40"	1h26'09"
15,000km	4'00"	08'00"	12'00"	16'00"	20'00"	24'00"	28'00"	0h32'00"	0h36'00"	0h40'00"	1h00'00"	1h20'00"	1h24'24"
15,319km	3'55"	07'50"	11'45"	15'40"	19'35"	23'30"	27'25"	0h31'20"	0h35'15"	0h39'10"	0h58'45"	1h18'20"	1h22'38"
15,652km	3'50"	07'40"	11'30"	15'20"	19'10"	23'00"	26'50"	0h30'40"	0h34'30"	0h38'20"	0h57'30"	1h16'40"	1h20'53"
16,000km	3'45"	07'30"	11'15"	15'00"	18'45"	22'30"	26'15"	0h30'00"	0h33'45"	0h37'30"	0h56'15"	1h15'00"	1h19'07"
16,363km	3'40"	07'20"	11'00"	14'40"	18'20"	22'00"	25'40"	0h29'20"	0h33'00"	0h36'40"	0h55'00"	1h13'20"	1h17'22"
16,744km	3'35"	07'10"	10'45"	14'20"	17'55"	21'30"	25'05"	0h28'40"	0h32'15"	0h35'50"	0h53'45"	1h11'40"	1h15'36"
17,142km	3'30"	07'00"	10'30"	14'00"	17'30"	21'00"	24'30"	0h28'00"	0h31'30"	0h35'00"	0h52'30"	1h10'00"	1h13'56"
17,560km	3'25"	06'50"	10'15"	13'40"	17'05"	20'30"	23'55"	0h27'20"	0h30'45"	0h34'10"	0h51'15"	1h08'20"	1h12'05"
18,000km	3'20"	06'40"	10'00"	13'20"	16'40"	20'00"	23'20"	0h26'40"	0h30'00"	0h33'20"	0h50'00"	1h06'40"	1h10'20"
18,460km	3'15"	06'30"	09'45"	13'00"	16'15"	19'30"	22'45"	0h26'00"	0h29'15"	0h32'30"	0h48'45"	1h05'00"	1h08'34"
18,945km	3'10"	06'20"	09'30"	12'40"	15'50"	19'00"	22'10"	0h25'20"	0h28'30"	0h31'40"	0h47'30"	1h03'20"	1h06'48"
19,200km	3'07"	06'15"	09'22"	12'30"	15'37"	18'45"	21'52"	0h25'00"	0h28'07"	0h31'15"	0h46'53"	1h02'30"	1h05'56"
19,455km	3'05"	06'10"	09'15"	12'20"	15'25"	18'30"	21'35"	0h24'40"	0h27'45"	0h30'50"	0h46'15"	1h01'40"	1h05'03"
19,760km	3'02"	06'05"	09'07"	12'10"	15'12"	18'15"	21'17"	0h24'20"	0h27'22"	0h30'25"	0h45'37"	1h00'50"	1h04'10"
20,000km	3'00"	06'00"	09'00"	12'00"	15'00"	18'00"	21'00"	0h24'00"	0h27'00"	0h30'00"	0h45'00"	1h00'00"	1h03'17"

Source : OP Rat370 pour la Commission Départementale des Courses Hors Stade du 79.