

Test VMA

Calcul de la V.M.A à partir d'un test sur 6 minutes

Distance parcourue en 6 mn	Vitesse maximale aérobie
800 m	8,00 km/h
815 m	8,15 km/h
830 m	8,30 km/h
845 m	8,45 km/h
860 m	8,60 km/h
875 m	8,75 km/h
890 m	8,90 km/h
905 m	9,05 km/h
920 m	9,20 km/h
935 m	9,35 km/h
950 m	9,50 km/h
965 m	9,65 km/h
980 m	9,80 km/h
995 m	9,95 km/h
1010 m	10,10 km/h
1025 m	10,25 km/h
1040 m	10,40 km/h
1055 m	10,55 km/h
1070 m	10,70 km/h
1085 m	10,85 km/h
1100 m	11,00 km/h
1115 m	11,15 km/h
1130 m	11,30 km/h
1145 m	11,45 km/h
1160 m	11,60 km/h
1175 m	11,75 km/h
1190 m	11,90 km/h
1205 m	12,05 km/h
1220 m	12,20 km/h
1235 m	12,35 km/h
1250 m	12,50 km/h
1265 m	12,65 km/h
1280 m	12,80 km/h
1295 m	12,95 km/h
1310 m	13,10 km/h
1325 m	13,25 km/h
1340 m	13,40 km/h
1355 m	13,55 km/h
1370 m	13,70 km/h
1385 m	13,85 km/h
1400 m	14,00 km/h
1415 m	14,15 km/h
1430 m	14,30 km/h

1445 m
1460 m
1475 m
1490 m
1505 m
1520 m
1535 m
1550 m
1565 m
1580 m
1595 m
1610 m
1625 m
1640 m
1655 m
1670 m
1685 m
1700 m
1715 m
1730 m
1745 m
1760 m
1775 m
1790 m
1805 m
1820 m
1835 m
1850 m
1865 m
1880 m
1865 m
1880 m
1895 m
1910 m
1925 m
1940 m
1955 m
1970 m
1985 m
2000 m
2015 m
2030 m
2045 m
2060 m
2075 m
2090 m
2105 m
2120 m
2135 m

14,45 km/h
14,60 km/h
14,75 km/h
14,90 km/h
15,05 km/h
15,20 km/h
15,35 km/h
15,50 km/h
15,65 km/h
15,80 km/h
15,95 km/h
16,10 km/h
16,25 km/h
16,40 km/h
16,55 km/h
16,70 km/h
16,85 km/h
17,00 km/h
17,15 km/h
17,30 km/h
17,45 km/h
17,60 km/h
17,75 km/h
17,90 km/h
18,05 km/h
18,20 km/h
18,35 km/h
18,50 km/h
18,65 km/h
18,80 km/h
18,65 km/h
18,80 km/h
18,95 km/h
19,10 km/h
19,25 km/h
19,40 km/h
19,55 km/h
19,70 km/h
19,85 km/h
20,00 km/h
20,15 km/h
20,30 km/h
20,45 km/h
20,60 km/h
20,75 km/h
20,90 km/h
21,05 km/h
21,20 km/h
21,35 km/h

2150 m
2165 m
2180 m
2195 m
2210 m
2225 m
2240 m
2255 m
2270 m
2285 m
2300 m
2315 m
2330 m
2345 m
2360 m
2375 m
2390 m
2405 m
2420 m
2435 m
2450 m
2465 m
2480 m
2495 m
2510 m
2525 m
2540 m
2555 m
2570 m
2585 m
2600 m
2615 m
2630 m
2645 m
2660 m
2675 m
2690 m
2705 m
2720 m
2735 m
2750 m
2765 m
2780 m
2795 m
2810 m
2825 m
2840 m
2855 m
2870 m

21,50 km/h
21,65 km/h
21,80 km/h
21,95 km/h
22,10 km/h
22,25 km/h
22,40 km/h
22,55 km/h
22,70 km/h
22,85 km/h
23,00 km/h
23,15 km/h
23,30 km/h
23,45 km/h
23,60 km/h
23,75 km/h
23,90 km/h
24,05 km/h
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24,35 km/h
24,50 km/h
24,65 km/h
24,80 km/h
24,95 km/h
25,10 km/h
25,25 km/h
25,40 km/h
25,55 km/h
25,70 km/h
25,85 km/h
26,00 km/h
26,15 km/h
26,30 km/h
26,45 km/h
26,60 km/h
26,75 km/h
26,90 km/h
27,05 km/h
27,20 km/h
27,35 km/h
27,50 km/h
27,65 km/h
27,80 km/h
27,95 km/h
28,10 km/h
28,25 km/h
28,40 km/h
28,55 km/h
28,70 km/h

2885 m
2900 m
2915 m
2930 m
2945 m

28,85 km/h
29,00 km/h
29,15 km/h
29,30 km/h
29,45 km/h

Tests sportifs

Entrainement-sportif.fr