

3 X 500 allures sur différentes distances

filles

3X500	Note	1000	500	400	300	250	200	100
10:50	0,7	07:13,3	03:36,7	02:53,3	02:10,0	01:48,3	01:26,7	00:43,3
10:20	1,4	06:53,3	03:26,7	02:45,3	02:04,0	01:43,3	01:22,7	00:41,3
09:50	2,1	06:33,3	03:16,7	02:37,3	01:58,0	01:38,3	01:18,7	00:39,3
09:24	2,8	06:16,0	03:08,0	02:30,4	01:52,8	01:34,0	01:15,2	00:37,6
08:59	3,5	05:59,3	02:59,7	02:23,7	01:47,8	01:29,8	01:11,9	00:35,9
08:37	4,2	05:44,7	02:52,3	02:17,9	01:43,4	01:26,2	01:08,9	00:34,5
08:15	4,9	05:30,0	02:45,0	02:12,0	01:39,0	01:22,5	01:06,0	00:33,0
07:56	5,6	05:17,3	02:38,7	02:06,9	01:35,2	01:19,3	01:03,5	00:31,7
07:38	6,3	05:05,3	02:32,7	02:02,1	01:31,6	01:16,3	01:01,1	00:30,5
07:20	7	04:53,3	02:26,7	01:57,3	01:28,0	01:13,3	00:58,7	00:29,3
07:03	7,7	04:42,0	02:21,0	01:52,8	01:24,6	01:10,5	00:56,4	00:28,2
06:47	8,4	04:31,3	02:15,7	01:48,5	01:21,4	01:07,8	00:54,3	00:27,1
06:31	9,1	04:20,7	02:10,3	01:44,3	01:18,2	01:05,2	00:52,1	00:26,1
06:17	9,8	04:11,3	02:05,7	01:40,5	01:15,4	01:02,8	00:50,3	00:25,1
06:03	10,5	04:02,0	02:01,0	01:36,8	01:12,6	01:00,5	00:48,4	00:24,2
05:55	11,2	03:56,7	01:58,3	01:34,7	01:11,0	00:59,2	00:47,3	00:23,7
05:47	11,9	03:51,3	01:55,7	01:32,5	01:09,4	00:57,8	00:46,3	00:23,1
05:41	12,6	03:47,3	01:53,7	01:30,9	01:08,2	00:56,8	00:45,5	00:22,7
05:35	13,3	03:43,3	01:51,7	01:29,3	01:07,0	00:55,8	00:44,7	00:22,3
05:30	14	03:40,0	01:50,0	01:28,0	01:06,0	00:55,0	00:44,0	00:22,0

Garçons

3X500	Note	1000	500	400	300	250	200	100
08:05	0,7	05:23,3	02:41,7	02:09,3	01:37,0	01:20,8	01:04,7	00:32,3
07:38	1,4	05:05,3	02:32,7	02:02,1	01:31,6	01:16,3	01:01,1	00:30,5
07:11	2,1	04:47,3	02:23,7	01:54,9	01:26,2	01:11,8	00:57,5	00:28,7
06:49	2,8	04:32,7	02:16,3	01:49,1	01:21,8	01:08,2	00:54,5	00:27,3
06:28	3,5	04:18,7	02:09,3	01:43,5	01:17,6	01:04,7	00:51,7	00:25,9
06:10	4,2	04:06,7	02:03,3	01:38,7	01:14,0	01:01,7	00:49,3	00:24,7
05:53	4,9	03:55,3	01:57,7	01:34,1	01:10,6	00:58,8	00:47,1	00:23,5
05:37	5,6	03:44,7	01:52,3	01:29,9	01:07,4	00:56,2	00:44,9	00:22,5
05:24	6,3	03:36,0	01:48,0	01:26,4	01:04,8	00:54,0	00:43,2	00:21,6
05:14	7	03:29,3	01:44,7	01:23,7	01:02,8	00:52,3	00:41,9	00:20,9
05:05	7,7	03:23,3	01:41,7	01:21,3	01:01,0	00:50,8	00:40,7	00:20,3
04:56	8,4	03:17,3	01:38,7	01:18,9	00:59,2	00:49,3	00:39,5	00:19,7
04:48	9,1	03:12,0	01:36,0	01:16,8	00:57,6	00:48,0	00:38,4	00:19,2
04:40	9,8	03:06,7	01:33,3	01:14,7	00:56,0	00:46,7	00:37,3	00:18,7
04:34	10,5	03:02,7	01:31,3	01:13,1	00:54,8	00:45,7	00:36,5	00:18,3
04:29	11,2	02:59,3	01:29,7	01:11,7	00:53,8	00:44,8	00:35,9	00:17,9
04:24	11,9	02:56,0	01:28,0	01:10,4	00:52,8	00:44,0	00:35,2	00:17,6
04:19	12,6	02:52,7	01:26,3	01:09,1	00:51,8	00:43,2	00:34,5	00:17,3
04:15	13,3	02:50,0	01:25,0	01:08,0	00:51,0	00:42,5	00:34,0	00:17,0
04:10	14	02:46,7	01:23,3	01:06,7	00:50,0	00:41,7	00:33,3	00:16,7