

Vitesse en km/h	50 m	100m	150m	200m	250m	300m	350m	400m	450m	500m	550m	600m	650m	700m	750m	800m	850m	900m	950m	1000m	1050m	1100m		
8	22,5	00:45,0	01:07,5	01:30,0	01:52,5	02:15,0	02:37,5	03:00,0																
9	20	00:40,0	01:00,0	01:20,0	01:40,0	02:00,0	02:20,0	02:40,0	03:00,0															
10	18	00:36,0	00:54,0	01:12,0	01:30,0	01:48,0	02:06,0	02:24,0	02:42,0	03:00,0														
11	16,4	00:32,8	00:49,2	01:05,6	01:22,0	01:38,4	01:54,8	02:11,2	02:27,6	02:44,0	03:00,4													
12	15	00:30,0	00:45,0	01:00,0	01:15,0	01:30,0	01:45,0	02:00,0	02:15,0	02:30,0	02:45,0	03:00,0												
13	13,9	00:27,8	00:41,7	00:55,6	01:09,5	01:23,4	01:37,3	01:51,2	02:05,1	02:19,0	02:32,9	02:46,8	03:00,7											
14	12,8	00:25,6	00:38,4	00:51,2	01:04,0	01:16,8	01:29,6	01:42,4	01:55,2	02:08,0	02:20,8	02:33,6	02:46,4	02:59,2										
15	12	00:24,0	00:36,0	00:48,0	01:00,0	01:12,0	01:24,0	01:36,0	01:48,0	02:00,0	02:12,0	02:24,0	02:36,0	02:48,0	03:00,0									
16	11,2	00:22,4	00:33,6	00:44,8	00:56,0	01:07,2	01:18,4	01:29,6	01:40,8	01:52,0	02:03,2	02:14,4	02:25,6	02:36,8	02:48,0	02:59,2								
17	10,6	00:21,2	00:31,8	00:42,4	00:53,0	01:03,6	01:14,2	01:24,8	01:35,4	01:46,0	01:56,6	02:07,2	02:17,8	02:28,4	02:39,0	02:49,6	03:00,2							
18	10	00:20,0	00:30,0	00:40,0	00:50,0	01:00,0	01:10,0	01:20,0	01:30,0	01:40,0	01:50,0	02:00,0	02:10,0	02:20,0	02:30,0	02:40,0	02:50,0	03:00,0						
19	9,5	00:19,0	00:28,5	00:38,0	00:47,5	00:57,0	01:06,5	01:16,0	01:25,5	01:35,0	01:44,5	01:54,0	02:03,5	02:13,0	02:22,5	02:32,0	02:41,5	02:51,0	03:00,5					
20	9	00:18,0	00:27,0	00:36,0	00:45,0	00:54,0	01:03,0	01:12,0	01:21,0	01:30,0	01:39,0	01:48,0	01:57,0	02:06,0	02:15,0	02:24,0	02:33,0	02:42,0	02:51,0	03:00,0				
21	8,6	00:17,2	00:25,8	00:34,4	00:43,0	00:51,6	01:00,2	01:08,8	01:17,4	01:26,0	01:34,6	01:43,2	01:51,8	02:00,4	02:09,0	02:17,6	02:26,2	02:34,8	02:43,4	02:52,0	03:00,6			
22	8,2	00:16,4	00:24,6	00:32,8	00:41,0	00:49,2	00:57,4	01:05,6	01:13,8	01:22,0	01:30,2	01:38,4	01:46,6	01:54,8	02:03,0	02:11,2	02:19,4	02:27,6	02:35,8	02:44,0	02:52,2	03:00,4		

Vitesse en km/h	50 m	100m	150m	200m	250m	300m	350m	400m	450m	500m
8	22,5	45	67,5	90	112,5	135	157,5	180		
9	20	40	60	80	100	120	140	160	180	
10	18	36	54	72	90	108	126	144	162	180
11	16,4	32,8	49,2	65,6	82	98,4	114,8	131,2	147,6	164
12	15	30	45	60	75	90	105	120	135	150
13	13,9	27,8	41,7	55,6	69,5	83,4	97,3	111,2	125,1	139
14	12,8	25,6	38,4	51,2	64	76,8	89,6	102,4	115,2	128
15	12	24	36	48	60	72	84	96	108	120
16	11,2	22,4	33,6	44,8	56	67,2	78,4	89,6	100,8	112
17	10,6	21,2	31,8	42,4	53	63,6	74,2	84,8	95,4	106
18	10	20	30	40	50	60	70	80	90	100
19	9,5	19	28,5	38	47,5	57	66,5	76	85,5	95
20	9	18	27	36	45	54	63	72	81	90
21	8,6	17,2	25,8	34,4	43	51,6	60,2	68,8	77,4	86
22	8,2	16,4	24,6	32,8	41	49,2	57,4	65,6	73,8	82

1100m



180,4