

Temps en minutes	Paliers	Km/h	m/min	m/sec	VO2 ml/min/kg
0	1	8	133.3	2.22	26.2
1	2	8.5	141.7	2.36	
2	3	9	150.0	2.50	29.2
3	4	9.5	158.3	2.64	
4	5	10	166.7	2.78	35
5	6	10.5	175.0	2.92	37.9
6	7	11	183.3	3.06	40.8
7	8	11.5	191.7	3.19	43.7
8	9	12	200.0	3.33	46.6
9	10	12.5	208.3	3.47	49.6
10	11	13	216.7	3.61	52.5
11	12	13.5	225.0	3.75	55.4
12	13	14	233.3	3.89	58.3
13	14	14.5	241.7	4.03	61.2
14	15	15	250.0	4.17	64.1
15	16	15.5	258.3	4.31	67.1
16	17	16	266.7	4.44	70
17	18	16.5	275.0	4.58	72.9
18	19	17	283.3	4.72	75.8
19	20	17.5	291.7	4.86	78.7
20	21	18	300.0	5.00	81.6
21	22	18.5	308.3	5.14	84.6
22	23	19	316.7	5.28	
23	24	19.5	325.0	5.42	
24	25	20	333.3	5.56	

Estimations:

VP= Vitesse Palier en km/h. Exemple : palier 11=>13km/h

$VO_2 = 31.025 + (3.238 * VP) - (3.248 * Age) + ((0.1536 * VP) * age)$

$VMA (km/h) = VO_2 / 3.5$

