

Estimations des performances en course à pied à partir d'un test sur 2000m

2000 m		10 kilomètres		semi-marathon		marathon	
Temps	Vitesse	Temps	Vitesse	Temps	Vitesse	Temps	Vitesse
00:13:00	9,23	01:11:30	8,39	02:50:28	7,39	06:36:06	6,39
00:12:50	9,35	01:10:35	8,50	02:47:59	7,50	06:29:27	6,50
00:12:40	9,47	01:09:40	8,61	02:45:31	7,61	06:22:52	6,61
00:12:30	9,60	01:08:45	8,73	02:43:04	7,73	06:16:20	6,73
00:12:20	9,73	01:07:50	8,85	02:40:36	7,85	06:09:51	6,85
00:12:10	9,86	01:06:55	8,97	02:38:10	7,97	06:03:25	6,97
00:12:00	10,00	01:06:00	9,09	02:35:44	8,09	05:57:02	7,09
00:11:50	10,14	01:05:05	9,22	02:33:18	8,22	05:50:42	7,22
00:11:40	10,29	01:04:10	9,35	02:30:53	8,35	05:44:25	7,35
00:11:30	10,43	01:03:15	9,49	02:28:29	8,49	05:38:11	7,49
00:11:20	10,59	01:02:20	9,63	02:26:05	8,63	05:32:00	7,63
00:11:10	10,75	01:01:25	9,77	02:23:41	8,77	05:25:51	7,77
00:11:00	10,91	01:00:30	9,92	02:21:18	8,92	05:19:46	7,92
00:10:50	11,08	00:59:35	10,07	02:18:55	9,07	05:13:43	8,07
00:10:40	11,25	00:58:40	10,23	02:16:33	9,23	05:07:43	8,23
00:10:30	11,43	00:57:45	10,39	02:14:11	9,39	05:01:46	8,39
00:10:20	11,61	00:56:50	10,56	02:11:50	9,56	04:55:51	8,56
00:10:10	11,80	00:55:55	10,73	02:09:30	9,73	04:49:59	8,73
00:10:00	12,00	00:55:00	10,91	02:07:09	9,91	04:44:10	8,91
00:09:50	12,20	00:54:05	11,09	02:04:50	10,09	04:38:24	9,09
00:09:40	12,41	00:53:10	11,29	02:02:30	10,29	04:32:39	9,29
00:09:30	12,63	00:52:15	11,48	02:00:12	10,48	04:26:58	9,48
00:09:20	12,86	00:51:20	11,69	01:57:53	10,69	04:21:19	9,69
00:09:10	13,09	00:50:25	11,90	01:55:35	10,90	04:15:42	9,90
00:09:00	13,33	00:49:30	12,12	01:53:18	11,12	04:10:08	10,12
00:08:50	13,58	00:48:35	12,35	01:51:01	11,35	04:04:37	10,35
00:08:40	13,85	00:47:40	12,59	01:48:44	11,59	03:59:07	10,59
00:08:30	14,12	00:46:45	12,83	01:46:28	11,83	03:53:41	10,83
00:08:20	14,40	00:45:50	13,09	01:44:13	12,09	03:48:16	11,09
00:08:10	14,69	00:44:55	13,36	01:41:57	12,36	03:42:54	11,36
00:08:00	15,00	00:44:00	13,64	01:39:43	12,64	03:37:34	11,64
00:07:50	15,32	00:43:05	13,93	01:37:28	12,93	03:32:17	11,93
00:07:40	15,65	00:42:10	14,23	01:35:15	13,23	03:27:01	12,23
00:07:30	16,00	00:41:15	14,55	01:33:01	13,55	03:21:48	12,55
00:07:20	16,36	00:40:20	14,88	01:30:48	13,88	03:16:37	12,88
00:07:10	16,74	00:39:25	15,22	01:28:36	14,22	03:11:29	13,22
00:07:00	17,14	00:38:30	15,58	01:26:24	14,58	03:06:22	13,58
00:06:50	17,56	00:37:35	15,96	01:24:12	14,96	03:01:18	13,96
00:06:40	18,00	00:36:40	16,36	01:22:01	15,36	02:56:15	14,36
00:06:30	18,46	00:35:45	16,78	01:19:50	15,78	02:51:15	14,78
00:06:20	18,95	00:34:50	17,22	01:17:40	16,22	02:46:17	15,22
00:06:10	19,46	00:33:55	17,69	01:15:30	16,69	02:41:21	15,69
00:06:00	20,00	00:33:00	18,18	01:13:20	17,18	02:36:27	16,18
00:05:50	20,57	00:32:05	18,70	01:11:11	17,70	02:31:35	16,70
00:05:40	21,18	00:31:10	19,25	01:09:02	18,25	02:26:45	17,25
00:05:30	21,82	00:30:15	19,83	01:06:54	18,83	02:21:57	17,83
00:05:20	22,50	00:29:20	20,45	01:04:46	19,45	02:17:11	18,45
00:05:10	23,23	00:28:25	21,11	01:02:39	20,11	02:12:27	19,11
00:05:00	24,00	00:27:30	21,82	01:00:31	20,82	02:07:45	19,82