

VR.minuti	VR.secon	200m	400	500-600-800	1000	2000	3000	
coefficient i %		-12 a -15	-8 a -9	-6 a -7	-4 a -5	-3	-2	
3.30	210	37" - 36"	1.16	1.37 - 1.57 - 2.36	3.21	3.23 - 6.46	3.26 - 6.52 - 10.12	
3.35	215							
3.40	220	38" - 37"	1.20	1.43 - 2.04 - 2.45	3.31	3.33 - 7.06	3.35 - 7.10 - 10.45	
3.45	225							
3.50	230	40" - 39"	1.23	1.48 - 2.10 - 2.53	3.40	3.43 - 7.26	3.45 - 7.30 - 11.15	
3.55	235							
4.00	240	42" - 40"	1.27	1.52 - 2.15 - 3.00	3.50	3.52 - 7.44	3.55 - 7.50 - 11.45	
4.05	245							
4.10	250	44" - 42"	1.31	1.57 - 2.21 - 3.08	4.00	4.02 - 8.04	4.05 - 8.10 - 12.15	
4.15	255							
4.20	260	45" - 44"	1.34	2.02 - 2.26 - 3.15	4.10	4.12 - 8.24	4.15 - 8.30 - 12.45	
4.25	265							
4.30	270	47" - 45"	1.38	2.06 - 2.31 - 3.22	4.20	4.21 - 8.42	4.25 - 8.50 - 13.15	
4.35	275							
4.40	280	49" - 47"	1.41	2.11 - 2.37 - 3.30	4.28	4.31 - 9.02	4.34 - 9.08 - 13.42	
4.45	285							
4.50	290	51" - 49"	1.45	2.16 - 2.44 - 3.38	4.38	4.41 - 9.22	4.44 - 9.28 - 14.12	
4.55	295							
5.00	300	53" - 51"	1.49	2.21 - 2.49 - 3.46	4.48	4.51 - 9.42	4.54 - 9.52 - 14.42	

VR.minuti	VR.secon	4000	5-6000
coefficient i %		-1	V.Riferimento
3.30	210	3.28- 6.56- 10.24- 13.52	3.30-7.00-10.30-14.00-17.30-21.00
3.35	215		3.35
3.40	220	3.38- 7.16- 10.54- 14.32	3.40-7.20-11.00-14.40-18.20-22.00
3.45	225		3.45
3.50	230	3.48- 7.36- 11.24- 15.12	3.50-7.40-11.30-15.20-19.10-23.00
3.55	235		3.55
4.00	240	3.58- 7.56- 11.54- 15.52	4.00-8.00-12.00-16.00-20.00-24.00
4.05	245		4.05
4.10	250	4.07- 8.14- 12.21- 16.28	4.10-8.20-12.30-16.40-20.50-25.00
4.15	255		4.15
4.20	260	4.18- 8.36- 12.54- 17.12	4.20-8.40-13.00-17.20-21.40-26.00
4.25	265		4.25
4.30	270	4.27- 8.54- 13.21 -17.48	4.30-9.00-13.30-18.00-22.30-27.00
4.35	275		4.35
4.40	280	4.37- 9.14- 13.51- 18.38	4.40-9.20-14.00-18.40-23.20-28.00
4.45	285		4.45
4.50	290	4.47- 9.34- 14.21- 19.08	4.50-9.40-14.30-19.20-24.10-29.00
4.55	295		4.55
5.00	300	4.57 -9.54 -14.51 -19.48	5.00-10.00-15.00-20.00-25.00-30.00

VR.minuti	VR.secon	c.vel 20a40min	medio	prog.	f.lento	lung.mo
coefficient i %		+ 5	+ 10	da+10aVR	+15a+20	+20a+25
3.30	210	3.40	3.51		4.01-4.12	4.12-4.22
3.35	215					
3.40	220	3.51	4.02		4.12-4.24	4.24-4.35
3.45	225					
3.50	230	4.01	4.13		4.24-4.36	4.36-4.47
3.55	235					
4.00	240	4.12	4.24		4.36-4.48	4.48-5.00
4.05	245					
4.10	250	4.22	4.35		4.48-5.00	5.00-5.12
4.15	255					
4.20	260	4.33	4.46		5.00-5.12	5.12-5.25
4.25	265					
4.30	270	4.43	4.57		5.12-5.24	5.24-5.37
4.35	275					
4.40	280	4.54	5.08		5.24-5.36	5.36-5.50
4.45	285					
4.50	290	5.04	5.19		5.36-5.48	5.48-6.02
4.55	295					
5.00	300	5.15	5.30		5.48-6.00	6.00-6.15