



Tableau des temps et vitesses de courses selon la distance

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DISTANCE	RÉCUPÉRATION	ENDURANCE FONDAMENTALE	10 KM	5 KM	3 KM
Vitesse spécifique (V)	VR	VE	V10	V5	V3
1	5m28s/km	5m00s/km	0:40:00 4m00s/km	0:19:12 3m50s/km	0:10:57 3m39s/km
2	5m40s/km	5m12s/km	0:42:06 4m13s/km	0:20:13 4m03s/km	0:11:31 3m50s/km
3	5m53s/km	5m25s/km	0:44:13 4m25s/km	0:21:12 4m14s/km	0:12:06 4m02s/km
4	6m07s/km	5m38s/km	0:46:19 4m38s/km	0:22:14 4m27s/km	0:12:40 4m13s/km
5	6m20s/km	5m51s/km	0:48:26 4m51s/km	0:23:16 4m39s/km	0:13:15 4m25s/km
6	6m33s/km	6m04s/km	0:50:31 5m05s/km	0:24:16 4m51s/km	0:13:50 4m37s/km
7	6m45s/km	6m16s/km	0:52:38 5m16s/km	0:25:16 5m03s/km	0:14:24 4m48s/km
8	6m57s/km	6m29s/km	0:54:45 5m28s/km	0:26:17 5m15s/km	0:14:59 5m00s/km
9	7m10s/km	6m42s/km	0:56:51 5m41s/km	0:27:18 5m28s/km	0:15:33 5m11s/km
10	7m23s/km	6m54s/km	0:58:58 5m54s/km	0:28:18 5m40s/km	0:16:08 5m23s/km
11	7m36s/km	7m07s/km	1:01:04 6m06s/km	0:29:18 5m52s/km	0:16:42 5m34s/km
12	7m47s/km	7m21s/km	1:03:10 6m19s/km	0:30:18 6m04s/km	0:17:18 5m46s/km
13	8m00s/km	7m33s/km	1:05:16 6m32s/km	0:31:18 6m16s/km	0:17:52 5m57s/km
14	8m13s/km	7m47s/km	1:07:23 6m44s/km	0:32:20 6m28s/km	0:18:26 6m09s/km
15	8m24s/km	8m01s/km	1:09:29 6m56s/km	0:33:31 6m40s/km	0:19:01 6m20s/km
16	8m36s/km	8m14s/km	1:11:35 7m09s/km	0:34:21 6m52s/km	0:19:35 6m32s/km
17	8m48s/km	8m27s/km	1:13:42 7m22s/km	0:35:22 7m04s/km	0:20:10 6m43s/km
18	9m00s/km	8m39s/km	1:15:48 7m35s/km	0:36:23 7m17s/km	0:20:44 6m44s/km
19	9m14s/km	8m52s/km	1:17:54 7m46s/km	0:37:24 7m29s/km	0:21:19 7m06s/km
20	9m27s/km	9m05s/km	1:20:01 8m00s/km	0:38:24 7m41s/km	0:21:53 7m18s/km
21	9m40s/km	9m18s/km	1:22:04 8m13s/km	0:39:25 7m53s/km	0:22:28 7m29s/km
22	9m53s/km	9m31s/km	1:24:13 8m25s/km	0:40:26 8m05s/km	0:23:03 7m41s/km
23	10m06s/km	9m45s/km	1:26:20 8m38s/km	0:41:26 8m17s/km	0:23:37 7m52s/km
24	10m20s/km	9m58s/km	1:28:26 8m50s/km	0:42:27 8m30s/km	0:24:12 8m04s/km