

# Test VMA

## Calcul de la V.M.A à partir d'un test sur 1000m

Temps réalisé sur 1000m	Vitesse maximale aérobie
7' 55	7,58 km/h
7' 50	7,66 km/h
7' 45	7,74 km/h
7' 40	7,83 km/h
7' 35	7,91 km/h
7' 30	8,00 km/h
7' 25	8,09 km/h
7' 20	8,18 km/h
7' 15	8,28 km/h
7' 10	8,37 km/h
7' 5	8,47 km/h
7' 0	8,57 km/h
6' 55	8,67 km/h
6' 50	8,78 km/h
6' 45	8,89 km/h
6' 40	9,00 km/h
6' 35	9,11 km/h
6' 30	9,23 km/h
6' 25	9,35 km/h
6' 20	9,47 km/h
6' 15	9,60 km/h
6' 10	9,73 km/h
6' 5	9,86 km/h
6' 0	10,00 km/h
5' 55	10,14 km/h
5' 50	10,29 km/h
5' 45	10,43 km/h
5' 40	10,59 km/h
5' 35	10,75 km/h
5' 30	10,91 km/h
5' 25	11,08 km/h
5' 20	11,25 km/h
5' 15	11,43 km/h
5' 10	11,61 km/h
5' 5	11,80 km/h
5' 0	12,00 km/h

<b>4' 55</b>	<b>12,20</b> km/h
<b>4' 50</b>	<b>12,41</b> km/h
<b>4' 45</b>	<b>12,63</b> km/h
<b>4' 40</b>	<b>12,86</b> km/h
<b>4' 35</b>	<b>13,09</b> km/h
<b>4' 30</b>	<b>13,33</b> km/h
<b>4' 25</b>	<b>13,58</b> km/h
<b>4' 20</b>	<b>13,85</b> km/h
<b>4' 15</b>	<b>14,12</b> km/h
<b>4' 10</b>	<b>14,40</b> km/h
<b>4' 5</b>	<b>14,69</b> km/h
<b>4' 0</b>	<b>15,00</b> km/h
<b>3' 55</b>	<b>15,32</b> km/h
<b>3' 50</b>	<b>15,65</b> km/h
<b>3' 45</b>	<b>16,00</b> km/h
<b>3' 40</b>	<b>16,36</b> km/h
<b>3' 35</b>	<b>16,74</b> km/h
<b>3' 30</b>	<b>17,14</b> km/h
<b>3' 25</b>	<b>17,56</b> km/h
<b>3' 20</b>	<b>18,00</b> km/h
<b>3' 15</b>	<b>18,46</b> km/h
<b>3' 10</b>	<b>18,95</b> km/h
<b>3' 5</b>	<b>19,46</b> km/h
<b>3' 0</b>	<b>20,00</b> km/h
<b>2' 55</b>	<b>20,57</b> km/h
<b>2' 50</b>	<b>21,18</b> km/h
<b>2' 45</b>	<b>21,82</b> km/h
<b>2' 40</b>	<b>22,50</b> km/h
<b>2' 35</b>	<b>23,23</b> km/h
<b>2' 30</b>	<b>24,00</b> km/h
<b>2' 25</b>	<b>24,83</b> km/h
<b>2' 20</b>	<b>25,71</b> km/h
<b>2' 15</b>	<b>26,67</b> km/h
<b>2' 10</b>	<b>27,69</b> km/h
<b>2' 5</b>	<b>28,80</b> km/h
<b>2' 0</b>	<b>30,00</b> km/h

## Tests sportifs

[Entrainement-sportif.fr](http://Entrainement-sportif.fr)