

Dispositif matériel
en fonction de la VMA

VMA	Dimensions du carré de course
18 Km/h	4 x 55m = 220m
17 Km/h	4 x 52m = 208m
16 Km/h	4 x 49m = 196m
15 Km/h	4 x 46m = 184m
14 Km/h	4 x 43m = 172m
13 Km/h	4 x 40m = 160m
12 Km/h	4 x 37m = 148m
11 Km/h	4 x 34m = 136m
10 Km/h	4 x 31m = 124m
9 Km/h	4 x 28m = 112m
8 Km/h	4 x 25m = 100m
7 Km/h	4 x 22m = 88m