

Duração dos patamaes de aprox 2 minutos

Distância (Teste Léger - **50** metros)

Dif patam	Km/h	m/s	Distância-m														
			50	100	150	200	250	300	350	400	450	500	550	600	650		
0:00:18	10,0	2,78	0:00:18	0:00:36	0:00:54	0:01:12	0:01:30	0:01:48	0:02:06								
0:00:16	11,0	3,06	0:02:22	0:02:38	0:02:55	0:03:11	0:03:27	0:03:44	0:04:00								
0:00:15	12,0	3,33	0:04:15	0:04:30	0:04:45	0:05:00	0:05:15	0:05:30	0:05:45	0:06:00							
0:00:14	13,0	3,61	0:06:13	0:06:27	0:06:41	0:06:55	0:07:09	0:07:23	0:07:36	0:07:50	0:08:04						
0:00:13	14,0	3,89	0:08:16	0:08:29	0:08:42	0:08:55	0:09:08	0:09:21	0:09:34	0:09:46	0:09:59						
0:00:12	15,0	4,17	0:10:11	0:10:23	0:10:35	0:10:47	0:10:59	0:11:11	0:11:23	0:11:35	0:11:47	0:11:59					
0:00:11	16,0	4,44	0:12:10	0:12:21	0:12:32	0:12:44	0:12:55	0:13:06	0:13:17	0:13:29	0:13:40	0:13:51	0:14:02				
0:00:11	17,0	4,72	0:14:12	0:14:23	0:14:33	0:14:44	0:14:54	0:15:05	0:15:16	0:15:26	0:15:37	0:15:47	0:15:58				
0:00:10	18,0	5,00	0:16:08	0:16:18	0:16:28	0:16:38	0:16:48	0:16:58	0:17:08	0:17:18	0:17:28	0:17:38	0:17:48	0:17:58			
0:00:09	19,0	5,28	0:18:07	0:18:16	0:18:26	0:18:35	0:18:45	0:18:54	0:19:04	0:19:13	0:19:23	0:19:32	0:19:42	0:19:51	0:20:01		
0:00:09	20,0	5,56	0:20:10	0:20:19	0:20:28	0:20:37	0:20:46	0:20:55	0:21:04	0:21:13	0:21:22	0:21:31	0:21:40	0:21:49	0:21:58		