



Allures 50m NL

tps 400m	100%	95%	92%	90%	85%	80%
04:30	00:34	00:36	00:38	00:40	00:40	00:42
04:35	00:34	00:36	00:38	00:40	00:40	00:43
04:40	00:35	00:37	00:39	00:41	00:41	00:44
04:45	00:36	00:37	00:40	00:42	00:42	00:45
04:50	00:36	00:38	00:40	00:43	00:43	00:45
04:55	00:37	00:39	00:41	00:43	00:43	00:46
05:00	00:37	00:39	00:42	00:44	00:44	00:47
05:05	00:38	00:40	00:42	00:45	00:45	00:48
05:10	00:39	00:41	00:43	00:46	00:46	00:48
05:15	00:39	00:41	00:44	00:46	00:46	00:49
05:20	00:40	00:42	00:44	00:47	00:47	00:50
05:25	00:41	00:43	00:45	00:48	00:48	00:51
05:30	00:41	00:43	00:46	00:49	00:49	00:52
05:35	00:42	00:44	00:47	00:49	00:49	00:52
05:40	00:42	00:45	00:47	00:50	00:50	00:53
05:45	00:43	00:45	00:48	00:51	00:51	00:54
05:50	00:44	00:46	00:49	00:51	00:51	00:55
05:55	00:44	00:47	00:49	00:52	00:52	00:55
06:00	00:45	00:47	00:50	00:53	00:53	00:56
06:05	00:46	00:48	00:51	00:54	00:54	00:57
06:10	00:46	00:49	00:51	00:54	00:54	00:58
06:15	00:47	00:49	00:52	00:55	00:55	00:59
06:20	00:47	00:50	00:53	00:56	00:56	00:59
06:25	00:48	00:51	00:53	00:57	00:57	01:00
06:30	00:49	00:51	00:54	00:57	00:57	01:01
06:35	00:49	00:52	00:55	00:58	00:58	01:02
06:40	00:50	00:53	00:56	00:59	00:59	01:02
06:45	00:51	00:53	00:56	01:00	01:00	01:03
06:50	00:51	00:54	00:57	01:00	01:00	01:04
06:55	00:52	00:55	00:58	01:01	01:01	01:05
07:00	00:52	00:55	00:58	01:02	01:02	01:06
07:05	00:53	00:56	00:59	01:02	01:02	01:06
07:10	00:54	00:57	01:00	01:03	01:03	01:07
07:15	00:54	00:57	01:00	01:04	01:04	01:08
07:20	00:55	00:58	01:01	01:05	01:05	01:09
07:25	00:56	00:59	01:02	01:05	01:05	01:10
07:30	00:56	00:59	01:02	01:06	01:06	01:10

Allures au 100m NL

tps 400m	100%	95%	92%	90%	85%	80%
04:30	01:07	01:11	01:15	01:19	01:19	00:42
04:35	01:09	01:12	01:16	01:21	01:21	00:43
04:40	01:10	01:14	01:18	01:22	01:22	00:44
04:45	01:11	01:15	01:19	01:24	01:24	00:45
04:50	01:12	01:16	01:21	01:25	01:25	00:45
04:55	01:14	01:18	01:22	01:27	01:27	00:46
05:00	01:15	01:19	01:23	01:28	01:28	00:47
05:05	01:16	01:20	01:25	01:30	01:30	00:48
05:10	01:17	01:22	01:26	01:31	01:31	00:48
05:15	01:19	01:23	01:27	01:33	01:33	00:49
05:20	01:20	01:24	01:29	01:34	01:34	00:50
05:25	01:21	01:26	01:30	01:36	01:36	00:51
05:30	01:22	01:27	01:32	01:37	01:37	00:52
05:35	01:24	01:28	01:33	01:39	01:39	00:52
05:40	01:25	01:29	01:34	01:40	01:40	00:53
05:45	01:26	01:31	01:36	01:41	01:41	00:54
05:50	01:27	01:32	01:37	01:43	01:43	00:55
05:55	01:29	01:33	01:39	01:44	01:44	00:55
06:00	01:30	01:35	01:40	01:46	01:46	00:56
06:05	01:31	01:36	01:41	01:47	01:47	00:57
06:10	01:32	01:37	01:43	01:49	01:49	00:58
06:15	01:34	01:39	01:44	01:50	01:50	00:59
06:20	01:35	01:40	01:46	01:52	01:52	00:59
06:25	01:36	01:41	01:47	01:53	01:53	01:00
06:30	01:37	01:43	01:48	01:55	01:55	01:01
06:35	01:39	01:44	01:50	01:56	01:56	01:02
06:40	01:40	01:45	01:51	01:58	01:58	01:02
06:45	01:41	01:47	01:52	01:59	01:59	01:03
06:50	01:42	01:48	01:54	02:01	02:01	01:04
06:55	01:44	01:49	01:55	02:02	02:02	01:05
07:00	01:45	01:51	01:57	02:04	02:04	01:06
07:05	01:46	01:52	01:58	02:05	02:05	01:06
07:10	01:47	01:53	01:59	02:06	02:06	01:07
07:15	01:49	01:54	02:01	02:08	02:08	01:08
07:20	01:50	01:56	02:02	02:09	02:09	01:09
07:25	01:51	01:57	02:04	02:11	02:11	01:10
07:30	01:52	01:58	02:05	02:12	02:12	01:10

