

TABLEAU DE POURCENTAGE							
	100%	95%	90%	85%	80%	75%	70%
2000M	500M						
05:28:00	01:22:00	01:26:10	01:30:20	01:34:30	01:38:40	01:42:50	01:46:60
05:32:00	01:23:00	01:27:15	01:31:30	01:35:45	01:39:60	01:43:75	01:47:90
05:36:00	01:24:00	01:28:20	01:32:40	01:36:60	01:40:80	01:45:00	01:49:20
05:40:00	01:25:00	01:29:25	01:33:50	01:37:75	01:42:00	01:46:25	01:50:50
05:44:00	01:26:00	01:30:30	01:34:60	01:38:90	01:43:20	01:47:50	01:51:80
05:48:00	01:27:00	01:31:35	01:35:70	01:40:05	01:44:40	01:48:75	01:53:10
05:52:00	01:28:00	01:32:40	01:36:80	01:41:20	01:45:60	01:50:00	01:54:40
05:56:00	01:29:00	01:33:45	01:37:90	01:42:35	01:46:80	01:51:25	01:55:70
06:00:00	01:30:00	01:34:50	01:39:00	01:43:50	01:48:00	01:52:50	01:57:00
06:04:00	01:31:00	01:35:55	01:40:10	01:44:65	01:49:20	01:53:75	01:58:30
06:08:00	01:32:00	01:36:60	01:41:20	01:45:80	01:50:40	01:55:00	01:59:60
06:12:00	01:33:00	01:37:65	01:42:30	01:46:95	01:51:60	01:56:25	02:00:90
06:16:00	01:34:00	01:38:70	01:43:40	01:48:10	01:52:80	01:57:50	02:02:20
06:20:00	01:35:00	01:39:75	01:44:50	01:49:25	01:54:00	01:58:75	02:03:50
06:24:00	01:36:00	01:40:80	01:45:60	01:50:40	01:55:20	02:00:00	02:04:80
06:28:00	01:37:00	01:41:85	01:46:70	01:51:55	01:56:40	02:01:25	02:06:10
06:32:00	01:38:00	01:42:90	01:47:80	01:52:70	01:57:60	02:02:50	02:07:40
06:36:00	01:39:00	01:43:95	01:48:90	01:53:85	01:58:80	02:03:75	02:08:70
06:40:00	01:40:00	01:45:00	01:50:00	01:55:00	02:00:00	02:05:00	02:10:00
06:44:00	01:41:00	01:46:05	01:51:10	01:56:15	02:01:19	02:06:25	02:11:30
06:48:00	01:42:00	01:47:10	01:52:20	01:57:30	02:02:39	02:07:50	02:12:60
06:52:00	01:43:00	01:48:15	01:53:30	01:58:45	02:03:59	02:08:75	02:13:90
06:56:00	01:44:00	01:49:20	01:54:40	01:59:60	02:04:80	02:10:00	02:15:20
07:00:00	01:45:00	01:50:25	01:55:50	02:00:74	02:06:00	02:11:25	02:16:50
07:04:00	01:46:00	01:51:30	01:56:60	02:01:89	02:07:19	02:12:50	02:17:80
07:08:00	01:47:00	01:52:35	01:57:70	02:03:05	02:08:40	02:13:75	02:19:10
07:12:00	01:48:00	01:53:40	01:58:80	02:04:19	02:09:59	02:15:00	02:20:40
07:16:00	01:49:00	01:54:45	01:59:90	02:05:34	02:10:80	02:16:25	02:21:70
07:20:00	01:50:00	01:55:50	02:01:00	02:06:49	02:12:00	02:17:50	02:23:00
07:24:00	01:51:00	01:56:55	02:02:10	02:07:64	02:13:20	02:18:75	02:24:30
07:28:00	01:52:00	01:57:60	02:03:20	02:08:79	02:14:40	02:20:00	02:25:60
07:32:00	01:53:00	01:58:65	02:04:30	02:09:94	02:15:60	02:21:25	02:26:90
07:36:00	01:54:00	01:59:70	02:05:40	02:11:10	02:16:80	02:22:50	02:28:20
07:40:00	01:55:00	02:00:75	02:06:50	02:12:25	02:18:00	02:23:75	02:29:50
07:44:00	01:56:00	02:01:80	02:07:60	02:13:40	02:19:20	02:25:00	02:30:80

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08:00:00	02:00:00	02:06:00	02:12:00	02:18:00	02:24:00	02:30:00	02:36:00
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