

# 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																	
<b>FEMMES</b>																	
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																	
<b>HOMMES</b>																	
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

## TABLEAU TEMPS QUALIF FRANCE & EKIDEN

QUALIF FRANCE	CATEGORIE	10KM	SEMI	MARATHON
<b>FEMMES</b>	<b>SENIORES</b>	43'	1h45'	3h30'
	M 1	48 '00 ''	1h 50'	3 h 45'
	M 2	51'00''	1h 55'	3 h 52'
	M 3	55'00''	2 h00'	4 h 00'
	M 4	60'00''	2 h15'	4 h 45'
<b>HOMMES</b>	<b>SENIORS</b>	34'15''	1h15'30''	2h45'
	M 1	37'00''	1 h21'	3h 05'
	M 2	40'00''	1 h 30'	3 h 20'
	M 3	46'00''	1 h 40'	3 h 45'
	M 4	51'00''	1 h 55'	4 h 30'
<b>QUALIF EKIDEN</b>				<b>MARATHON</b>
<b>FEMMES</b>	<b>MASTER</b>			3H15'
<b>HOMMES</b>	<b>SENIOR</b>			2 H 30'
	<b>MASTER</b>			2 H50'