

ATHLETES		Temps estimatifs courses					
		10 km		Semi- marathon		Marathon	
prénom & nom	VMA	90%	85%	85%	80%	80%	75%
Christophe SANVEE	14,00 km/h	0:45:59	- 0:48:41	1:42:42	- 1:49:07	3:38:15	- 3:52:48
Djamel BAIRA	13,50 km/h	0:49:23	- 0:52:17	1:50:19	- 1:57:12	3:54:25	- 4:10:03
Estelle BAIRA	13,00 km/h	0:51:17	- 0:54:18	1:54:33	- 2:01:43	4:03:26	- 4:19:40
Fanny LORRIN	15,00 km/h	0:44:27	- 0:47:04	1:39:17	- 1:45:29	3:30:59	- 3:45:02
Florence HABETS	13,00 km/h	0:51:17	- 0:54:18	1:54:33	- 2:01:43	4:03:26	- 4:19:40
Guy GUERIN	15,00 km/h	0:44:27	- 0:47:04	1:39:17	- 1:45:29	3:30:59	- 3:45:02
Jean-Paul KERN	12,00 km/h	0:55:33	- 0:58:49	2:04:06	- 2:11:51	4:23:43	- 4:41:18
Jean-Pierre GERVAIS	16,00 km/h	0:41:40	- 0:44:07	1:33:05	- 1:38:54	3:17:47	- 3:30:59
Nadine DARFOUR	15,00 km/h	0:44:27	- 0:47:04	1:39:17	- 1:45:29	3:30:59	- 3:45:02
Pierre WOLFF	15,50 km/h	0:43:01	- 0:45:32	1:36:05	- 1:42:05	3:24:10	- 3:37:47