

Test VMA

Calcul de la V.M.A à partir d'un test sur 5 minutes

Distance parcourue en 5 mn	Vitesse maximale aérobie
700 m	8,40 km/h
710 m	8,52 km/h
720 m	8,64 km/h
730 m	8,76 km/h
740 m	8,88 km/h
750 m	9,00 km/h
760 m	9,12 km/h
770 m	9,24 km/h
780 m	9,36 km/h
790 m	9,48 km/h
800 m	9,60 km/h
810 m	9,72 km/h
820 m	9,84 km/h
830 m	9,96 km/h
840 m	10,08 km/h
850 m	10,20 km/h
860 m	10,32 km/h
870 m	10,44 km/h
880 m	10,56 km/h
890 m	10,68 km/h
900 m	10,80 km/h
910 m	10,92 km/h
920 m	11,04 km/h
930 m	11,16 km/h
940 m	11,28 km/h
950 m	11,40 km/h
960 m	11,52 km/h
970 m	11,64 km/h
980 m	11,76 km/h
990 m	11,88 km/h
1000 m	12,00 km/h
1010 m	12,12 km/h
1020 m	12,24 km/h
1030 m	12,36 km/h
1040 m	12,48 km/h
1050 m	12,60 km/h
1060 m	12,72 km/h
1070 m	12,84 km/h
1080 m	12,96 km/h
1090 m	13,08 km/h
1100 m	13,20 km/h
1110 m	13,32 km/h
1120 m	13,44 km/h

1130 m
1140 m
1150 m
1160 m
1170 m
1180 m
1190 m
1200 m
1210 m
1220 m
1230 m
1240 m
1250 m
1260 m
1270 m
1280 m
1290 m
1300 m
1310 m
1320 m
1330 m
1340 m
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1370 m
1380 m
1390 m
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1480 m
1490 m
1500 m
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1520 m
1530 m
1540 m
1550 m
1560 m
1570 m
1580 m
1590 m
1600 m
1610 m

13,56 km/h
13,68 km/h
13,80 km/h
13,92 km/h
14,04 km/h
14,16 km/h
14,28 km/h
14,40 km/h
14,52 km/h
14,64 km/h
14,76 km/h
14,88 km/h
15,00 km/h
15,12 km/h
15,24 km/h
15,36 km/h
15,48 km/h
15,60 km/h
15,72 km/h
15,84 km/h
15,96 km/h
16,08 km/h
16,20 km/h
16,32 km/h
16,44 km/h
16,56 km/h
16,68 km/h
16,80 km/h
16,92 km/h
17,04 km/h
17,16 km/h
17,28 km/h
17,40 km/h
17,52 km/h
17,64 km/h
17,76 km/h
17,88 km/h
18,00 km/h
18,12 km/h
18,24 km/h
18,36 km/h
18,48 km/h
18,60 km/h
18,72 km/h
18,84 km/h
18,96 km/h
19,08 km/h
19,20 km/h
19,32 km/h

1620 m
1630 m
1640 m
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1660 m
1670 m
1680 m
1690 m
1700 m
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1730 m
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1790 m
1800 m
1810 m
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1830 m
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1850 m
1860 m
1870 m
1880 m
1890 m
1900 m
1910 m
1920 m
1930 m
1940 m
1950 m
1960 m
1970 m
1980 m
1990 m
2000 m
2010 m
2020 m
2030 m
2040 m
2050 m
2060 m
2070 m
2080 m
2090 m
2100 m

19,44 km/h
19,56 km/h
19,68 km/h
19,80 km/h
19,92 km/h
20,04 km/h
20,16 km/h
20,28 km/h
20,40 km/h
20,52 km/h
20,64 km/h
20,76 km/h
20,88 km/h
21,00 km/h
21,12 km/h
21,24 km/h
21,36 km/h
21,48 km/h
21,60 km/h
21,72 km/h
21,84 km/h
21,96 km/h
22,08 km/h
22,20 km/h
22,32 km/h
22,44 km/h
22,56 km/h
22,68 km/h
22,80 km/h
22,92 km/h
23,04 km/h
23,16 km/h
23,28 km/h
23,40 km/h
23,52 km/h
23,64 km/h
23,76 km/h
23,88 km/h
24,00 km/h
24,12 km/h
24,24 km/h
24,36 km/h
24,48 km/h
24,60 km/h
24,72 km/h
24,84 km/h
24,96 km/h
25,08 km/h
25,20 km/h

2110 m
2120 m
2130 m
2140 m
2150 m
2160 m
2170 m
2180 m
2190 m
2200 m
2210 m

25,32 km/h
25,44 km/h
25,56 km/h
25,68 km/h
25,80 km/h
25,92 km/h
26,04 km/h
26,16 km/h
26,28 km/h
26,40 km/h
26,52 km/h

Tests sportifs

Entrainement-sportif.fr