

TABLE DE POINTAGE DE KEN YOUNG (Vétéran 40 ans +)

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