

FEUILLE CALCUL

NIVEAUX	INTER REGIONAL				REGIONAL				DEPARTEMENTAL								
	IR 1	IR 2	IR 3	IR 4	R 1	R 2	R 3	R 4	R 5	R 6	D1	D 2	D 3	D 4	D 5	D 6	D 7
	21 PTS	20 PTS	19 PTS	18 PTS	15 PTS	14 PTS	13 PTS	12 PTS	11 PTS	10 PTS	8 PTS	7 PTS	6 PTS	5 PTS	4 PTS	3 PTS	2 PTS
* CJESV																	
FEMMES																	
10 KM (en mn)	38'	39'	40'	41'	42'	43'	44'	45'	46'	47'	48'	49'	50'	52'	54'	56'	60'
SEMI	1h24'30''	1h26'30''	1h28'30''	1h30'30''	1h32'30''	1h34'30''	1h36'30''	1h38'30''	1h40'30''	1h42'30''	1h45'	1h47'30''	1h50'	1h55'	2h	2h05'	2h10'
MARATHON	3h12'	3h18'	3h24'	3h32'	3h38'	3h44'	3h50'	3h56'	4h02'	4h08'	4h14'	4h20'	4h26'	4h32'	4h40'	4h50'	5h
* CJESV																	
HOMMES																	
10 KM (en mn)	32'	32'45''	33'30''	34'15''	35'	35'45''	36'30''	37'15''	38'	38'45''	39'30''	40'30''	41'30''	43'	45'	47'	50'
SEMI	1h10'30''	1h12'30''	1h14'	1h15'30''	1h17'30''	1h19'	1h20'30''	1h22'30''	1h24'	1h27'	1h30'	1h34'	1h37'	1h41'	1h45'	1h50'	1h55'
MARATHON	2h32'	2h36'	2h40'	2h44'	2'48'	2h53'	2h58'	3h03'	3h08'	3h14'	3h20'	3h26'	3h34'	3h42'	3h50'	4h	4h10'

* CJESV = Cadets Juniors Espoirs Seniors Vétérans/Masters

CHPT DE FRANCE - QUALIFICATIONS

Minima 2023 10 km		
Catégories	Hommes	Femmes
Cadets	38'	47'
Juniors	37'	46'
Espoirs	35'	44'
Séniors	34'15	43'
Masters 0	35'	44'
Masters 1	36'30	47'
Masters 2	37'	49'
Masters 3	39'30	50'
Masters 4	40'30	52'
Masters 5	45'	53'
Masters 6	47'	56'
Masters 7	50'	60'
Masters 8	53'	64'
Masters 9	56'	67'
Masters 10	60'	70'

Minima 2023 Semi Marathon		
Catégories	Hommes	Femmes
Juniors	1h21'	1h55'
Espoirs	1h17'	1h50'
Séniors	1h15'30	1h45'
Masters 0	1h17'30	1h47'30
Masters 1	1h20'30	1h50'
Masters 2	1h22'30	1h52'30
Masters 3	1h27'	1h55'
Masters 4	1h32'	1h57'30
Masters 5	1h40'	2h00'
Masters 6	1h44'	2h05'
Masters 7	1h50'	2h10'
Masters 8	1h55'	2h15'
Masters 9	2h00'	2h20'
Masters 10	2h15'	2h30'

Minima 2024 Marathon		
Catégories	Hommes	Femmes
Espoirs/Seniors/Masters 0	2h48	3h38
Masters 1	3h08	4h02
Masters 2	3h14	4h08
Masters 3	3h20	4h14
Masters 4	3h26	4h20
Masters 5	3h34	4h26
Masters 6	3h42	4h32
Masters 7	3h50	4h40
Masters 8	4h00	4h50
Masters 9 et +	4h10	5h00