

TABLE DE POINTAGE DE KEN YOUNG *(senior)*

Pts	3 km	5 km	10 km	15 km	20 km	1/2 mar.	marathon
1020	7:29	12:58	27:05	41:41	56:40	1:00:00	2:07:02
900	8:02	13:55	29:06	44:49	01:00:57	1:04:33	2:16:50
880	8:08	14:05	29:28	45:23	01:01:44	1:05:23	2:18:37
860	8:14	14:16	29:51	45:58	01:02:32	1:06:14	2:20:27
840	8:20	14:27	30:14	46:34	01:03:21	1:07:06	2:22:19
820	8:26	14:38	30:37	47:11	01:04:12	1:07:59	2:24:15
800	8:33	14:49	31:02	47:49	1:05:04	1:08:54	2:26:14
780	8:40	15:01	31:27	48:27	1:05:57	1:09:51	2:28:16
760	8:47	15:13	31:53	49:07	1:06:52	1:10:49	2:30:22
740	8:54	15:26	32:19	49:49	1:07:48	1:11:49	2:32:31
720	9:01	15:38	32:46	50:31	1:08:46	1:12:50	2:34:44
700	9:08	15:51	33:14	51:14	1:09:46	1:13:53	2:37:01
680	9:16	16:05	33:43	51:59	1:10:47	1:14:58	2:39:22
660	9:24	16:19	34:12	52:45	1:11:50	1:16:05	2:41:47
640	9:32	16:33	34:43	53:32	1:12:55	1:17:14	2:44:17
620	9:40	16:48	35:14	54:21	1:14:02	1:18:26	2:46:52
600	9:49	17:03	35:47	0:55:12	1:15:11	1:19:39	2:49:31
580	9:58	17:18	36:20	0:56:04	1:16:23	1:20:55	2:52:16
560	10:07	17:35	36:54	0:56:57	1:17:36	1:22:13	2:55:06
540	10:16	17:51	37:30	0:57:53	1:18:52	1:23:33	2:58:02
520	10:26	18:08	38:06	0:58:50	1:20:11	1:24:57	3:01:03
500	10:36	18:26	38:44	0:59:49	1:21:32	1:26:23	3:04:11
480	10:46	18:44	39:23	1:00:50	1:22:56	1:27:52	3:07:26
460	10:57	19:03	40:04	1:01:53	1:24:23	1:29:24	3:10:48
440	11:08	19:22	40:46	1:02:59	1:25:53	1:31:00	3:14:16
420	11:19	19:43	41:29	1:04:07	1:27:26	1:32:39	3:17:53
400	11:31	20:03	42:14	1:05:17	1:29:03	1:34:22	3:21:38
380	11:43	20:25	43:01	1:06:30	1:30:44	1:36:08	3:25:32
360	11:55	20:48	43:49	1:07:45	1:32:28	1:37:59	3:29:35
340	12:08	21:11	44:39	1:09:04	1:34:16	1:39:54	3:33:47
320	12:22	21:35	45:31	1:10:26	1:36:09	1:41:53	3:38:10
300	12:36	22:00	46:25	1:11:51	1:38:06	1:43:58	3:42:44
280	12:51	22:26	47:22	1:13:19	1:40:08	1:46:07	3:47:30
260	13:06	22:53	48:20	1:14:51	1:42:15	1:48:22	3:52:28
240	13:22	23:21	49:22	1:16:27	1:44:28	1:50:43	3:57:39
220	13:38	23:51	50:25	1:18:08	1:46:46	1:53:10	4:03:05
200	13:55	24:22	51:32	1:19:52	1:49:11	1:55:44	4:08:46
180	14:13	24:54	52:42	1:21:42	1:51:43	1:58:25	4:14:43
160	14:32	25:27	53:54	1:23:37	1:54:21	2:01:14	4:20:57
140	14:51	26:02	55:11	1:25:37	1:57:08	2:04:11	4:27:31
120	15:12	26:39	56:31	1:27:43	2:00:02	2:07:16	4:34:25