

# Déterminer du temps de passage en secondes

en fonction de la VAM du sujet pour des plots distants de 50 m

|            | Distance en mètres entre 2 repères |       |       |       |       |       |       |       |       |       |
|------------|------------------------------------|-------|-------|-------|-------|-------|-------|-------|-------|-------|
|            | 50                                 | 100   | 150   | 200   | 250   | 300   | 350   | 400   | 450   | 500   |
| VMA (km/h) | Temps en minutes et secondes       |       |       |       |       |       |       |       |       |       |
| 10,0       | 00:18                              | 00:36 | 00:54 | 01:12 | 01:30 | 01:48 | 02:06 | 02:24 | 02:42 | 03:00 |
| 10,5       | 00:17                              | 00:34 | 00:51 | 01:09 | 01:26 | 01:43 | 02:00 | 02:17 | 02:34 | 02:51 |
| 11,0       | 00:16                              | 00:33 | 00:49 | 01:05 | 01:22 | 01:38 | 01:55 | 02:11 | 02:27 | 02:44 |
| 11,5       | 00:16                              | 00:31 | 00:47 | 01:03 | 01:18 | 01:34 | 01:50 | 02:05 | 02:21 | 02:37 |
| 12,0       | 00:15                              | 00:30 | 00:45 | 01:00 | 01:15 | 01:30 | 01:45 | 02:00 | 02:15 | 02:30 |
| 12,5       | 00:14                              | 00:29 | 00:43 | 00:58 | 01:12 | 01:26 | 01:41 | 01:55 | 02:10 | 02:24 |
| 13,0       | 00:14                              | 00:28 | 00:42 | 00:55 | 01:09 | 01:23 | 01:37 | 01:51 | 02:05 | 02:18 |
| 13,5       | 00:13                              | 00:27 | 00:40 | 00:53 | 01:07 | 01:20 | 01:33 | 01:47 | 02:00 | 02:13 |
| 14,0       | 00:13                              | 00:26 | 00:39 | 00:51 | 01:04 | 01:17 | 01:30 | 01:43 | 01:56 | 02:09 |
| 14,5       | 00:12                              | 00:25 | 00:37 | 00:50 | 01:02 | 01:14 | 01:27 | 01:39 | 01:52 | 02:04 |
| 15,0       | 00:12                              | 00:24 | 00:36 | 00:48 | 01:00 | 01:12 | 01:24 | 01:36 | 01:48 | 02:00 |
| 15,5       | 00:12                              | 00:23 | 00:35 | 00:46 | 00:58 | 01:10 | 01:21 | 01:33 | 01:45 | 01:56 |
| 16,0       | 00:11                              | 00:23 | 00:34 | 00:45 | 00:56 | 01:07 | 01:19 | 01:30 | 01:41 | 01:52 |
| 16,5       | 00:11                              | 00:22 | 00:33 | 00:44 | 00:55 | 01:05 | 01:16 | 01:27 | 01:38 | 01:49 |
| 17,0       | 00:11                              | 00:21 | 00:32 | 00:42 | 00:53 | 01:04 | 01:14 | 01:25 | 01:35 | 01:46 |
| 17,5       | 00:10                              | 00:21 | 00:31 | 00:41 | 00:51 | 01:02 | 01:12 | 01:22 | 01:33 | 01:43 |
| 18,0       | 00:10                              | 00:20 | 00:30 | 00:40 | 00:50 | 01:00 | 01:10 | 01:20 | 01:30 | 01:40 |
| 18,5       | 00:10                              | 00:19 | 00:29 | 00:39 | 00:49 | 00:58 | 01:08 | 01:18 | 01:28 | 01:37 |
| 19,0       | 00:09                              | 00:19 | 00:28 | 00:38 | 00:47 | 00:57 | 01:06 | 01:16 | 01:25 | 01:35 |
| 19,5       | 00:09                              | 00:18 | 00:28 | 00:37 | 00:46 | 00:55 | 01:05 | 01:14 | 01:23 | 01:32 |
| 20,0       | 00:09                              | 00:18 | 00:27 | 00:36 | 00:45 | 00:54 | 01:03 | 01:12 | 01:21 | 01:30 |
| 20,5       | 00:09                              | 00:18 | 00:26 | 00:35 | 00:44 | 00:53 | 01:01 | 01:10 | 01:19 | 01:28 |
| 21,0       | 00:09                              | 00:17 | 00:26 | 00:34 | 00:43 | 00:51 | 01:00 | 01:09 | 01:17 | 01:26 |
| 21,5       | 00:08                              | 00:17 | 00:25 | 00:33 | 00:42 | 00:50 | 00:59 | 01:07 | 01:15 | 01:24 |
| 22,0       | 00:08                              | 00:16 | 00:25 | 00:33 | 00:41 | 00:49 | 00:57 | 01:05 | 01:14 | 01:22 |
| 22,5       | 00:08                              | 00:16 | 00:24 | 00:32 | 00:40 | 00:48 | 00:56 | 01:04 | 01:12 | 01:20 |
| 23,0       | 00:08                              | 00:16 | 00:23 | 00:31 | 00:39 | 00:47 | 00:55 | 01:03 | 01:10 | 01:18 |
| 23,5       | 00:08                              | 00:15 | 00:23 | 00:31 | 00:38 | 00:46 | 00:54 | 01:01 | 01:09 | 01:17 |
| 24,0       | 00:08                              | 00:15 | 00:23 | 00:30 | 00:38 | 00:45 | 00:52 | 01:00 | 01:07 | 01:15 |