

Odette PAQUET (ARCH)

Deux records de l'heure en détails

tours	distance	29/09/1985	1988	Temps/tour	tps/km
		Temps	Temps		
1	400		0:01:34	01:34,0	
2	800		0:03:10	01:36,0	
	1000	0:03:55	0:03:58		0:03:58
3	1200		0:04:45	01:35,0	
4	1600		0:06:19	01:34,0	
5	2000		0:07:53	01:34,0	0:03:56
6	2400		0:09:27	01:34,0	
7	2800		0:11:02	01:35,0	
	3000	0:11:45	0:11:49		0:03:56
8	3200		0:12:37	01:35,0	
9	3600		0:14:13	01:36,0	
10	4000		0:15:47	01:34,0	0:03:58
11	4400		0:17:21	01:34,0	
12	4800		0:18:55	01:34,0	
	5000	0:19:39	0:19:42		0:03:55
13	5200		0:20:28	01:33,0	
14	5600		0:22:03	01:35,0	
15	6000		0:23:37	01:34,0	0:03:55
16	6400		0:25:12	01:35,0	
17	6800		0:26:45	01:33,0	
	7000	0:27:33	0:27:33		0:03:55
18	7200		0:28:20	01:35,0	
19	7600		0:29:54	01:34,0	
20	8000		0:31:32	01:38,0	0:04:00
21	8400		0:33:08	01:36,0	
22	8800		0:34:43	01:35,0	
	9000	0:35:32	0:35:30		0:03:58
23	9200		0:36:18	01:35,0	
24	9600		0:37:52	01:34,0	
25	10000		0:39:28	01:36,0	0:03:58
26	10400		0:41:03	01:35,0	
27	10800		0:42:41	01:38,0	
	11000	0:43:37	0:43:28		0:04:00
28	11200		0:44:16	01:35,0	
29	11600		0:45:53	01:37,0	
30	12000		0:47:28	01:35,0	0:04:00
31	12400		0:49:03	01:35,0	
32	12800		0:50:38	01:35,0	
	13000	0:51:43	0:51:26		0:03:58
33	13200		0:52:13	01:35,0	
34	13600		0:53:49	01:36,0	
35	14000		0:55:24	01:35,0	0:03:58
36	14400		0:56:59	01:35,0	
37	14800		0:58:33	01:34,0	
	15000	0:59:48	0:59:20		0:03:56
		15064	15193	1:00:00	

10.000 mètres

distance	Temps	Temps/tour	tps/km
200	0:00:43		
600	0:02:10	0:01:27	
1000	0:03:39	0:01:29	0:03:39
1400	0:05:10	0:01:31	
1800	0:06:42	0:01:32	
2000	0:07:28		0:03:49
2200	0:08:14	0:01:32	
2600	0:09:45	0:01:31	
3000	0:11:15	0:01:30	0:03:47
3400	0:12:45	0:01:30	
3800	0:14:15	0:01:30	
4000	0:15:00		0:03:45
4200	0:15:45	0:01:30	
4600	0:17:15	0:01:30	
5000	0:18:47	0:01:32	0:03:47
5400	0:20:17	0:01:30	
5800	0:21:47	0:01:30	
6000	0:22:33		0:03:46
6200	0:23:19	0:01:32	
6600	0:24:52	0:01:33	
7000	0:26:23	0:01:31	0:03:50
7400	0:27:53	0:01:30	
7800	0:29:24	0:01:31	
8000	0:30:10		0:03:47
8200	0:30:56	0:01:32	
8600	0:32:28	0:01:32	
9000	0:34:00	0:01:32	0:03:50
9400	0:35:34	0:01:34	
9800	0:37:05	0:01:31	
10000	0:37:47		0:03:47