

Tableau des Allures de Course

Allure (min/km)	1km	5km	10km	Semi (21.1km)	Marathon (42.195km)
7:00	7m00s	35m00s	1h10m00s	2h27m42s	4h55m21s
6:45	6m45s	33m45s	1h07m30s	2h22m25s	4h44m48s
6:30	6m30s	32m30s	1h05m00s	2h17m09s	4h34m16s
6:15	6m15s	31m15s	1h02m30s	2h11m52s	4h23m43s
6:00	6m00s	30m00s	1h00m00s	2h06m36s	4h13m10s
5:45	5m45s	28m45s	57m30s	2h01m19s	4h02m38s
5:30	5m30s	27m30s	55m00s	1h56m03s	3h52m05s
5:15	5m15s	26m15s	52m30s	1h50m46s	3h41m32s
5:00	5m00s	25m00s	50m00s	1h45m30s	3h30m59s
4:45	4m45s	23m45s	47m30s	1h40m13s	3h20m26s
4:30	4m30s	22m30s	45m00s	1h34m57s	3h09m54s
4:15	4m15s	21m15s	42m30s	1h29m40s	2h59m21s
4:00	4m00s	20m00s	40m00s	1h24m24s	2h48m48s
3:45	3m45s	18m45s	37m30s	1h19m07s	2h38m15s
3:30	3m30s	17m30s	35m00s	1h13m51s	2h27m42s
3:15	3m15s	16m15s	32m30s	1h08m34s	2h17m09s
3:00	3m00s	15m00s	30m00s	1h03m18s	2h06m36s
2:45	2m45s	13m45s	27m30s	57m51s	1h56m04s
2:30	2m30s	12m30s	25m00s	52m30s	1h45m30s

Tableau élaboré par l'équipe The Post Trace -