Allures au 200m NL						
tps 400m	100%	95%	92%	90%	85%	80%
04:30	02:15	02:22	02:27	02:30	02:39	02:49
04:35	02:17	02:25	02:29	02:33	02:42	02:52
04:40	02:20	02:27	02:32	02:36	02:45	02:55
04:45	02:22	02:30	02:35	02:38	02:48	02:58
04:50	02:25	02:33	02:38	02:41	02:51	03:01
04:55	02:27	02:35	02:40	02:44	02:54	03:04
05:00	02:30	02:38	02:43	02:47	02:56	03:07
05:05	02:32	02:41	02:46	02:49	02:59	03:11
05:10	02:35	02:43	02:48	02:52	03:02	03:14
05:15	02:37	02:46	02:51	02:55	03:05	03:17
05:20	02:40	02:48	02:54	02:58	03:08	03:20
05:25	02:42	02:51	02:57	03:01	03:11	03:23
05:30	02:45	02:54	02:59	03:03	03:14	03:26
05:35	02:47	02:56	03:02	03:06	03:17	03:29
05:40	02:50	02:59	03:05	03:09	03:20	03:32
05:45	02:52	03:02	03:07	03:12	03:23	03:36
05:50	02:55	03:04	03:10	03:14	03:26	03:39
05:55	02:57	03:07	03:13	03:17	03:29	03:42
06:00	03:00	03:09	03:16	03:20	03:32	03:45
06:05	03:02	03:12	03:18	03:23	03:35	03:48
06:10	03:05	03:15	03:21	03:26	03:38	03:51
06:15	03:07	03:17	03:24	03:28	03:41	03:54
06:20	03:10	03:20	03:27	03:31	03:44	03:57
06:25	03:12	03:23	03:29	03:34	03:46	04:01
06:30	03:15	03:25	03:32	03:37	03:49	04:04
06:35	03:17	03:28	03:35	03:39	03:52	04:07
06:40	03:20	03:31	03:37	03:42	03:55	04:10
06:45	03:22	03:33	03:40	03:45	03:58	04:13
06:50	03:25	03:36	03:43	03:48	04:01	04:16
06:55	03:27	03:38	03:46	03:51	04:04	04:19
07:00	03:30	03:41	03:48	03:53	04:07	04:22
07:05	03:32	03:44	03:51	03:56	04:10	04:26
07:10	03:35	03:46	03:54	03:59	04:13	04:29
07:15	03:37	03:49	03:56	04:02	04:16	04:32
07:20	03:40	03:52	03:59	04:04	04:19	04:35
07:25	03:42	03:54	04:02	04:07	04:22	04:38
07:30	03:45	03:57	04:05	04:10	04:25	04:41

Allures au 400m NL						
tps 400m	100%	95%	92%	90%	85%	80%
04:30	04:30	02:22	02:27	02:30	02:39	02:49
04:35	04:35	02:25	02:29	02:33	02:42	02:52
04:40	04:40	02:27	02:32	02:36	02:45	02:55
04:45	04:45	02:30	02:35	02:38	02:48	02:58
04:50	04:50	02:33	02:38	02:41	02:51	03:01
04:55	04:55	02:35	02:40	02:44	02:54	03:04
05:00	05:00	02:38	02:43	02:47	02:56	03:07
05:05	05:05	02:41	02:46	02:49	02:59	03:11
05:10	05:10	02:43	02:48	02:52	03:02	03:14
05:15	05:15	02:46	02:51	02:55	03:05	03:17
05:20	05:20	02:48	02:54	02:58	03:08	03:20
05:25	05:25	02:51	02:57	03:01	03:11	03:23
05:30	05:30	02:54	02:59	03:03	03:14	03:26
05:35	05:35	02:56	03:02	03:06	03:17	03:29
05:40	05:40	02:59	03:05	03:09	03:20	03:32
05:45	05:45	03:02	03:07	03:12	03:23	03:36
05:50	05:50	03:04	03:10	03:14	03:26	03:39
05:55	05:55	03:07	03:13	03:17	03:29	03:42
06:00	06:00	03:09	03:16	03:20	03:32	03:45
06:05	06:05	03:12	03:18	03:23	03:35	03:48
06:10	06:10	03:15	03:21	03:26	03:38	03:51
06:15	06:15	03:17	03:24	03:28	03:41	03:54
06:20	06:20	03:20	03:27	03:31	03:44	03:57
06:25	06:25	03:23	03:29	03:34	03:46	04:01
06:30	06:30	03:25	03:32	03:37	03:49	04:04
06:35	06:35	03:28	03:35	03:39	03:52	04:07
06:40	06:40	03:31	03:37	03:42	03:55	04:10
06:45	06:45	03:33	03:40	03:45	03:58	04:13
06:50	06:50	03:36	03:43	03:48	04:01	04:16
06:55	06:55	03:38	03:46	03:51	04:04	04:19
07:00	07:00	03:41	03:48	03:53	04:07	04:22
07:05	07:05	03:44	03:51	03:56	04:10	04:26
07:10	07:10	03:46	03:54	03:59	04:13	04:29
07:15	07:15	03:49	03:56	04:02	04:16	04:32
07:20	07:20	03:52	03:59	04:04	04:19	04:35
07:25	07:25	03:54	04:02	04:07	04:22	04:38
07:30	07:30	03:57	04:05	04:10	04:25	04:41