



Ligue de Football de Normandie

Commission Régionale des Arbitres

Tableau conversion vitesse-allure



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|-----------------|------|------|------|------|------|------|------|------|------|------|------|
| Vitesse (km/h) | 8 | 8.2 | 8.4 | 8.6 | 8.8 | 9 | 9.2 | 9.4 | 9.6 | 9.8 | 10 |
| Allure (min/km) | 7:30 | 7:19 | 7:08 | 6:58 | 6:49 | 6:40 | 6:31 | 6:22 | 6:15 | 6:07 | 6:00 |

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|-----------------|------|------|------|------|------|------|------|------|------|------|------|
| Vitesse (km/h) | 10 | 10.2 | 10.4 | 10.6 | 10.8 | 11 | 11.2 | 11.4 | 11.6 | 11.8 | 12 |
| Allure (min/km) | 6:00 | 5:52 | 5:46 | 5:39 | 5:33 | 5:27 | 5:21 | 5:15 | 5:10 | 5:05 | 5:00 |

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|-----------------|------|------|------|------|------|------|------|------|------|------|------|
| Vitesse (km/h) | 12 | 12.2 | 12.4 | 12.6 | 12.8 | 13 | 13.2 | 13.4 | 13.6 | 13.8 | 14 |
| Allure (min/km) | 5:00 | 4:55 | 4:50 | 4:45 | 4:41 | 4:36 | 4:32 | 4:28 | 4:24 | 4:20 | 4:17 |

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|-----------------|------|------|------|------|------|------|------|------|------|------|------|
| Vitesse (km/h) | 14 | 14.2 | 14.4 | 14.6 | 14.8 | 15 | 15.2 | 15.4 | 15.6 | 15.8 | 16 |
| Allure (min/km) | 4:17 | 4:13 | 4:10 | 4:06 | 4:03 | 4:00 | 3:56 | 3:53 | 3:50 | 3:47 | 3:45 |

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|-----------------|------|------|------|------|------|------|------|------|------|------|------|
| Vitesse (km/h) | 16 | 16.2 | 16.4 | 16.6 | 16.8 | 17 | 17.2 | 17.4 | 17.6 | 17.8 | 18 |
| Allure (min/km) | 3:45 | 3:42 | 3:39 | 3:36 | 3:34 | 3:31 | 3:29 | 3:26 | 3:24 | 3:22 | 3:20 |

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|-----------------|------|------|------|------|------|------|------|------|------|------|------|
| Vitesse (km/h) | 18 | 18.2 | 18.4 | 18.6 | 18.8 | 19 | 19.2 | 19.4 | 19.6 | 19.8 | 20 |
| Allure (min/km) | 3:20 | 3:17 | 3:15 | 3:13 | 3:11 | 3:09 | 3:07 | 3:05 | 3:03 | 3:01 | 3:00 |

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|-----------------|------|------|------|------|------|------|------|------|------|------|------|
| Vitesse (km/h) | 20 | 20.2 | 20.4 | 20.6 | 20.8 | 21 | 21.2 | 21.4 | 21.6 | 21.8 | 22 |
| Allure (min/km) | 3:00 | 2:58 | 2:56 | 2:54 | 2:53 | 2:51 | 2:49 | 2:48 | 2:46 | 2:45 | 2:43 |

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|-----------------|------|------|------|------|------|------|------|------|------|------|------|
| Vitesse (km/h) | 22 | 22.2 | 22.4 | 22.6 | 22.8 | 23 | 23.2 | 23.4 | 23.6 | 23.8 | 24 |
| Allure (min/km) | 2:43 | 2:42 | 2:40 | 2:39 | 2:37 | 2:36 | 2:35 | 2:33 | 2:32 | 2:31 | 2:30 |