

Tableau Fréquence / Note

101 700 m	102 800 m	103 900 m	104 1000 m	30	20	10
175	400	900	1000	30	20	10
116	200	425	500	29	19	9.7
88	133	225	250	28	18.6	9.3
70	100	150	166	27	18	9
58	80	112.5	125	26	17	8.7
50	66	90	100	25	16.6	8.3
43	57	75	83	24	16	8
38	50	64	71	23	15	7.7
35	44	56	62.5	22	14.6	7.3
31	40	50	55.5	21	14	7
29	36	45	50	20	13	6.7
27	33	41	45	19	12.6	6.3
25	31	37.5	41.5	18	12	6
23	28.5	34.5	38	17	11	5.7
22	26.5	32	35.5	16	10.6	5.3
20	25	30	33	15	10	5
19	23.5	28	31	14	9	4.7
18	22	26	29.5	13	8.6	4.3
17.5	21	25	27.5	12	8	4
16.5	20	23.5	26	11	7	3.7
16	19	22.5	25	10	6.6	3.3
15	18	21	23.5	9	6	3
14.5	17	20	22.5	8	5	2.7
14	16.5	19.5	21.5	7	4.6	2.3
13.5	16	18.5	20.5	6	4	2
13	15	18	20	5	3	1.7
12.5	14.5	17	19	4	2.6	1.3
12	14	16.5	18.5	3	2	1
11.5	13.5	16	17.5	2	1	0.7
11	13	15.5	17	1	0.6	0.3
10.5	12.5	15	16.5	0	0	0