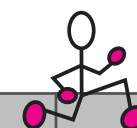




Temps de passage & allures



ALLURE (min/ km)	km/h	10km	5km	21.1km	42.2km	200m	400m	800m	1500m	ALLURE (min/ km)
7:15	8	1h12 30"	36' 15"	2h33	3h37 30"	1'27"	2'54"	5'48"	10'52"	7:15
7:00	8.5	1h10	35'	2h27 '40"	4h55 21"	1'24"	2'48"	5'36"	10'30"	7:00
6:45	9	1h07 30"	33' 45"	2h22 24"	4h44 48"	1'21"	2'42"	5'24"	10'07"	6:45
6:30	9.4	1h05	32' 30"	2h17 07"	4h34 16"	1'18"	2'36"	5'12"	9'45"	6:30
6:15	9.7	1h02 30"	31' 15"	2h11 51"	4h23 43"	1'15"	2'30"	5'	9'22"	6:15
6:00	10	1h	30'	2h06 34"	4h13 10"	1'12"	2'24"	4'48"	9'	6:00
5:45	10.2	57'30"	28' 45"	2h01 18"	4h02 37"	1'09"	2'18"	4'36"	8'37"	5:45
5:30	10.9	55'	27' 30"	1h56 02"	3h52 04"	1'06"	2'12"	4'24"	8'15"	5:30
5:15	11.5	52'30"	26' 15"	1h50 01"	3h41 13"	1'03"	2'06"	4'12"	7'52"	5:15
5:00	12	50'	25'	1h45 29"	3h30 58"	60"	2'	4'	7'30"	5:00
4:45	12.5	47'30"	23' 45"	1h40 12"	3h20 25"	57"	1'54"	3'48"	7'07"	4:45
4:30	13.3	45'	22' 30"	1h34 56"	3h09 52"	54"	1'48"	3'36"	6'45"	4:30
4:15	14.2	42' 30"	21' 15"	1h29 39"	2h59 19"	51"	1'42"	3'24"	6'22"	4:15
4:00	15	40'	20'	1h24 23"	2h48 46"	48"	1'36"	3'12"	6'	4:00
3:45	16.2	37'30"	18' 45"	1h19 06'	2h38 13'	45"	1'30"	3'	5'37"	3:45
3:30	17.1	35'	17' 30"	1h13 50"	2h27 40"	42"	1'24"	2'48"	5'15"	3:30

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